

Salud Para Vida



100% PLANT BASED

MENU



SALUD PARA VIDA

RESTAURANT

STARTERS

CREAMY SOUP GFO Q 40

Broccoli, potato & cheez.

Vegetable & cheez.

Red pepper, potato & cheez.

Served with a slice of bread

BAGEL TOASTED Q 25

Sesame or everything bagel w/
choice of 1 option or add more Q5
each: Hummus, cream cheese,
cream cheese with herbs, peanut
butter, jelly or pico de gallo.

AVOCADO TOAST GFO Q 40

Avocado, sauteed red peppers,
pickled red onions, pumpkin seeds
& spices. Served with a small salad.

HUMMUS PLATE GFO Q 45

Garlic hummus, sliced carrots,
red peppers & wheat pita slices.

CHICKUN STRIPS Q 55

Crispy, barbeque or buffalo.
Carrots & spicy garlic sauce.

NACHOS Q 60

Veggie meat bean chili, pico de
gallo, guacamole & almond cheez.

GF

CRAZY FRIES GF

Great for sharing.

CHILI CHEESE FRIES Q 45

Hand cut fries, veggie meat
bean chili & almond cheez.

COCONUT PICO FRIES Q 45

Hand cut fries, pico de gallo,
coconut bacun & almond cheez.

CHEEZ FRIES Q 40

Hand cut fries & almond
cheez.

FIESTA FRIES Q 55

Hand cut fries, veggie meat bean
chili, pico de gallo, almond
cheez & avocado.

***We use almonds, cashews, sunflower/pumpkin seeds, peanuts, soy,
sesame & gluten in our kitchen. Please tell the staff if you have allergies.

10% service added to all food checks for the kitchen and waitstaff.

VEGAN

SALADS

Dressing choices: Balsamic maple, ranch,
tahini goddess or sesame ginger.

SALUD

Lettuce, kale, carrots, onion, LARGE
sunflower seeds, raisins & Q 60
coconut bacun. Choice of SMALL
dressing. Q 45
GF

CRISPY CHICKUN RANCH

Lettuce, kale, tomato, cucumber, Q 75
red onion, carrot, broccoli, sweet
dried cranberries & almonds.

CREAMY GARBANZO Q 75

Lettuce, kale, carrots, cucumber, GF
tomato, red onion, sunflower seeds.
Creamy garbanzos, celery, onion &
smokey almonds Choice of dressing.

HASH BROWNS

Pick your style

1) Sauteed red peppers, onions Q 35
& almond cheez. GF

2) Lentil sausage, Italian Q 45
sausage, kale, red peppers,
onions & cheez.

3) Veggie meat red bean chili & Q 45
almond cheez. GF

PIZZA

PIZZAS TAKE 30 MIN.TO COOK.
PERSONAL SIZE.

BARBEQUE CHICKUN Q 60

Fried chickun, BBQ sauce, red
pepper, zucchini, broccoli, onion,
cilantro & almond cheez.

PEPPERONI & SAUSAGE Q 60

Pepperoni, spicy Italian sausage,
red sauce, zucchini, onion &
almond cheez.

TACO PIZZA Q 60

Taco meat, red sauce, pico de gallo
& cheez.

SALUD PARA VIDA
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VEGAN

SANDWICHES

**Choice of house bread, whole wheat bread, sesame bagel, everything bagel , pita or gluten free bread +Q10. **

FRIED CHICKUN Q45

Crispy breaded chickun, lettuce, tomato, onion, mayo & almond cheez.

TERIYAKI CHICKUN Q45

Teriyaki chickun with choice of sesame ginger cabbage coleslaw or lettuce tomato and onion & mayo.

BARBEQUE CHICKUN Q45

BBQ chickun, choice of coleslaw & pickles or lettuce tomato, onion & mayo.

BUFFALO CHICKUN SUB

Fried buffalo chickun, red peppers, onions, lettuce & cheez. Whole wheat sub. **Q55**

CHICKUN PARMESAN SUB

Fried chickun, red peppers, onion, marinara & cheez. Whole wheat sub. **Q55**

THE CLUB Q65

Fried chickun, tofu turkey, tempeh bacon, lettuce, tomato, onion, cheez, avocado, mayo & red wine glaze.

MEATBALL SUB Q55

Meatballs, red peppers, onions, marinara & cheez. Whole wheat sub.

****Add a side dish**** Q22**

CREAMY GARBANZO Q45

Garbanzos, celery, onion, mayo, lettuce, tomato & smokey almonds. **GFO**

B.L.T. GFO Q40

Tempeh bacun, lettuce, tomato, onion & mayo.

ITALIAN SAUSAGE SUB Q55

Spicy Italian sausages, sauteed red peppers & onions, giardiniera (Spicy pickled veggies), tomato, lettuce, mustard, & red wine glaze. Whole wheat sub.

CRISPY VEGGIE GFO Q35

Raw onions, carrots, red peppers, tomatoes & mayo. Choice of garlic hummus or avocado.

LENTIL SAUSAGE Q45

Lentil sausage, lettuce, tomato, onion & cheez.

******* Add a side dish*******

French fries (Cajun, Garlic or regular)

Garlic green beans

Smoky almond green beans

Coleslaw

Hash brown

Salad small

Steamed veggies

Home potatoes (red peppers, onions and spices)

Q 2 2

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BURGERS

Choice of house herb white bread, whole wheat bun, sesame bagel, everything bagel, pita or **gluten free bread +Q10.

Choice of house made patty.
Quinoa beet (GF), Lentil veggie (GF),
Classic Seitan
or Beyond Burger (GF) +Q25

CLASSIC Q45
Grilled onions, lettuce, tomato, ketchup & mustard.

CHEESEBURGER Q48
Lettuce, tomato, onion, pickles, mayo & cheez.

BARBEQUE & COLESLAW Q55
Barbeque sauce, cabbage, carrot mayo coleslaw & pickles.

AVOCACO BACUN CHEEZ Q50
Coconut or tempeh bacun, cheez, avocado, grilled onions, lettuce, tomato & mayo.

SPICY TACO BURGER Q50
Pico de gallo, avocado, cheez & spicy giardiniera (pickled veggies).

TERIYAKI SESAME Q50
Teriyaki sauce, sesame ginger cabbage, carrot coleslaw & mayo.

BUFFALO TEMPEH BACUN CHEEZ Q55
Buffalo sauce, tempeh bacun, lettuce, tomato, onion, pickles, cheez & mayo.

COCONUT BACUN CHILI CHEEZ Q55
Coconut bacun, veggie meat bean chili, lettuce, pickles, cheez & mayo.

**** Add a side dish****
French fries (Cajun, Garlic or regular)
Garlic green beans
Smoky Almond green beans
Coleslaw
Hash brown
Salad small
Steamed veggies
Home potatoes (red peppers, onions & spices)

Q22

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*GFO - Gluten free option *GF- Gluten free
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RICE BOWLS

**CASHEW PINEAPPLE
FRIED RICE** GF **Q 50**
Red peppers, zucchini, broccoli,
onions, pineapple, cashews,
gluten-free soy sauce &
toasted coconut bacun.

**SPICY MAPLE PEANUT
FRIED RICE** GF **Q 50**
Red pepper, zucchini,
broccoli, onion, peanut butter,
maple syrup & gluten-free soy
sauce.

SALUD BOWL GFO **Q 60**
Mixed veggies, white rice
& choice of protein.

PROTEINS

Veggie meat red bean chili GF
Teriyaki tofu or tempeh GF
Barbeque tofu or tempeh GF
Lentil sausage & cheez
Fried chickun & cheez
Teriyaki chickun
Barbeque chickun
Spicy Italian sausage

PASTA **GFO**

Penne or Farfalle
Gluten-free pasta + Q15

CHOOSE YOUR SAUCE
**All sauces are gluten-free.

**CHEEZ & COCONUT
BACUN** **LARGE Q 55**
 SMALL Q 40

House made almond cheez
& toasted coconut bacun.

TOMATO BASIL **LARGE Q 55**
 SMALL Q 40
House made tomato
garlic & basil sauce.

BOLOGNESE **LARGE Q 60**
 SMALL Q 45
House made vegan
meat sauce.

ADD TO YOUR DISH
Meatballs **Q 25**

Fried Chickun strips
Spicy Italian sausages

***Or choose from the
protein list.

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DRINKS

COLD PRESSED JUICE

Carrot	20.00
Carrot Ginger	22.00
Carrot Orange Sunrise	22.00
Orange, Ginger & Apple	28.00
Beet Red Detox	35.00
Salud Green Detox	35.00
Orange	20.00
Watermelon	20.00

COFFEE

Frappuccino	25.00
French Press full	25.00
French Press half	18.00
Iced Coffee	22.00
Almond Latte Cold	25.00
Chai Latte Hot/Cold	25.00
Hot Tea	18.00
Hot Chocolate	25.00

SMOOTHIES

W/ Water	20.00
W/ Almond Milk	25.00
W/ Soy Milk	25.00
W/ Orange Juice	25.00

CHOOSE YOUR FRUIT

- Papaya - Strawberry
- Blueberry - Pineapple
- Banana - Mango

ADD A SUPERFOOD Q15

Maca - Moringa - Acai - Vegan Protein - Cacao-Lucuma
- Camu Camu- Turmeric - Ashwagandha-Spirulina

KOMBUCHA

Request options or select one from the refrigerators downstairs.

BEER

Request options or select one from the refrigerators downstairs.

****We have organic sugar, organic agave or dates as sweeteners.***
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