

S O P A S



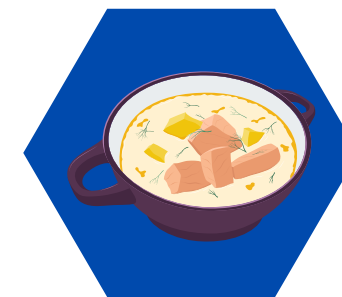
Sopa de
pescado



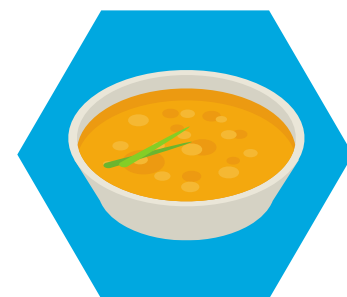
Sopa de pico
y pala



Sopa de
huesos



Sopa de
pecho



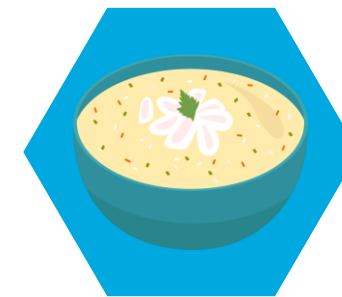
Chambr
e



Cocid
o



Cazuela de lentejas
pollo y trigo



Cocido de
bacalao



Sancoch
o



Sopa cremosa
de lentejas

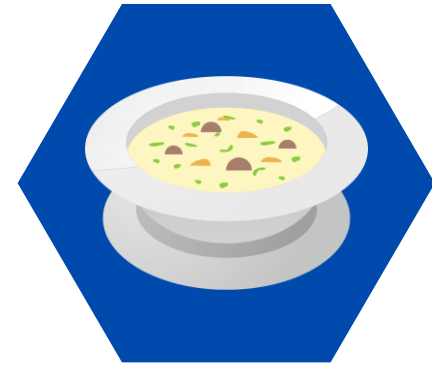


Sancocho de
habichuelas

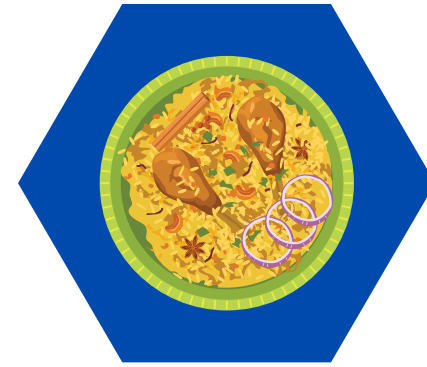


Sopa de vegetales con
fideos de repollo e
hígado

ASOPAO



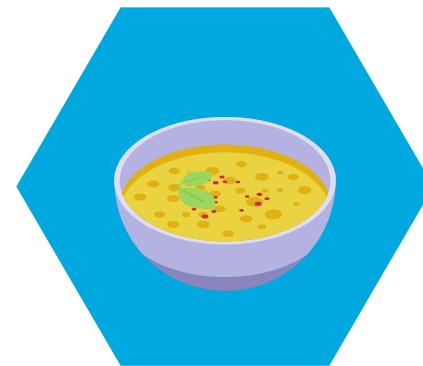
Asopao de
bacalao



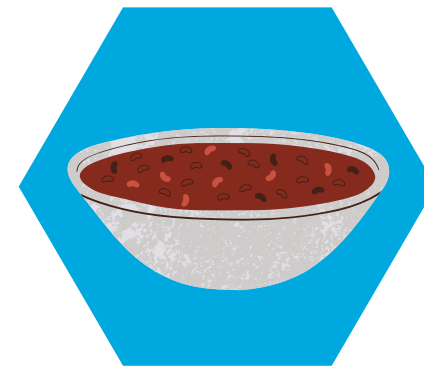
Asopao de
gallina



Asopao de
arenque

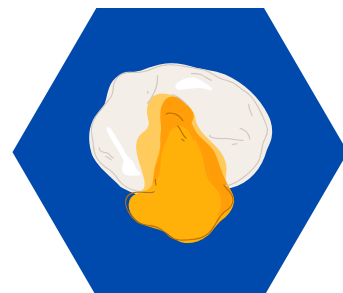


Asopao de
pollo



Asopao de
verduras

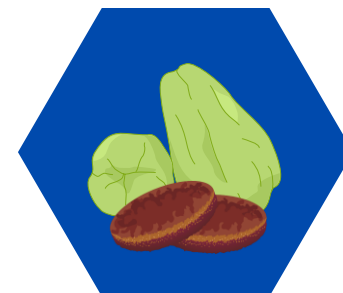
PROTEÍNAS



Huevo
escalfado



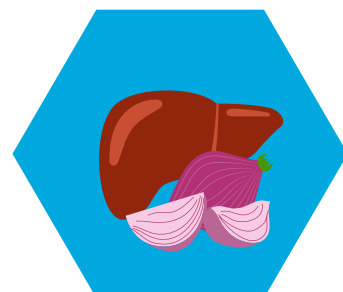
Ropa vieja



Canoas de tayota
y carne



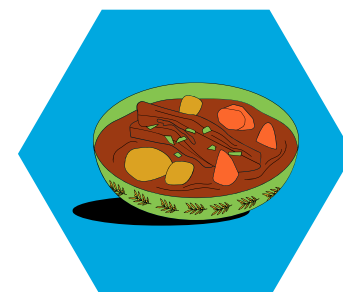
Crema de bacalao
y berenjenas



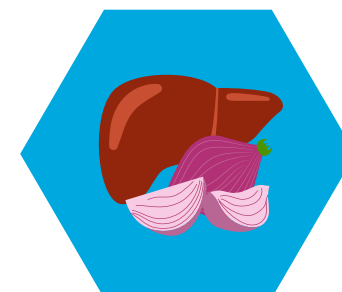
Hígado
encebollado



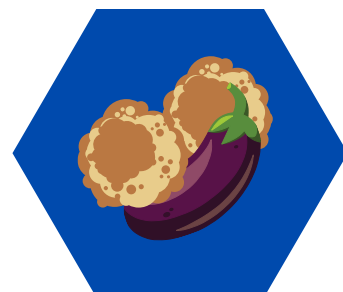
Camarones
de río



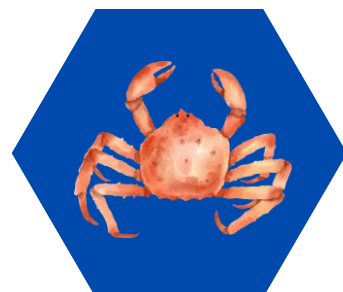
Chivo guisado



Hígado de pollo
encebollado



Albóndigas de
bacalao con
berenjena



Cangrejo



Tilapi
a

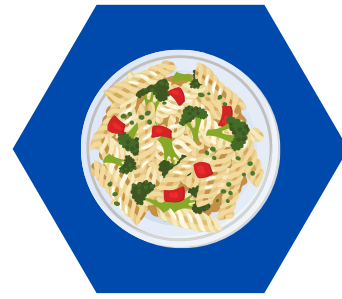


Rollo de harina de maíz
relleno de sardinas (para
personas sin diabetes)

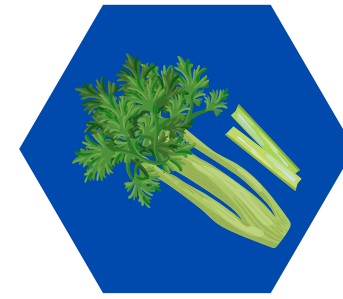
OTROS



Arroz y huevo



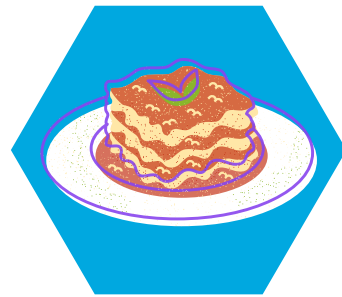
Coditos o mostachones
con tomate y aceitunas



Cepa de apio



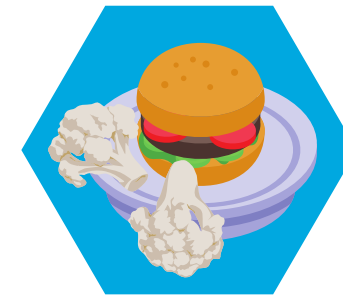
Torrejas de berenjenas
a la plancha



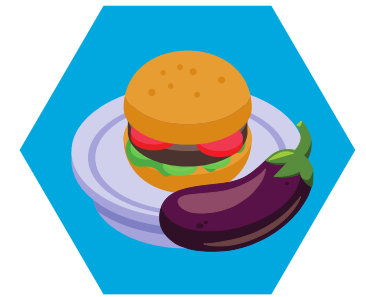
Pastelón de berenjena
y huevo



Mofongo de plátano
verde asado



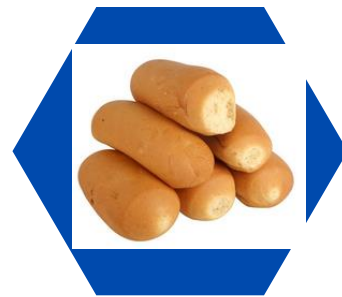
Hamburguesa de
coliflor y avena



Hamburguesa de
berenjena y avena



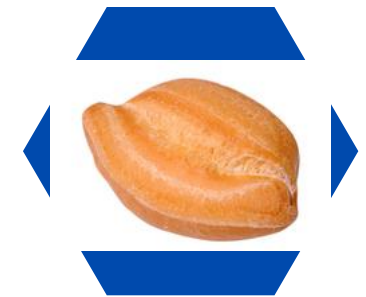
Avena



Pan sobao

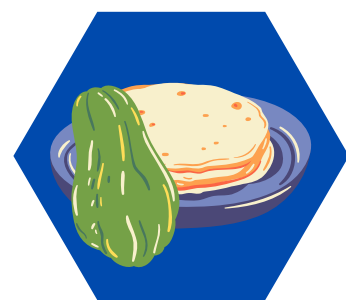


Casabe



Pan de agua

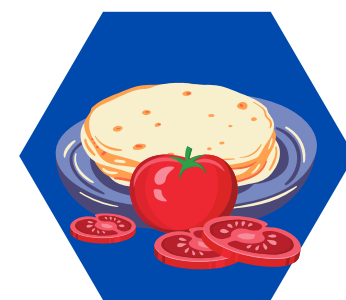
TORTILLAS



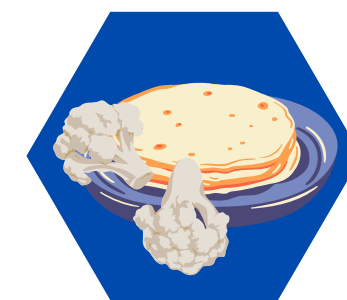
Tortilla de
tayota



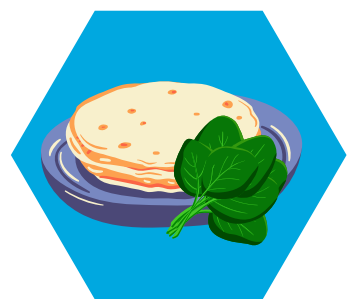
Tortilla de
brocoli



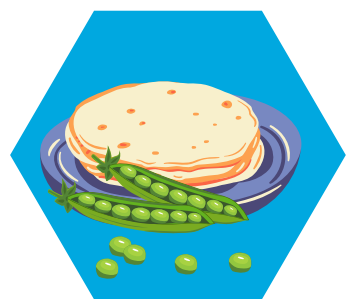
Tortilla de
tomate



Tortilla de
Coliflor



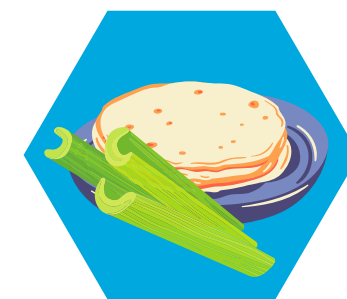
Tortilla de
espinaca



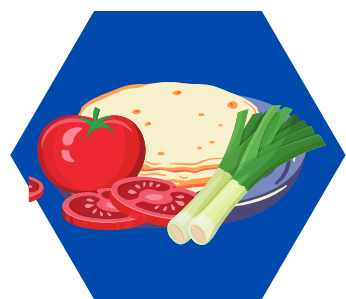
Tortillas de
vainitas



Tortilla de
vegetales



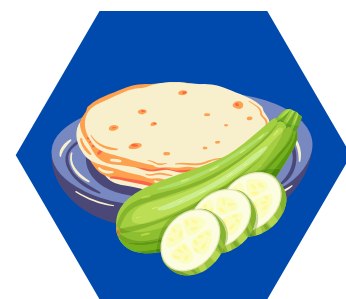
Tortilla de
apio



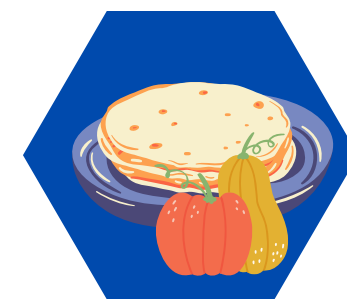
Tortilla de
puerro y tomate



Tortilla de ajíes,
tomates y cebolla

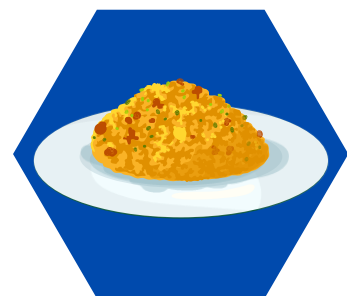


Tortilla de
calabacín

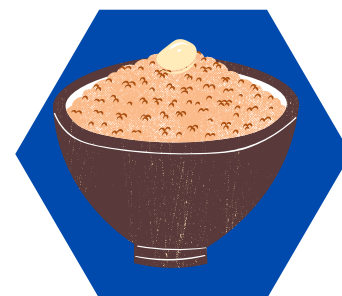


Tortilla de flor
de calabaza

LOCRIO



Locrio (Arroz
con tuna)



Locrio de
bacalao



Locrio de
cerdo



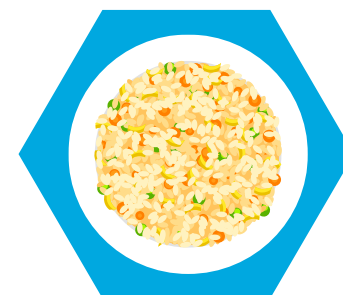
Locrio
pollo



Locrio de
arenque



Locrio de
pica pica



Locrio de
Molondrones



Locrio de
vegetales

ENSALADAS



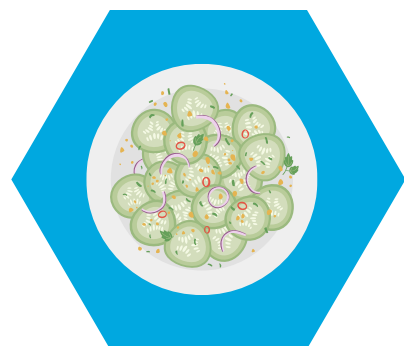
Ensalada de
brocoli y cebolla



Ensalada de pollo, aguacate,
tomate y cilantro



Ensalada de
lentejas y tomates



Ensalada de arenque
y tayota



Ensalada de sardina con
brocoli o coliflor



Ensalada de brocoli y coliflor
cremosa con yogurt



Ensalada de tuna con
brocoli o coliflor

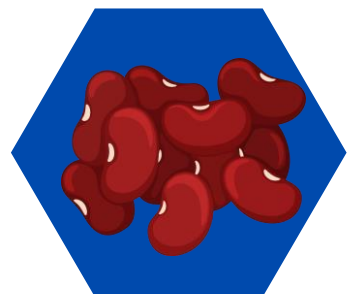


Ensalada de trigo
y tuna

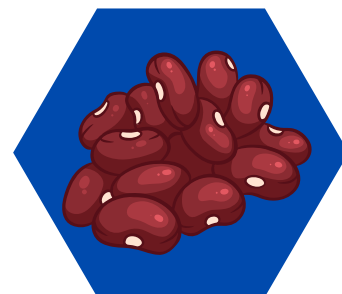


Ensalada de trigo y
vegetales

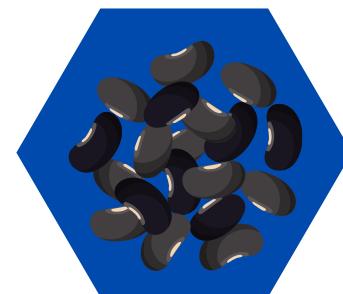
LEGUMBRES



Habichuelas
giras



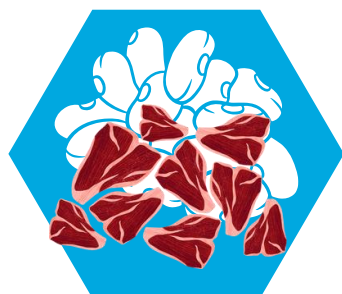
Habichuelas
rojas



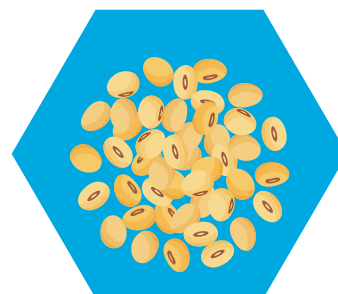
Habichuelas
Negras



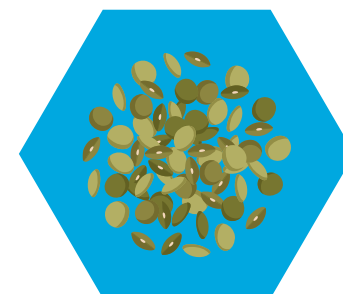
Habichuelas
blancas



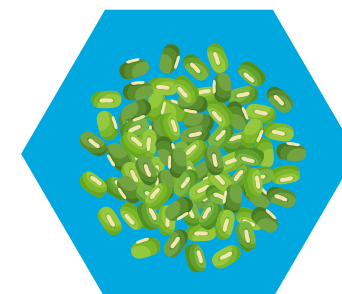
Habichuelas blancas
con Molleja



Frijolitos



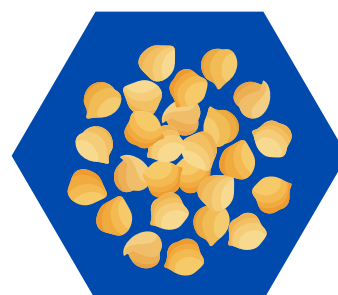
Arvejas



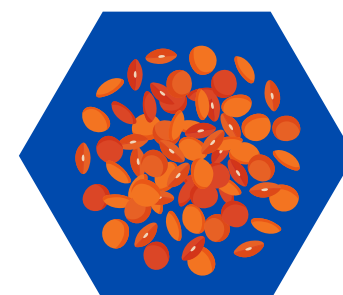
Guandules



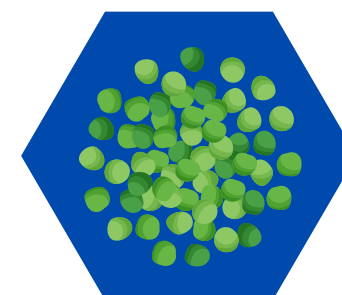
Lentejas



Garbanzos



Habas



Petit Pois



Soya