

Lunch Menu

Check for our daily plate and soup specials

SOUP

Soup du Jour



Cup	\$5.00
Bowl	\$8.00

SALADS

Carmo Salad



Rice, pineapple, avocado, almonds and cashews, raisins, cucumber, green pepper, smoked ham and cilantro tossed with citrus mango vinaigrette. Available with vegan ham too! Served on a bed of organic lettuces. EatFit NOLA Certified!

vegetarian, gluten-free, vegan

Small	\$6.00
Large	\$9.00

Broken Noodle Salad



Rice noodles, bean sprouts and cabbage with tofu, cucumber, peas, carrots, mushrooms, peppers, scallions, cilantro & peanuts all tossed with citrus ginger chili vinaigrette

vegetarian, gluten-free, vegan

Small	\$6.00
Large	\$9.00

Jaciara's Salpicão (Brazilian Chicken Salad)



Chicken, smoked turkey breast and ham with raisins, peas, peppers, cucumbers, cheese, and shoestring potatoes tossed with our own special dressing. Served on a bed of organic lettuces

gluten-free

Small	\$6.00
Large	\$9.00

Green Salad



Mixed greens with tomatoes, cucumbers, carrots, sprouts and avocado Vinaigrette choices: balsamic, dijon or mango. EatFit NOLA Certified with balsamic or mango.

vegetarian, gluten-free, vegan

Small	\$7.00
Large	\$10.00

Esmeralda Salad



Quinoa, black beans, corn, peppers & cilantro. Tossed with coconut chili lime vinaigrette & topped with toasted pumpkin seeds & cotija cheese. Vegan version served with vegan cheese. Served on a bed of organic lettuces. EatFit NOLA Certified!

vegetarian, gluten-free, vegan

Small	\$7.00
Large	\$10.00

add shrimp or smoked chicken to any salad \$4.00

BANQUETTE BREADS

Crispy Armenian bread topped with havarti cheese and other select toppings then broiled. all available vegan \$2 extra

Plain

\$5.00

Havarti cheese and scallions

vegetarian, vegan

Creole



Havarti, shrimp, scallions, onions, bell peppers, tomatoes

vegetarian, vegan

.....	\$7.00
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Maququito



Bananas, cinnamon sugar and havarti

vegetarian, vegan

.....	\$7.00
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make any banquette vegan!

\$2.00

vegan

SANDWICHES

Rico



A breadless fork sandwich made of a grilled plantain patty topped with melted cheese, spicy smoked 'n' pulled pork, avocado, salsa fresca and our tangy sweet spicy "Rico" sauce. Served with organic greens drizzled with mango vinaigrette. Or have it Veggie: dairy cheese & vegan meat; or Vegan: vegan cheese & vegan meat.

vegetarian, gluten-free, vegan

.....	\$11.00
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Deli Sandwiches

Breads: Sourdough, multigrain. Choose one meat and one cheese and veggies. Meats: Smoked Turkey, Ham, Vegan Ham; Cheeses: Swiss, Havarti, Provolone; Veggies: Tomatoes, Lettuce, Cucumbers, Sprouts, Avocado, Onion

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Add Sprouts	\$.50
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Add Avocado, or cheese	\$1.00
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Extra Meat	\$3.00
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Veggie King



Avocados, cucumbers, red onion, swiss cheese, alfalfa sprouts, lettuce and tomatoes served on whole grain bread

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Yellowfin Tuna Salad

\$12.00

A lighter, fresher version of the classic sandwich. House-smoked local sushi-grade yellowfin tuna marinated in a light vinaigrette, served on sour dough with avocado and cucumber. Make it gluten-free and EatFit NOLA Certified!! get it on our organic greens.

gluten-free

BAKED GOODS

Pão de Queijo (Brazilian Cheese Bread)

gluten-free

4 pieces	\$4.00
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Caribbean Banana Cake

\$3.50

vegan

Other assorted Cakes

prices vary

CEVICHE

Traditional Peruvian Ceviche



Daily catch, red onion, choclo (giant Andean corn) marinated with lime juice, Peruvian peppers, cashew fruit and passionfruit. Served with sweet potato, avocado and cancha.

gluten-free

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