



HEALTHY LATIN FOOD

APPETIZERS {pa' picar}

- CACHAPITAS**   4.50
small sweet corn pancakes with cheese
- BOLLITOS**   4.25
plain rolls of boiled white corn flour served with melted cheese, nata {latin sour cream}, fresh salsa and guasa {Venezuelan version of guacamole}
- TAJADAS CON QUESO**   4.25
sweet plantain served with white cheese
- YUCA**   4.50
yuca is a tuberous root from the potato family that has a delicate flavor and it is native to South America. the yuca can be fried or baked served with nata {sour cream}, fresh salsa and guasa {venezuelan version of guacamole}
- PATACONES**   4.50
fried green plantain patties served with nata {sour cream}, fresh salsa and guasa {venezuelan version of guacamole}

 Vegan upon request  Wheat free

 If you want to add spicyness ask your server about our special hot salsa

“We are a vegetarian Latin restaurant and the meat products are veggie protein based. Enjoy authentic Latin taste with every delicious bite of our food.”

AREPAS

traditional venezuelan gluten free corn meal dough pocket sandwich

- 1. LA QUESERA**   4.50
melted white cheese {queso fresco} and butter
- 2. LA GRINGA**  4.50
meatless turkey slices, lettuce, american cheese, tomatoes, and pink sauce
- 3. REINA PEPIADA**  4.95
meatless chicken in avocado puree
- 4. DOMINO**   4.50
black beans and white cheese
- 5. NEGRITA DULCE**   4.95
black beans, white cheese and sweet plantains
- 6. LA DE POLLO**  4.95
chunky meatless chicken with caramelized onions and green peppers
- 7. BUENOS DIAS**   4.95
scrambled eggs with fresh salsa and cheese
- 8. LA POTENTE** 5.25
scrambled eggs with fresh salsa, meatless ground beef and sweet plantains
- 9. EN FORMA**   4.95
cheese, lettuce, tomatoes and avocado
- 10. LA DE CHILI**  4.95
meatless beef chili with american cheese
- 11. LATINA**   4.50
sweet plantains, white cheese and guasa
- 12. ZUDAKA**  5.25
meatless ground beef, fresh salsa, guasa and white cheese
- 13. LA DE VEGETALES**   4.95
grilled vegetables

{AREPA} a gluten free, high fiber griddled cake made from white cornmeal, salt and water. The Arepa is the alpha and omega of the venezuelan and colombian diet. To make the perfect arepa takes practice and a lot of heart. In Venezuela and colombia you will find an expert in every home, because arepas - or corn cakes - are practically the cornerstone of family life; a beckoning to gather and feast. Arepas make the ideal breakfast, light lunch, dinner, late night meal or snack. Their appearance is most like an english muffin or crumpet. Their flavor is mild, similar to the taste of hominy grits, a perfect complement to almost any filling. Their texture is heavenly; lightly crunchy on the outside, with a warm and fluffy inside.

MORE

RICE AND BEANS BOWL 5.75

white rice and black beans served with fresh salsa, guasa and or nata

add grilled organic tofu, ground beef, two fried eggs, cheese or chicken  2.95

TOFU WRAP 6.50

marinated organic tofu, mayo, hummus, lettuce, carrots, cucumber, tomatoes, onions and avocado in a spinach or flour tortilla

HALLAQUITAS 8.75

two hallaquitas (venezuelan tamales) served with black beans, fresh salsa, guasa and one little arepita

PABELLON 8.75

white rice, black beans, plantains, white cheese one arepita and meatless ground beef {with the option to replace the ground beef with grilled tofu, fried eggs, or melted white cheese}

VEG BOLOGNESE PASTA 8.00

thin spaghetti served in tomato & basil sauce with meatless ground beef and pine nuts

HOT DOGS 2.25

plain {served with ketchup and mustard on the side} 2.25
zudaka dog {toped with fresh salsa, guasa, shoestring potatoes and white cheese} 4.00
chili dog {topped with meatless chili and chesse} 4.25

SALADS

FRESH SALAD 5.75

lettuce, tomatoes, cucumbers, onions, olives, and feta cheese

BLACK BEAN AND CORN SALAD 6.25

lettuce, black bean, corn, tomatoes, onions, coriander and cheese

GALLINA SALAD 5.95

lettuce, diced baked potatoes, beets, carrots, eggs and fresh apple in mayo salad dressing

add meatless chicken 1.50

SOUPS

SOUP OF THE DAY 5.75

served with white rice or a little arepita

DESSERTS

QUESILLO 3.50

traditional venezuelan flan

ARROZ CON LECHE 3.50

rice pudding topped with raisings and cinnamon

SALPICON 3.50

diced fruit cocktail served with ice cream, waffles topped with condensed milk

HIGOS / BREVAS CON QUESO 3.25

figs in syrup served with cheese

BEVERAGES

cold

NATURAL JUICES 3.75

guava, passion fruit, black berry, soursop

AGUA DE PANELA 3.00

hot or cold sugar cane juice with lemon

CORRE CAMINOS {roadrunner} 3.50

antioxidant infused energy drink

ICED TEA 2.25

MINERAL WATER 1.95

SOFT SODAS 2.25

hot

ZUDAKA TEA 3.25

milky black tea with exotic spices

HOT CHOCOLATE 3.25

made with 77% dark South American cocoa beans

LULU VALA TEA 2.50

milky cinnamon tea

HOT HERBAL TEAS 2.25

chamolille, lemongrass, spearmint, green tea damiana, and bronco

COFFEE

south american black coffee 2.00

cafe con leche {half coffee, half milk} 2.50

cafe con chocolate {half coffee, half chocolate} 2.50



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