

## Breakfast

**Bowl of Oatmeal** **Q25**  
Serving of hot oats with honey o maple syrup, coffee.

**Yogurt with Granola** **Q30**  
Serving of plain yogurt with granola and honey, coffee.

**Baguette Universitario** **Q35**  
Refried beans and mozzarella cheese served in our whole wheat baguette with a touch of tomato sauce, coffee.

**Baguette with Eggs and Beans** **Q37**  
Scramble Eggs and refried beans served in our whole wheat baguette with a touch of tomato sauce, coffee.

**Pancakes** **Q40**  
Serving of 2 pancakes with honey or maple syrup, butter and jam. Coffee and small orange juice.

**French Toast** **Q40**  
Serving of 3 French toast with honey or maple syrup, butter and jam. Coffee and small orange juice.

**Fruit Salad with Yogurt** **Q45**  
Seasonal fruit salad served with plain yogurt, granola and honey coffee and small orange juice.

**Eggs a la Carte** **Q50**  
Two eggs serve a la carte (Sunny side up, scramble, half boil, rancheros) with slice of whole wheat bread, refried beans, plantains, fresh cheese, coffee and a small orange juice.

**Breakfast Burrito** **Q45**  
Two eggs scramble or sunny side up with beans and tomato sauce inside a flour tortilla. Served with plantains, a cup of oats, small orange juice, coffee or tea.  
You can add cheese or tofu if you like. (+Q8)

**Vegan Burrito** **Q45**  
Seasoned Tofu, mushrooms, beans and tomato sauce inside a flour tortilla. Served with plantains, small orange juice, coffee or tea.

**Divorced Eggs** **Q50**  
Two sunny side up eggs one cover with green miltomate souse and the other with tomato sauce. Served with a slice of toast bread, beans, plantains, fresh cheese, and a cup of oats, small orange juice, coffee or tea.

**California Eggs** **Q50**  
Two sunny side up eggs served with avocado and alfalfa sprouts. Served with a slice of toast bread, beans, plantains, fresh cheese, and a cup of oats, small orange juice, coffee or tea.

**Fantasy Omelet** **Q50**  
Two eggs Omelet with aromatic herbs, mushrooms and mozzarella cheese. Served with a slice of toast bread, beans, plantains, fresh cheese, and a cup of oats, small orange juice, coffee or tea.

\*Breakfast is served until 11:00 am.



Vegan option, ask for it



Gluten Free

A 10% gratuity will be added to your bill

[www.restaurantearboldelavida.com](http://www.restaurantearboldelavida.com)

**Make it a Menu for Q25**  
 Soup and Refresco with your sandwich, hamburger or salad

**Bigger Refresco for Q5**



## Appetizers

**Humus with pita bread**  **Q40**

Chickpea pure with tahini, garlic and olive oil. Served with warm pita bread.

**Nachos, guacamole and beans**  **Q35**

Corn nachos served with refried beans and guacamole.

**Tostadas** **Q15**

Two corn tostadas with refried beans, tomato sauce or guacamole with parsley and hard cheese.

**Mushroom Ceviche**  **Q50**

Mushrooms with lemon, cilantro, tomato, and onion. Served with soda crackers.

## Salads

**De Vida Salad**   **Q60**

Lettuce, avocado, baby corn, hearts of palm, cucumbers, alfalfa sprouts, corn kernel, shredded carrots, tomatoes and shredded cheese. *½ Salad* **Q40**

**Green Salad**   **Q35**

Tomatoes, lettuce, avocado, cucumbers, shredded carrot and alfalfa sprout.

**Portobello Avocado Salad**   **Q48**


Portobello mushroom with strips of avocado, lettuce and alfalfa sprouts.

*Only Avocado* **Q38**

## Sandwiches & Wraps

**Avocado and Cheese Sandwich** **Q37**

Baguette bread with guacamole, mozzarella cheese, served with a carrot and lettuce salad. *Only avocado o only cheese* **Q33**

*You can ask for Tofu instead of cheese* 

**Cheese Sandwich** **Q20**

Slices of whole wheat bread with mozzarella cheese served with a carrot and lettuce salad.

**Pesto Sandwich** **Q40**

Baguette bread with slice tomatoes, cucumber and mozzarella cheese with basil pesto, served with a carrot and lettuce salad.

**Stir Fry Vegetable Wrap** **Q45**

Zucchini, mushrooms and broccoli stir fry is soy sauce, wrap in a wheat tortilla served with a carrot and lettuce salad.

**Soy Nuggets, Avocado, Cheese Wrap** **Q45**

3 Soy Nuggets, guacamole and mozzarella cheese, wrap in a wheat tortilla served with a carrot and lettuce salad.

## Hamburgers

**Vegetarian Hamburger** **Q50**

Soy patties that's made with egg and sweet peepers, served with cheese on a whole wheat hamburger bread, lettuce, tomato and alfalfa sprouts. Served with a carrot and lettuce salad.

**Portobello Hamburger** **Q55**

Portobello mushroom cook with soy sauce, mozzarella cheese served on whole wheat hamburger bread, lettuce, tomato and alfalfa sprouts. Served with a carrot and lettuce salad.

**Soy Burger with Hummus**  **Q50**

Vegan soy patties spread with hummus, served on whole wheat hamburger bread, lettuce, tomato and alfalfa sprouts. Served with a carrot and lettuce salad.



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**Value Menu Q75**  
Soup, Main Dish and  
Refresco.



Bigger  
Refresco  
for Q5



## Soups

Potatoes and leek			<b>Q30</b>
Tomato			<b>Q30</b>
Winter Squash			<b>Q30</b>
Lentil			<b>Q30</b>
Red Bean			<b>Q30</b>
Chickpea and Mushrooms			<b>Q30</b>
Mushrooms			<b>Q30</b>

## Main Dishes



**Spinach Lasagna** **Q52**  
Pasta layers, spinach and mozzarella cheese on a White or red sauce. Served with a house salad.



**Eggplant Musaca (Lasagna)**   **Q52**  
Layers of eggplant with spinach and red sauce. (Your choice of Mozzarella cheese or Tofu) Served with a house salad.

**King Oyster Pepian**   **Q55**  
A stew made with guaquee chilies, King oyster mushrooms, potatoes, carrots and ejotes. Served with a side of white rice.

**Stuffed Spinach Canelones** **Q52**  
Stuffed pasta with ricotta cheese and spinach cover in mozzarella cheese serve in a white or red sauce; serve with a side order of our house salad.



**Eggplant Parmesan** **Q52**  
Slices of eggplant batter in parmesan cheeses and bread crumb baked in a red sauce; serve with a side order of our house salad.

**Broccoli Rice Casserole**   **Q55**  
With broccoli, mushroom and mozzarella cheese or tofu; serve with a side order of our house salad.

**Stuffed Eggplant with Quinoa**   **Q55**  
Bake Eggplant stuffed with quinoa and onions with mozzarella cheese or tofu, served with a side order of our house salad.

**Quiche of the week** **Q55**  
Pie stuffed with fresh vegetables with an egg and chesses base; serve with a side order of our house salad.

## Rice

**Steamed Vegetables with Rice**   **Q65**  
A combination of zucchini, carrot, broccoli, squash steam cooked and serve with rice and cheese or tofu in a soy sauce.  
Only mushrooms, rice and cheese/tofu **Q60**

## Desserts

<b>Banana Cupcake</b>	<b>Q5</b>
<b>Winter Squash Flan</b>	<b>Q20</b>
<b>Passion Fruit Mousse</b>	<b>Q20</b>
<b>Strawberries with yogurt</b>	<b>Q20</b>
<b>Macadamia Nut Pie</b>	<b>Q22</b>
<b>Apple Pie</b>	<b>Q22</b>
<b>Dessert of the day</b>	<b>Q30</b>
<b>2 scoops of Vanilla Ice-cream</b>	<b>Q20</b>

\* Add ice-cream to your dessert for Q5



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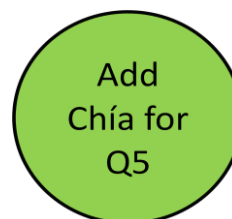


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## Cold Drinks

	Normal	Grande
Iced Tea	Q12	Q17
Tamarind Refresco	Q12	Q17
Hibiscus Refresco	Q12	Q17
Blackberry Refresco	Q12	Q17
Passion Fruit Refresco	Q12	Q17
Peanut Horchata	Q12	Q17
Sodas	Q15	
Bottle of wáter	Q8	
Orangeade or Lemonade with water		Q15
Orangeade or Lemonade with soda		Q20
Cimarrona		Q20
Fruit Smoothie with water		Q20
Fruit Smoothie with milk		Q22
Fruit Smoothie with almond milk or yogurt		Q24



## Juices

	Normal	Grande
Carrot	Q20	Q25
Carrot, Apple and Ginger	Q20	Q25
Carrot and Orange	Q20	Q25
Celery and Pineapple	Q20	Q25
Carrot, Beet and Orange	Q20	Q25
Spinach, Carrot, Apple and Parsley	Q20	Q25
Pineapple and Orange	Q20	Q25
Pineapple and Strawberry	Q20	Q25
Orange and Bee Polen	Q20	Q25
Orange and Brewer's Yeast	Q20	Q25

**Or you can combine your own ingredients**

## Hot Drinks

Hot Tea	Q12	
American Coffee	Q12	
Latte	Q14	(with almond milk +Q2)
Cereal Coffee	Q15	
Cappuccino	Q15	(with almond milk +Q2)
Espresso	Q12	
Cortado	Q13	
Hot Chocolate with water	Q14	(with milk +Q2 or almond milk +Q4)



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## Alcoholic Beverages

Cerveza Gallo	Q25
Cerveza Cabro	Q25
Cerveza Dorada	Q25
Cerveza Moza	Q27
Cerveza Monte Carlo	Q27
Michelada	Q35
Glass of House Wine	Q40
Bottle of House Wine	Q110

## Extras Portions

Cheese Portion	Q12	Milk Portion	Q5
Black Bean Portion	Q10	Nacho Portion	Q5
Avocado Portion	Q10	Bread Portion	Q6
Guacamole Portion	Q10	Pita Bread Portion	Q8
Tofu Portion	Q15	Cream Portion	Q3
Rice Portion	Q10	Salad Dressing Portion	Q3

## Take Home Products

- Homemade Salad Dressing (8oz)
- Homemade Honey Mustard Salad Dressing (8oz)
- Whole Wheat Loaf of Bread
- Whole Wheat Hamburger Bread
- Whole Wheat Sandwich Bread
- Whole Desserts \*
- Whole Quiche of the day\*
- Hot Lasagna (8 persons)\*

\*Order with one day in advance



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