

LAS OLAS

SNACKS



PINEAPPLE SALAD

Roasted pineapple, lettuce, cucumber, olives, tajin vinaigrette



SEASONAL FRUIT COCKTAIL

SHRIMP COCKTAIL

AGUACHILE

Shrimp, octopus & squid

POKE

Tuna or salmon rice, avocado, soy beans, alfalfa sprouts, radish, sesame, soy sauce

SPICY CHICKEN WINGS

Ranch dressing, vegetable julienne

NACHOS

Guacamole, chili, cheddar, pico de gallo

FRIED BURRITO

Shrimp, beans, cheese, guacamole

FLANK STEAK QUESADILLA

Guacamole and pico de gallo

BURGER

Beef or chicken cheddar, pickles, French fries

VEGAN BURGER

Soya patty, vegan cheddar, pickles, French fries

HOT DOG

Bratwurst, caramelized onions, French fries

HARD SHELL SALMON TACO

Goat cheese, parsley alioli

DESSERTS

SEASONAL FRUIT TART

BLONDIE CAKE WITH CRANBERRIES

🍏 Healthy dishes which help in maintaining balanced diet










🌾 Gluten free dishes

🌿 Whole Food Plant-Based option

🌶️ Spicy dishes

WHOLE FOOD PLANT-BASED MENU

STARTERS

-    **CHICKPEA TOSTON**
Cilantro-Garlic Cream
-    **HEALTHY HEART
TACO SALAD**
Mix of mushrooms, corn, carrots, tomatoes, cabbage, jicama, guacamole, sweet potato chips
-    **POWER SLAW**
Cabbage rolls filled with red cabbage, broccoli, apple, sweet potato, quinoa, almond dressing

SOUP

MINT & AVOCADO SOUP
Chili oil, cucumber, lemon, apple chips


MAIN COURSES


-   **CLASSIC BURGER**
Grilled plant-based patty, cheddar cheese, lettuce, tomato, cucumber, red onion
-   **EGGPLANT PARMIGIANA SANDWICH**
Crispy eggplant, homemade marinara sauce, cheese dip, pesto

DESSERT

-  **VEGAN CARROT CAKE**
Spices, yogurt cream

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

 Healthy dishes which help in maintaining balanced diet

 Gluten free dishes

 Whole Food Plant-Based option



EXCELLENCE

EL CARMEN, D.R.