

GARDEN OF VEGAN A LA CARTE SPECIALS

ALL PLATES COME WITH OUR DAILY SOUP OR SALAD AND DRINK.

ITALIAN

MEATBALL MARINARA SUB | s/22
THE BEST MEATBALL SUB LOADED WITH BEAN MEATBALLS, ITALIAN SPICES, AND MARINARA SAUCE ON A TOASTY WHEAT BUN WITH SPINACH AND PARMESAN CHEESE. SERVED WITH SWEET POTATO CHIPS.

SPAGHETTI & MEATBALLS | s/23
SPAGHETTI SERVED WITH MARINARA SAUCE, MUSHROOMS, PARMESAN CHEESE AND BEAN MEATBALLS.

EGGPLANT PARMESAN | s/25
BREADED EGGPLANT, MARINARA SAUCE, PARMESAN CHEESE, MOZZARELLA CHEESE, SERVED OVER SPAGHETTI.

MEXICAN

THE ULTIMATE BURRITO BOWL | s/24
BURRITO BOWL IS FULL OF FLAVOR WITH MEXICAN RICE, BEANS, AVOCADO, TOMATOES, LETTUCE, CHOCLO AND HOMEMADE SALSA.

CAULIFLOWER KALE-UPAS | s/26
TWO CRISPY CORN TORTILLAS TOPPED WITH ROASTED CAULIFLOWER, KALE, REFRIED BEANS AND TOMATOES. AVOCADO AND MEXICAN RICE ON THE SIDE.

TWIN TACOS | s/28
TWO CORN TACOS FILLED WITH OUR SIGNATURE MEAT TOPPED WITH LETTUCE, TOMATOES AND AVOCADO. MEXICAN RICE AND BEANS ON THE SIDE.



SPICY PLATES

AMERICAN

GREEN GARDEN BURGER | s/26
LENTIL PATTY WITH AVOCADO, FIELD GREENS, TOMATOES, MUSTARD AND MAYO ON A WHEAT BUN. SERVED WITH SWEET POTATO FRIES AND KETCHUP.

PULLED PORK SANDWICH | s/27
LUSCIOUS BBQ PULLED SWEET POTATO SANDWICHES WITH PURPLE CABBAGE AND CARROTS ON A WHEAT BUN AND A SIDE OF CAULIFLOWER BUFFALO OR BBQ WINGS.

SPECIALITIES

CHICKPEA & SWEET POTATO CURRY | s/22 
SWEET POTATO AND CHICKPEA COCONUT CURRY. SERVED WITH WHITE RICE.

GREEK GYROS | s/25
A GUILT-FREE, DELICIOUS GYRO - SAUTÉED MUSHROOMS STUFFED INTO A FRESH, HOMEMADE PITA WRAP WITH A CREAMY HERB AND CUCUMBER DRESSING. SERVED WITH SWEET POTATO CHIPS.

KIDS MENU

SPAGHETTI | s/10
MAC N CHEESE | s/10
STEAMED VEGETABLE MEDLEY | s/10
ALL KIDS MEALS COME WITH A FREE CHICHA MORADA AND A SIDE OF FRENCH FRIES OR FRUIT SALAD.

ALL MEALS ARE VEGAN, PLANT-BASED, ORGANIC AND MADE WITH LOVE.



SACRED VALLEY, PERU

ELIXIRS OF LIFE

PINA - KALE - ADA | S/12

A TROPICAL TWIST WITH A SWEET, REFRESHING PINEAPPLE TASTE. THIS DELICIOUS JUICE IS LOADED WITH ANTI-CANCER BOOSTERS, VITAMINS K AND C AS WELL AS CALCIUM FOR HEALTHY BONES!
PINEAPPLE, KALE, SPINACH, AVOCADO

MEAN & GREEN MACHINE | S/12

THIS JUICY GLASS OF GREENS WILL FLOOD YOUR BODY WITH NUTRIENTS, VITAMINS AND MINERALS THAT MAKE YOU WORK LIKE A WELL OILED MACHINE – A GREEN MACHINE!
CUCUMBER, KALE, SPINACH, BROCCOLI, APPLE, CELERY, ORANGE, LEMON

RED ROAR | S/12

WE CONSIDER THIS ONE OF THE BEST JUICES FOR FLAVOR AND HEALTHFULNESS ~ WELL WORTH "ROARING" ABOUT. IT WILL GIVE A BOOST TO THE BODY AND IS KNOWN TO PURIFY THE LIVER.
CARROT, APPLE, BEETS, LEMON, GINGER

PURPLE ELIXIR | S/12

THIS ANTI-INFLAMMATORY, ANTI-CANCER PURPLE ELIXIR WILL SUPERCHARGE YOUR DIGESTIVE SYSTEM. REAP THE BENEFITS OF PREVENTING PREMATURE AGE, EYESIGHT LOSS AND HEALTHY BONE GROWTH TO NAME A FEW!
RED CABBAGE, CUCUMBER, GREEN APPLE, MINT, BASIL

INCAN WARRIOR SMOOTHIE | S/12

ACCORDING TO INCAN CULTURE, WARRIORS WOULD EAT MACA BEFORE BATTLES TO INCREASE ENERGY, PROWESS AND RECOVERY TIME. POWER UP YOUR DAY WITH A CLEAN BOOST OF ENERGY, SMOOTHIE STYLE.
MACA, BANANAS, NUTS, GINGER, TURMERIC, CINNAMON, ALMOND MILK, CHIA SEEDS

APPETIZERS

CAULIFLOWER BUFFALO WINGS | S/17
BUFFALO OR BBQ, SERVED WITH VEGAN RANCH AND CELERY 🔥

NACHOS | S/20
HOMEMADE TORTILLA CHIPS SERVED WITH CHEESE, TOMATO, AVOCADO AND LIME

YELLOW OR SWEET POTATO FRENCH FRIES | S/12
SERVED WITH CHEESE OR KETCHUP

WELLNESS SHOTS

NATURE'S FLU SHOT | S/8
PINEAPPLE, TURMERIC, GINGER, GARLIC, LEMON, HONEY, CAYENNE

POWER SHOT | S/8
BEET, APPLE, CARROT, LEMON

VEGGIE SHOT WITH CHASER | S/10
CARROT, CELERY, SPINACH, CUCUMBER WITH STRAWBERRY-BANANA CHASER

FROM THE BAR

HOT TEA | S/4
COFFEE WITH ALMOND MILK | S/7
BOTTLED WATER | S/5
CHICHA MORADA | S/6
LEMONADE | S/6
* FRESH FRUIT WATER | S/5
* FRUTILLADA | S/6
* GINGER BEER | S/6
CUSQUENA BEER | S/8
RED WINE | S/15
LOCAL ORGANIC SWEET WINE | S/12

* LIMITED DAILY SUPPLY

ASK US ABOUT OUR DAILY DESSERTS!

WWW.GARDENOFVEGANPERU.COM