

	Wheat/Gluten	Cheese	Eggs	Milk	Soy	Corn	Meat	Vegan vs. Veg	Nighshades
<b>Sandwiches and Jibaritos</b>									
Morovis Bread	x							Vegan	
Jibarito								Vegan	
Cubano		x		x			x		x
Tripleta		x		x			x		x
Pollo		x		x			x		x
Pulled Pork							x		x
Cheesesteak		x		x			x		x
Vegano								Vegan	x
The Pretender	x				x			Vegan	
<b>Main Dishes</b>									
Carne Frita							x		
Chicharrones							x		
Canoitas		x					x	Vegan option	
Chuleta Kan Kan							x		
<b>Tropibowl</b>									
Chicken							x		
Pork							x		
Eggplant								Vegan	x
Rice & Beans								Vegan	x (beans)
Spinach								Vegan	
<b>Mofongo</b>									
Pulled Pork (Pernil)							x		
Chicken breast (Pollo)							x		x
Eggplant (Vegan)								Vegan	x
Fried Pork (Carne Frita)							x		
Pulled Beef Steak (Carne Mechada)							x		x
<b>Small Plates</b>									
Arroz Con Gandules								Vegan	
Arroz y Habichuelas								Vegan	x (beans)
Tostones								Vegan	
Amarillos								Vegan	
Platanutres								Vegan	
Toast								Vegan	
Avocado								Vegan	
Batata								Vegan	
Pineapple Slaw								Vegan	
Small Salad								Vegan	
Empanadas	x	x (guava & cheese)		x			x		x(all e/guava & cheese)
Alcapurrias							x		x
Bruschettas	x			x					x
Cheese Tostones		x		x					
Crostini	x	x		x					
Platanutres								Vegan	
Loaded Platanutres							X (except eggplant)	Vegan option	x(eggplant)
Sorullos						x		Vegan	
Mofongo Balls								Vegan	
Avocado Toast								Vegan	
<b>House Salad</b>									
House Salad								Vegan	
<b>Sauces and Seasonings</b>									
Puerto Rican Seasoning								Vegan	
House Sauce								Vegan	x
Tamarind Vinaigrette								Vegan	
Spicy Vinaigrette								Vegan	x (peppers)
Sweet Guava BBQ								Vegan	
<b>Dessert</b>									
Vanilla Flan			x	x				Vegetarian	
Tembleque						x (cornstarch)		Vegan	
Guava Pastelillo	x		x	x					
<b>Kids</b>									
Grilled Cheese	x	x		x					

	Wheat/Gluten	Cheese	Eggs	Milk	Soy	Corn	Meat	Vegan vs. Veg	Nighshades
Kids Chicken							x		x
<b>Brunch</b>									
A Caballo			x				x		
Tropicclassic	x	x	x	x			x		
1-2-3 Bfast Plate	x		x				x		
Unicorn Toast	x			x					
Bruschetta	x			x					x
Toast	x								
Maicena						x			