

# Dietary Restrictions

Buena Vida  
**EXPERIENCE**  
\*UNLIMITED SMALL PLATES

**GF** GLUTEN FREE **VG** VEGETARIAN **V** VEGAN **DF** DAIRY FREE **PC** PESCETARIAN **NF** NUT FREE **MUST BE MODIFIED** **GF** **DF** **VG** **PC** **V** **NF**

Our corn tortillas are **hand made daily** in house from **organic masa**.  
Buena Vida is proud to **source local produce**, seafood, and meats wherever possible.  
Some of our partners include Cheshire farms, Langenfeller farms and Roseda farms.

## GUACAMOLES

**TRADITIONAL \$10**  
avocado / tomato / onion / cilantro / lime

**YUCATAN \$12**  
basil / firefly farms / goat cheese / pickled mango

**GIRASOL \$12**  
sundried tomato / sunflower seed

## APPETIZERS

**TUNA CEVICHE \* \$13**  
papaya / mango / cucumber / lime / serrano / red onion

**SPICY SMOKED SALMON SPREAD \$10**  
chipotle / smoked trout roe / scallion

**CRAB & TOMATILLO - AVOCADO SPREAD \$11**  
pomegranate/ crispy shallot / cilantro

**SWEET CORN EMPANADAS \$9**  
crispy organic masa / guacamole / Oaxaca cheese / corn rajas / garlic - guajillo salsa

**POTATO & CHEESE FLAUTAS \$9**  
yukon gold potato & Oaxaca cheese puree / black bean / shaved cabbage / cotija

**QUESO FUNDIDO CON CHAMPIGNON \$12**  
melted quesos Oaxaca & Chihuahua / roasted mushroom chipotle - apricot chutney / organic tortillas

**SOPE DE BARBACOA \$10**  
slow cooked ancho beef / organic masa / guacamole / cotija

## SOUPS AND SALADS

**BLACK BEAN AND KALE SOUP \$6**  
roasted poblano & tomato broth / corn / smoked panela / tofu / cilantro

**LONG ISLAND DUCK TORTILLA SOUP \$8**  
chile pasilla / panela/ radish / lime / cilantro

**BABY BEET \$8**  
whipped requeson / macha / spiced pecan

**CUCUMBER \$7**  
baby heirloom tomato / red pepper / queso fresco / ancho crouton / house tajin / lemon balm

**BABY KALE \$8**  
jicama / red onion / orange / goat cheese / pumpkin seed

**CAESAR TIJUANA STYLE \$8**  
baby gem lettuce / parmesan / crouton

## TOSTADAS / NACHOS

**SANGRITA MARISCADA TOSTADA\* \$14**  
shrimp / crab / spicy tomato / guacamole

**CHICKEN TINGA TOSTADA \$12**  
Locust point farms roasted chicken / tomato / onion chopped little gem lettuce / crema / cotija

**CRAB NACHOS \$10**  
corn torilla chips / black bean puree / chihuahua chesse sauce / rajas / pickled chiles

## ENCHILADAS

**CHEESE AND SPINACH \$12**  
oaxaca & chihuahua cheeses / creamy salsa verde

**ROASTED CHICKEN & CHEESE \$14**  
chipotle / salsa roja / crema / cotija

## QUESADILLAS

**GRILLED CHICKEN \$10**  
achiote grilled chicken / chihuahua & oxacan cheeses / pico de gallo

**CHEESE \$9**  
chihuahua & oxacan cheeses / pico de gallo

## VEGETABLES

**FINGERLING SWEET POTATO TOSTONES \$8**  
hazelnut - ancho salsa / orange mojo / cocoa nibs

**ROASTED BUTTERNUT SQUASH \$ 6**  
salsa macha/ pepita

**PLANTAINS \$7**  
chile morita honey butter / crema

**SHISHITO TOREADOS \$8**  
sal gusano / lemon

**TOFU \$9**  
sweet corn puree / pickled chile / avocado verde / Oaxaca cheese

## MEATS

**GRILLED CHORIZO MEATBALLS \$12**  
chihuahua cheese / morita tomato sauce / olive/ almond

**COLORADO LAMB RIBS \$14**  
chile pasilla/ roasted garlic/ queso Oaxaca potato puree

**CHICKEN PIPIAN \$12**  
pumpkin seed/ mole verde / roasted butternut squash

## SEAFOOD

**CAMARONES AL AJILLO \$14**  
garlic shrimp / citrus adobo / bacon / corn / hominy / rajas/ potato / cotija

**BANANA LEAF BROILED SKATE \$12**  
habanero coconut glaze/ heirloom cherry tomato/ lime

**GUIA DE MARISCO \$14**  
spicy seafood stew/ rhode island calamari / shrimp/ skate/ hominy

**CHICHARRON DE PESCADO \$10**  
crispy Chesapeake catfish / lemon- garlic mayo/ chile fresno salsa

## BUILD YOUR OWN TACOS

FOR TWO:

**BUILD YOUR OWN TACO PLATTERS, SERVED WITH HANDMADE ORGANIC TORTILLAS, GUACAMOLE, SALSAS, RADISH SALAD AND MEXICAN RICE & BEANS.**

CHOOSE FROM:

**MUSHROOM \$24**  
poblano rajas / crispy shallot

**CARNITAS \$32**  
sweet corn puree / chile de arbol salsa / pickled onion

**CHICKEN ALAMBRE \$32**  
beer & achiote grilled freerange chicken / poblano / onion / morita/ pico de gallo

**STEAK ALAMBRE \$34**  
smoked bacon / poblano rajas / Oaxaca cheese / heirloom cherry tomato pico de gallo