

LA QCHARA

EL NUEVO LATINO

GF Gluten Free **V** Vegetarian

ENSALADAS

La Remolacha **GF** **V**

Beets, carrots, scallions, tomato, hearts of palm, guava balsamic vinaigrette 6.75

La Cortada **GF** **V**

Romaine lettuce, apples, black beans, corn, queso fresco, onion, kalamata olives, crispy tortillas, toasted sesame vinaigrette 6.75

Cobb Salad **GF**

Romaine lettuce, corn, chicken, cheese, tomato, bacon, onions, sherry sesame vinaigrette 7.25

La Verde **GF** **V**

Spinach, cranberries, beets, Oaxaca cheese, toasted almonds, cilantro vinaigrette 6.75

QUINOA BOWLS 6.95

Add chipotle chicken, roasted pork or shredded beef 1.75

Peru **GF** **V**

Garbanzo beans, red onion, scallions, corn salsa, avocado, cilantro lime vinaigrette

Ecuador **GF** **V**

Lettuce, black beans, queso seco, salsa, sliced avocado, spicy ranchera sauce

Bolivia **GF** **V**

Red and green peppers, onions, beets, corn, cilantro, tomatillo sauce

Colombia **GF** **V**

Hearts of palm, carrots, kalamata olives, scallions, crispy tortillas, chipotle sauce

AREPAS 100% Homemade corn flour buns

Perico **GF** **V**

Scrambled eggs, salsa, cheese, chipotle sauce 5.75

Domino **GF** **V**

Black beans, sweet plantains, queso fresco 5.95

Pernil **GF**

Roasted pork, cheese, sliced tomato 6.50

Choriqueso **GF**

Mixed Oaxaca cheese, spicy chorizo, onions, sliced tomato 6.95

Reina Pepiada **GF**

Cilantro lime avocado chicken salad 7.00

Carne Mechada **GF**

Venezuelan seasoned shredded beef, queso seco, black beans 6.95

CACHAPAS *Venezuelan sweet corn pancakes served with curtido salad*

Hamon y Queso **GF**

Ham and cheese 7.95

Traditional **GF** **V**

Queso Blanco (white cheese) 7.75

DESAYUNO *Breakfast*

Chilaquiles **GF**

Crispy tortillas tossed with your choice of green or red sauce, queso seco, chipotle shredded chicken, drizzled crema fresca and two over easy eggs 8.95

Desayuno Criollo **GF**

Scrambled eggs mixed with pico de gallo and cheese, served with two thin arepas and grilled chorizo 8.95

Tostadas Francesas **V**

Cinnamon swirl challah bread topped with toasted almonds, sliced bananas and panela syrup 7.95

Tequenos **V**

Queso blanco cheese wrapped in a crispy dough, served with chipotle aioli (6) 6.95

Venezuelan Benedicts **GF**

Crispy thin arepa topped with chorizo, Chihuahua cheese, poached eggs, guasacaca cream sauce, served with yuca fries 8.50 (make it florentino 0.75)

Breakfast Quesadilla

Scrambled eggs, Chihuahua cheese, bacon, served with yuca fries 7.95

Huevos Tanpiqueños **GF**

Sliced grilled skirt steak, two eggs, salsa, cheese enchilada, black beans 9.25

El Cerdo Omelet **GF**

Queso blanco, chorizo, scallions, served with black beans and yuca fries 7.95

El Periquero Omelet **GF** **V**

Spinach, salsa, cheese, corn, chipotle aioli, served with black beans and yuca fries 7.95 (add chorizo 0.75)

Arequipe Pancakes **V**

Three buttermilk pancakes topped with a dulce de leche syrup 6.95

Huevos Rancheros **GF** **V**

Two crispy corn tortillas with a black bean spread, two eggs, salsa, queso fresco, served with sweet plantains and black beans 8.95

Empanadas **V**

Flour empanadas stuffed with sweet plantains and mixed cheese, served with black beans and salsa rosada 7.95

Gallitos **GF**

Warm tortillas, scrambled eggs, chorizo, cheese, homemade salsa and a side of yuca fries (recommended for parties of three or more) 13.95

CHIA PUDDING 4.50

Chia seed soaked in coconut and almond milk, mixed with organic honey and vanilla extract

Mexico **GF** **V**

Ginger chia pudding topped with shredded coconut and sliced bananas

Guatemala **GF** **V**

Traditional chia pudding topped with raspberries, sliced almonds and coconut

Nicaragua **GF** **V**

Cocoa chia pudding topped with goji berries, banana, cocoa powder

Argentina **GF** **V**

Cinnamon chia pudding topped with dried dates, dried cherries, sliced toasted almonds

TORTAS 7.50

Mexican sandwich served on Telera bread with yuca fries

Pollo

Chipotle chicken, cheese, avocado, onions, lettuce, black bean spread, chipotle aioli

Cubano

Roasted pork, ham, Chihuahua cheese, pickles, spicy mustard

Pernil

Roasted pork, tomato, avocado, crispy onions, chipotle aioli

Choriqueso

Chorizo, Oaxaca cheese, tomato, avocado, onions, lettuce, black bean spread, chipotle aioli

Vegetal

Roasted vegetables, Oaxaca cheese, tomato, lettuce, onion, avocado, black bean spread, chipotle aioli

During normal kitchen operations, there is a possibility for food items to come into contact with gluten proteins. However unlikely, we are unable to guarantee that any menu item is completely gluten-free.



PLATOS PRINCIPALES

Sopa del Dia *seasonal*
Our daily take on soups

Las Carnitas **GF**
Three soft corn tacos each filled with shredded beef, chipotle chicken and roasted pork, topped with salsa, sliced avocado, served with rice and crema fresca 9.95

Pabellon Criollo **GF**
Venezuelan seasoned shredded beef, served with black beans, rice, and sweet plantains 9.95

Fish Tacos **GF**
Three grilled tilapia tacos with Salvadorian slaw, chipotle aioli, served with rice and black beans 11.95

Taco Asado **GF**
Three grilled skirt steak tacos with cilantro, white onions, served with black beans and rice 11.95

Arroz con Pollo **GF**
Marinated chicken simmered with rice, carrots, red and green peppers, served with tomatoes 8.95

Burrito
Choice of chicken, beef, or pork with black beans, rice, salsa, cheese, served with yuca fries 8.95

Vegetarian Burrito **V**
Roasted vegetables, quinoa, black beans, salsa, cheese, served with yuca fries 8.95

Carne Asada **GF**
Grilled marinated skirt steak served with a cheese enchilada, rice and guacamole 11.95

El Toston **GF**
Flattened crispy green plantains used as a bread, chipotle chicken, queso seco, salsa rosada, lettuce, tomato and onions served with roasted vegetables 8.95

Quesadillas
Chipotle shredded chicken, Mexican cheese, corn salsa and sliced avocado served with yuca fries and crema fresca 9.95 (make it shredded beef for an extra 1.00)

Portobello Tacos **GF** **V**
Three grilled marinated Portobello mushroom tacos, salsa, scallions served with black beans and yuca fries 9.95

Sizzling Fajitas **GF**
Choose your favorite: beef, chicken or mixed, sautéed with onions and peppers, served with black beans, lettuce, cheese, salsa, crema fresca and guacamole. 12.95 (extra 1.00 for beef or mixed)

ACOMPANANTES *sides*

Sliced Avocado **GF** **V**
Served with balsamic vinegar and olive oil 3.95

Yuca fries **GF** **V**
Served with guasacaca sauce 3.95

Sweet plantains **GF** **V**
Served with queso fresco 2.95

Tostones **GF** **V**
Crispy green plantains with chipotle aioli 3.95

Chips and Salsa 3.95 **GF** **V**

Guacamole 2.50 **GF** **V**

KIDS MENU 10 AND UNDER 3.75

Cheese Empanada
Served with yuca fries

Choice of Cheese or Chicken Quesadilla
Served with yuca fries

Chicken Taco
Served with yuca fries

Scrambled Eggs
Two eggs scrambled with yuca fries

Buttermilk Pancakes
Two buttermilk pancakes with syrup

POSTRES 4.95

Tres leches cake **V**
A sponge cake soaked in three kinds of milk

Flan **GF** **V**
Traditional Venezuelan quesillo

Assorted pastries baked daily

NATURAL SMOOTHIES

12 oz. 6.95 / 20 oz. 8.00

Isabella Avocado, banana, lime, agave, almond milk

Victoria Banana, blueberry, spinach, chia, honey, almond milk

Magdalena Strawberries, banana, cashews, dates, vanilla

Oscar Raspberry, banana, honey, granola, coconut milk

Lorenzo Pineapple, mango, spinach, banana, coconut milk

Emily Carrots, dates, banana, pear, soy milk

Nubia Banana, blueberry, soaked almonds, almond butter, honey, soy milk

Paulina Pineapple, mango, chia, vanilla, coconut water

David Dates, agave, cocoa, cashews, almond butter, coconut water

Juan Carrot, kale, spinach, banana, apple, coconut water

Add: Granola .50, Chia .50, Flax Seed .50, Bee Pollen .50, Whey Protein .65, Maca .50, Gojiberries .65, Chlorella 1.25

RAW JUICES 12 oz. one size 5.75

Caracas Kale, apple, lime, cucumber, ginger

Valencia Pineapple, carrot, pear, apple, mint

Maracaibo Beet, carrot, spinach, lime, ginger

Amazonas Spinach, kale, celery, cucumber, apple, ginger

Cojedes Apple, beets, carrot, kale

Merida Cucumber, apple, pear, cinnamon, ginger

FROZEN DRINKS

	Small	Medium	Large
Frozen Caramel	3.95	4.25	4.75
Frozen Mocha	3.95	4.25	4.75

COLD DRINKS

	Small	Medium	Large
Papelón con limón	2.75	3.15	3.65
Horchata	2.75	3.15	3.65
Limonada	2.75	3.15	3.65
Limonana	2.95	3.35	3.75
Dragon Limonada	3.25	3.65	4.05