



Menu

(787) 631-1166 (787) 291-1177

Order Online

www.FrescuraVeganKitchen.com

Wraps & Quesadillas

Jibarito Wrap \$10.95

Bean salad, fried sweet plantains, avocado, lettuce, tomatos, plantain croutons, cabbage, carrots, beet and cashew ranch wrapped in a whole grain flour tortilla + corn chips

Mexican Wrap \$10.95

Bean salad, avocado, lettuce, pico de gallo, cabbage, cashew sour cream, tortilla strips and mexi dressing wrapped in a whole grain flour tortilla + corn chips

TuNo Pita Wrap \$9.95

Chickpea-based TuNo salad with lettuce, avocado, tomato, cabbage, carrots, beets wrapped in Pita bread with a side of corn chips

Mediterranean Pita Wrap \$11.95

Falafel with hummus, lettuce, cabbage, carrots, beet, pico de gallo, cucumbers and cashew sour cream wrapped in Pita bread with a side of corn chips

Vegan Quesadilla \$11.95

Our mash-of-the-day, vegan cheddar, sour cream and mexi dressing with a side of lettuce, pico de gallo and a slice of avocado

Vurgers

Chickin Vurger \$11.95

Our crunchy seitan "chickin" with lettuce, tomato and cashew ranch on whole wheat bread and a side of chips

Fiesta Vurger \$11.95

Our lentil-based Veggie patty with avocado, tortilla strips, lettuce, pico de gallo, cashew Sour Cream and Mexi dressings on whole wheat bread + chips

Puertorro Vurger \$11.95

Our lentil-based Veggie patty with vegan cheddar "cheeze", avocado, fried sweet plantains, lettuce, tomato and cashew Ranch dressing on whole wheat bread + chips

Panchito Chickin Vurger \$12.95

Our crunchy seitan "chickin" with vegan cheddar "cheeze", lettuce, pico de gallo, corn chips, cashew Sour Cream and Mexi dressings + chips

Cheeze Vurger \$14.95

Seasoned "Impossible Meat" burger with vegan cheddar "cheeze", lettuce, sauteéd onions, tomato and Special sauce + chips



Specialties

Daily Special

Ask about our Chef's daily creation

Chickin Mexican \$11.95

Our crunchy seitan "chickin" with pico de gallo, vegan shredded "cheeze", cashew Sour Cream and Mexi dressings, served on top of our Mash of the Day and a side of chips

Chickin 'N' Fries \$10.95

Our crunchy seitan "chickin" and a side of seasoned french fries

Criollo Bowl \$10.95

Choose between our Bean or TuNo salads, served with a fresh side salad, a slice of avocado and your choice of side:

- Mash of the day • Breadfruit tostones
- Yucca fries • Fried sweet plantains
- Sweet potato fries • Seasoned french fries

Stuffed Avocado \$12.95

Choose between our Bean or TuNo salads inside half an avocado, served with a fresh side salad, and your choice of side:

- Mash of the day • Breadfruit tostones
- Yucca fries • Fried sweet plantains
- Sweet potato fries • Seasoned french fries

Sopas

Ask about our soup of the day!

Soup of the day (8oz): \$3.95

Soup of the day (16oz): \$6.95

Soup of the day Combo \$9.95

Soup of the day(16oz) with your choice of the following:
• Turmeric Sourdough Toast • Fresh Side Salad
• Bean salad + chips • Grilled "Cheeze" Sandwich (+\$1.25)

Desserts

Ask about our daily dessert variety!

Salads

Jibarito Salad \$11.95

Bean salad, fried sweet plantains, avocado, lettuce, cabbage, tomato, carrot, crunchy plantain croutons and cashew ranch

Mexican Salad \$11.95

Bean salad, avocado, tortilla strips, cabbage, lettuce, pico de gallo, carrot, cashew sour cream and mexi dressing

Chickin Ranch Salad \$12.95

Our seitan-based crispy "chickin", lettuce, almonds, carrots, beets, cabbage, tomatoes, dried cranberries and cashew ranch

Mediterranean Salad \$12.95

Falafels, hummus, cabbage, carrot, beetroot, pico de gallo, cucumber, almonds, dried cranberries and cashew sour cream

50g Protein Salad \$13.95

Our seitan-based crispy "chickin", bean salad, lettuce, carrot, cabbage, beets, tomato and mexi dressing

CheezeVurger Salad \$16.95

"Impossible Meat" protein with lettuce, tomato, carrot, cabbage, beets, sautéed onions, grated vegan cheese and special sauce

Side dishes

<u>Mash of the day</u>	<u>\$3.95</u>
<u>Fresh side salad</u>	<u>\$4.65</u>
<u>Soup of the day (Small 8oz)</u>	<u>\$3.95</u>
<u>Bean salad + chips</u>	<u>\$4.95</u>
<u>Turmeric Sourdough Toast</u>	<u>\$3.95</u>
<u>1/4 Avocado</u>	<u>\$1.50</u>
<u>Fried sweet plantains</u>	<u>\$2.75</u>
<u>Tostones</u>	<u>\$2.99</u>
<u>TuNo Salad + chips</u>	<u>\$4.95</u>
<u>Yuca fries</u>	<u>\$2.95</u>

Healthy smoothies

Tropical \$4.95

Papaya, banana, almond milk, vanilla, cinnamon, agave
*High in vitamins A, C and fiber

Fresca \$4.95

Strawberry, banana, almond milk, vanilla, agave
*High in vitamin B, C, E, manganese and fiber

Frescura Mix \$5.95

Mango, strawberry, papaya, banana, passion fruit, almond milk, agave
*High in vitamin A, B, C, manganese and fiber

Choco Monkey \$5.95

Banana, peanut butter, cocoa, agave, cinnamon, vanilla, almond milk.
*High in potassium, manganese, magnesium, vitamin B and fiber

Verde-Verde \$6.50

Banana, spinach, almond butter, cinnamon, vanilla, almond milk, agave.
*High in vitamin A, B, C, E, K, manganese, potassium and fiber

Caribeña \$7.50

Mango, strawberry, passion fruit, almond milk, agave
*High in vitamin A, B, C, E, K, copper and fiber

Berry Detox \$7.50

Raspberry, blueberry, blackberry, pineapple, spinach, coconut, coconut milk, agave.
*High in antioxidant, vitamin A, C, K, manganese, copper and fiber

Fit Sunset \$7.50

Mango, pineapple, ginger, coconut, turmeric, cinnamon, coconut milk, agave
*High in vitamin A, B, C, copper, manganese, potassium, fiber and omega 3

Happy Tummy \$7.50

Papaya, ginger, homemade granola (GF), cinnamon, vanilla, coconut, coconut milk, dates.
*High in vitamin A, B, C, copper, magnesium, manganese, potassium and zinc

30g Protein Smoothie \$7.95

Papaya, banana, peanut butter, hemp seeds, pumpkin seeds, vegan protein, cinnamon, vanilla, soy milk, agave
*Contains 30 grams of clean protein and 9 main amino acids.
High in fiber, vitamins B, C, A and omega 3 and 6

Strawberry 30g Protein Smoothie \$7.95

Strawberries, banana, almond butter, hemp seeds, pumpkin seeds, vegan protein, cinnamon, vanilla, soy milk, agave
*Contains 30 grams of clean protein and 9 main amino acids.
High in fiber, vitamins B, C, A and omega 3 and 6

Fresh Juices

Ask about our selection of lemonades, juices or teas, made daily with fresh fruit, herbs and/or superfoods

\$3.95

Extras

Almond Butter .75
Scoop Vegan Protein 1.50
Hemp Seeds .75
Pumpkin Seeds .65
Flax Seeds .65
Ashwagandha .65

Peanut Butter .75
Matcha .95
Whip Cream 1.35
Shot Espresso 1.00
Maca .65
Turmeric .50
Jengibre .65

Granola .75
Cacao Powder .65
Cacao Nibs .65
Shredded Coconut .50
Aceite de Coco .50
Reishi .75