



FRITA BATIDOS MENU GUIDE

We strive to source our meat, cheese and produce locally or regionally whenever possible. This is an ongoing quest and something personally meaningful to us, so if you have a favorite local, humane farm or purveyor, please point us in their direction. It will be greatly appreciated!

VEGETARIAN

Black Bean Frita
Cilantro-Lime Salsa
Avocado Spread
Crisped Plantains
Twice Fried Ripe Plantains
Loaded Plantains
Shoestring Fries
Garlic-Cilantro Fries
Coconut-Ginger Rice
Tropical Slaw
'The Best Snack Ever'
Tropical Salad
'Light, Bright Salad'
Veggie Picadillo Bowl
Black Beans & Seared Tofu Bowl
Batidos
Churros
Cinnamon Sugar Plantains
Chocolate Español

VEGAN

Cilantro-Lime Salsa
Avocado Spread
Crisped Plantains
Loaded Plantains (no crème fraîche, no cheese)
Shoestring Fries (no mayo)
Garlic-Cilantro Fries (upon request)
Slow Cooked Black Beans
Coconut-Ginger Rice (upon request)
Veggie Picadillo
Tropical Slaw (no mayo)
Tropical Salad (with or w/o Tofu)
'Light Bright Salad' (no cheese)
Spiced & Seared Local, Organic Tofu
Veggie Picadillo Bowl (upon request)
Black Beans & Seared Tofu Bowl (upon request)
Cinnamon Sugar Plantains

Please note...All plantains and Fries may be fried in a dedicated vegan fryer by request

NO DAIRY

Same list as above PLUS
Beef Frita lighter
Chorizo Frita lighter
Aromatic Pulled Pork Bowl
(over black beans or simple salad)
Chicken Verde Bowl
(over black beans or simple salad)
Veggie Picadillo Bowl
(over black beans or simple salad)

LIGHTER

'The Lighter Batido'
Cilantro-Lime Salsa
Slow Cooked Black Beans
Tropical Salad
Aromatic Pulled Pork Bowl
Chicken Verde Bowl

Please note...Fish Frita, Chicken Frita and Black Bean Frita are all lighter but do contain ingredients which are not as light. Fish Frita (bread crumbs), Black Bean Frita (cheese and bread crumbs), Chicken Frita (egg and bread crumbs)

NO SOY

Beef, Chorizo, Chicken and Black Bean Patties
Cilantro-Lime Salsa
Avocado Spread
Batidos
Slow Cooked Black Beans
Coconut-Ginger Rice
'The Best Snack Ever'
Tropical Salad
'Light Bright Salad'
Chicken Verde Bowl
Veggie Picadillo Bowl
Brioche
Cuban Bread

GLUTEN FREE

Beef Frita lighter (on Romaine)
Chorizo Frita lighter (on Romaine)
Cilantro Lime Salsa
Avocado Spread
Batidos (except The Batido de Trigo)
Crisped Plantains (upon request)
Twice Fried Plantains (upon request)
Loaded Plantains (upon request)
Shoestring Fries (upon request)
Garlic-Cilantro Fries (upon request)
Slow Cooked Black Beans
Coconut-Ginger Rice
Tropical Slaw
'Best Snack Ever'
Tropical Salad
Chicken Verde Bowl
Veggie Picadillo Bowl
Cinnamon Sugar Plantains

**Please note...Ingredients may contain or have come in contact with gluten without our knowledge prior to arrival at Frita Batidos. (Cheese on 'BSE' contains whey)
May be prepared in a gluten free fryer upon request**

DELICATE FLAVOR PROFILE

Tropical Salad
Beef Frita
Fish Frita
Shoestring Fries
Tropical Slaw
Cinnamon and Sugar Plantains
Churros
Batidos

NUTS / SESAME

Tropical Salad (contains toasted macadamia nuts, sunflower seeds, pumpkin seeds)
Aromatic Pulled Pork (Hoisin sauce in marinade contains gluten and sesame)

NO GARLIC

Beef Frita, (no sweet chile mayo)
Batidos
Shoestring Fries, (no sweet chile mayo)
Tropical Salad
Churros
Cinnamon Sugar Plantains