



## Alternativas ~

*Alternativas* is Pambiche's menu dedicated to those who have "alternative diets", be it gluten-free, vegan, lactose-free or vegetarian. This menu is a highlight of our regular menu items that can accommodate "alternative diets". There are many non-vegetarian gluten-free items available on our regular menu. NOTE: Pambiche is a Cuban restaurant. Pambiche is not a gluten free or vegan restaurant and does not have a certified gluten free or vegan facility. Be assured that much care is taken to avoid cross contamination of ingredients, but ultimately all regular and alternative menu items are prepared in the same kitchen and bakery.  
¡Buen Provecho!

## Aperitivos ~

### Empanadas ~

We offer a variety of *vegetarian* empanadas. Sorry no vegan or gluten free options here. *Please allow 15 minutes.*

**Platos served with tostones and ensalada caribeña or ensalada de remolacha.**

**Espinaca con Queso** ~ A wonderful combination of spinach and cheese.

**Papa con Queso** ~ Cheese lover's potato pie made with Cotija and Oaxacan cheeses.

### Frituras ~

All of our frituras are vegetarian fare and gluten free. In addition, the Malanga and Ñame frituras are also vegan.

**Bollitos de Carita** ~ Afro-Cuban black-eyed pea fritters.

**Maíz** ~ Caribbean corn fritters.

**Malanga** ~ Garlicky taro root fritters.

**Ñame** ~ Tropical Cuban yam blended with herbs and onions.

### Pan Frito ~

Pan toasted Cuban crustini, brushed with Extra Virgin olive oil and fresh minced garlic; served with ensalada de aguacate. (vegan)

### Primera Vuelta ~

Literal translation: "First Round" A great way to sample a variety of our appetizers and salads! Includes your choice of empanada and 2 kinds of frituras. Served with ensalada caribeña and ensalada de remolacha. (vegetarian)

*Please allow 15 minutes.*

## Viandas ~

**Tostones** ~ Fried green plantains, the french fries of the Caribbean, served. (vegan + gluten-free)

**Maduros** ~ Fried ripe plantains, the favorite sweet accompaniment to a savory Cuban meal. (vegan + gluten-free)

**Yuca Frita** ~ Tropical yuca root, pronounced YOO-ka, never yukka, a tuber that appears daily on most Cuban tables. Golden yuca fries served with *mojo criollo* = creole garlic sauce. (vegan + gluten-free)

## Potajes y Arroces ~

**Potaje de Frijoles Negros** ~ Abuelita Ninfa's Cuban black beans. Made with black turtle beans, fresh oregano, Spanish olive oil sofrito and mucho amor. (vegan + gluten-free)

**Arroz Blanco** ~ Long grain white rice. (vegan+ gluten-free)

**Arroz Integral** ~ Long grain brown rice. (vegan + gluten-free)

aperitivo	lunch plato
\$4.50	\$8.00

dinner plato
\$9.00

\$5.00
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\$10.00
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\$14.00
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\$7.00
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\$8.00
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\$7.50
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cup	bowl
\$3.00	\$5.50

\$1.50
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\$2.00
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## Ensaladas ~

### Ensalada de Aguacate ~

This popular Cuban salad is a perfect complement to any of Pambiche's Platos. Fresh avocado and diced red onion with aliño criollo = extra-virgin olive oil and sour orange vinaigrette. (vegan + gluten-free)

\$8.00

### Ensalada de Remolacha ~

A Cuban staple. Fresh beet and watercress salad tossed with diced red onion and aliño criollo = extra-virgin olive oil and sour orange vinaigrette. (vegan + gluten-free)

\$6.00

### Ensalada Caribeña ~

A light and refreshing salad. Crisp red and green cabbage tossed with fresh grated carrots, citrus juices and fresh herbs. (vegan + gluten-free)

\$4.75

## Platos ~

### Plato Comunista ~

The contemporary Cuban plate. Frijoles Negros and arroz blanco served with yuca con mojo and ensalada caribeña or ensalada de remolacha. (vegan + gluten-free)

B + L	dinner
\$9.00	\$12.00

### Fried Green Plantains ~

Twice fried green plantains served with ensalada de aguacate and mojo de ajo. (vegan + gluten-free)

\$10.00	\$12.00
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### Integral ~

Brown rice and black beans adorned with fried ripe plantains and ensalada caribeña. (vegan + gluten-free)

\$10.00	\$12.00
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### Maíz y Frijol ~

Cuban corn fritters and their best amigo frijoles negros make great dipping companions! Here the pair are accompanied with a side of avocado salad. (vegetarian + gluten-free)

\$10.00	\$12.00
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## Postres ~

### Flan ~

Traditional Cuban caramel custard, featuring Abuelita Ninfa's classic Old Havana recipe. (gluten-free, contains dairy and eggs)

\$4.50

### Selva Negra ~

A Pambiche original! Coconut chocolate cake laced with Alizé (cognac + passion fruit) liqueur and Parrot Bay coconut rum, then filled with tangy passion fruit mousse, frosted with crema chantilly and encased in sweet chocolate cigarrillos. (gluten-free, contains eggs, gelatin and dairy)

\$7.50

### Lime in the Coconut ~

A tropical variation of the tres leches cake. Lime sponge cake drenched with saoco (sweet coconut milk, fresh lime + Bacardi Superior rum), filled with coconut custard cream and dressed with crema chantilly. (gluten-free, contains eggs, gelatin and dairy)

\$7.00