



1422 Nogalitos Street, San Antonio,  
TX, United States | (210) 465-9233  
myvegeria.com

#Fresh #Local #LoveInfused  
#Glutenfree #AllergyFriendly  
#Handmade #Texmex

### Hours of Operation:

Monday - Thursday: 11:00 am-9:00  
pm

Friday: 11:00 am-10:00 pm

Saturday: 11:00 am -10:00 pm  
All Day Brunch/Lunch Menu  
Vegan and Gluten-Free Buffet  
Buffet 12.99 - Kids 4.99

Sunday: Closed

**All our items are handmade  
with love. We are a gluten-free  
establishment.**

**Our prices reflect the time and effort  
that goes into creating gluten-free  
and vegan products with quality  
ingredients. We will do our best to  
provide you with good service and  
wholesome food.**

**\*Please note all our items are  
handmade and take time to  
prepare. Our fried items may take  
longer to prepare. Your patience is  
appreciated.\***

# OUR HISTORIA

Vegeria Vegan Restaurant was established in 2011 by Fred Anthony Garza. Vegeria was originally founded because Garza then a student of St. Phillips Collage, Cullinary Program was asked to leave for being vegan. Garza wanted to create a place for people like him self that both filled a need for vegans, vegetarians and those with special diets and allergies. Thus the Idea of Vegeria came about. Pronounced, Ve-heh-ria, Vegeria opened inside the Viva Book Store on August 1, 2011.

Garza was inspired by his grandmas recipes, legacy, and love. He continues to want to share that with a new generation of people. "If we don't keep cooking the food of our ancestors no one will. If we want our children and grandchildren to know tex-mex food we must keep creating it, sharing it and serving it, and letting it evolve. Not only are we proud of our culture, we're proud to be 100% vegan and gluten free."

¡Viva Vegeria! was established as a result of business partner Mark Voelkel and Chef Fred Anthony Garza. ¡Viva Vegeria! aims to feed the masses and educate the city on issues like cultural preservation through food, healthy eating, urban gardening, farm-to-table movement, and organic seasonal farming.

¡Viva Vegeria! stands on what used to be one of San Antonio's first automotive stores. The site has been everything from an upholstery studio to a steak house. The building has come along way from steak house to vegan restaurant. ¡Viva Vegeria! aims to preserve our culture with fresh inventive plant-based cuisine for years to come.

## APPETIZERS

### 4.95 Two Lovers Guacamole

Guacamole fresh to order from ripe Mexican avocados blended with fresh cilantro, onions, lime juice and chipotle peppers. Served with homemade corn chips.

### 7.99 Mini Nopales Tacos with Pickled Jalapeño Cabbage

Four savory mini tacos filled with nopales sautéed onions, tomato, bell peppers, cilantro, oregano and a touch of lime. Topped with our pickled cabbage and jalapeño coleslaw.

### 12.49 Super Human Nachos / 8.50 Half Order

Loaded with protein and probiotics, these nachos will leave you feeling super human. Piled high with our house made tortilla chips, refried pinto beans, quinoa, sliced avocado, hemp hearts, pepper jack cheese and kimchi.

### 6.99 Ancho and Cascabel Hot Wings (Buffalo Wings)

Battered and fried cauliflower tossed in ancho and cascabel buffalo sauce. Served with carrots, celery, and cucumber poblano cream.

### 9.99 Classic Vegan Nachos / 6.99 Half Order Sub chips with kale (+\$2.99)

### Sub chips with fries (full order +3.99/half order +2.99)

A mountain of tortilla chips, piled high with vegan queso, quinoa, veggie taco filling, pico de gallo and guacamole. Drizzled with our homemade avocado ranch!

### 3.49 Papas Fritas

French fries served with our garlic curry ketchup.

## ENTREES

### 8.99 The Rosalie Special Specials come with soup and salad. No substitutions on specials.

Monday: Chef's Enchiladas

Tuesday: Vegan Tamales

Wednesday: Smoke Cauliflower Tacos

Thursday: Chef's Special!

Friday: Kitchen Sink Nachos - \*Not served with soup and salad\*

### 6.99 Una Tostada Add an extra tostada (+\$3.99)

One vegetable chalupa topped with refried beans, queso, spinach, cabbage, carrots and tomatoes. Served with side salad and your choice of a house side.

### 9.99 Sweet Potato and Sun Dried Tomato Enchiladas

Three savory enchiladas filled with mashed sweet potatoes, poblano, onions, garlic and sun dried tomato. Topped with vegan queso and ancho sauce. Served with side salad and your choice of a house side.

### 11.99 Spinach Huitlacoche Enchiladas

Three creamy, savory and rich enchiladas. Sautéed garlic, onion, spinach and huitlacoche. Rolled into three soft corn tortillas topped with queso and sunflower seed crema. Served with side salad and your choice of a house side.

### 11.99 Mole Enchiladas

Three rich enchiladas filled with mashed sweet potatoes and topped with mole poblano sauce. Sweet, mildly spicy and seductive. Served with side salad and your choice of a house side.



# MORE ENTREES

## 10.99 Enchiladas Verdes

Three lentil and garbanzo bean enchiladas, sautéed with onions, garlic and tomato. Topped verde sauce and poblano crema. Served with side salad and your choice of a house side.

## 10.99 Gorditas De Frijoles Negros con Platano

Two fresh handmade GMO-Free corn gorditas topped with seasoned black beans, ancho paste, sunflower crema and fried platano. Served with side salad and your choice of a house side.

## 9.99 Sweet Potato Poblano Flautas

Three sweet, spicy and savory tacos rolled and deep fried till golden, stuffed with mashed sweet potatoes, poblano, onions, garlic and stewed tomato, topped with poblano cucumber crema. Served with side salad and your choice of a house side.

# TORTAS

## 12.49 Pepper Jack Portabella Torta

Hearty with just the right amount of spice. A grilled portabella mushroom topped with roasted peppers, caramelized onions with sunflower pepper jack cheese, lettuce, tomato and avocado slices on a grilled gluten-free bun. Includes one side order.

# SALADS

## 6.99 Ensalada De La Casa

Greens, carrots, cabbage, tomatoes, red peppers and our pickled cabbage and jalapeño slaw.

## 6.49 El Nopal

Cactus, avocado and pepper jack salad. Nopales are a Tex-Mex favorite and are a tender young cactus. Healthy and delicious. Our salad features nopales, spinach, fresh avocado and homemade vegan pepper jack cheese. Dressed with our cucumber poblano crema.

## 10.99 La Piñata- Raw Stuffed Avocados

Chef's favorite! Fresh large avocados stuffed with marinated sun-dried tomatoes, garlic, sea salt, lemon juice and epazote nestled on a kale salad topped with poblano crema.

# DRINKS

## 3.00 - Organic Sodas

## 2.75 - Mango Passion Fruit Green Tea

## 2.00 - Ice Tea, or Hot Tea

## 3.50 - Coconut Horchata

## 2.75 - Mexican Sodas

## 3.00 - Coconut Water

## 2.00 - Smart Water

## 2.50 - Honest Organic Bottled Tea

## 9.99 Portabella Chicharrón Street Tacos

Three street tacos filled with grilled onions and carefully battered portabella mushrooms, fried till crisp. Paired with fresh lime and cilantro. Served with side salad and your choice of a house side.

## 10.99 Mushroom-Stuffed Chiles Rellenos

Portabella mushrooms, black beans, fire-roasted tomato, vegan mozzarella and coconut milk. Layered with classic Mexican-style tomato sauce with cilantro. Served with side salad and your choice of a house side.

## 10.49 Molletes de Calabaza Con Crema

A toasted roll covered with Mexican-style squash cooked in a light coconut milk with tomatoes, onions, fresh oregano, garlic and melted vegan cheese. Served with side salad and your choice of a house side.

## 9.99 Espinacas con Aguacate Torta

Fresh and light. Spinach leaves with cilantro pesto, sunflower cheddar cheese, raw pickles, tomatoes and sliced avocado on a grilled gluten-free bun. Includes one side order.

## 6.49 El Corazon

Ginger kale salad, quinoa, jalapeño beet slaw and hemp hearts. Sweet, spicy and beautiful!

## 9.99 Gratitude Bowl

Perfect if you're looking for a healthy meal that's loaded with plant based protein. Layers of cool bean salad, quinoa, hemp hearts, avocado slices, carrots, cabbage and spring mix topped with our fat free vegan honey mustard dressing.

# SMOOTHIES

## 5.98 - 20oz.

Comes with a shot of hemp protein  
No added sugar or agave - all natural.

**Love Potion - Pomegranate, blueberries, strawberries, blackberries and turmeric.**

**Beautiful Beast - Spinach, bananas and strawberries.**

**El Sol - Mango with raspberry, blackberries and strawberries.**

**La Curandera- Kale, pear, orange, mango, pineapple and carrot.**

# HOUSE SIDES

## Side Salad

Spring lettuce mix, cabbage, carrot, cabbage and tomatoes with house Italian vinaigrette or avocado ranch.

## Jicama and Mango Salad

Chopped jicama, mango, lime and light citrus agave dressing.

## Jalapeño Beet Slaw

Granny Smith apples, fresh beets and mild jalapeños create a sweet and spicy salad that even beet haters will enjoy!

## Ginger Kale Salad

Sweet and spicy Asian-style dressing over kale.

## Refried Beans

Pinto beans puréed with no added oil, fresh Mexican spices and garlic.

## Black Beans

Whole-cooked black beans seasoned with fresh garlic, oregano, cascabel, ancho, arbol and smoked paprika.

## Mexican Rice

Mexican-style rice with carrots, peas, tomato and spices.

## Papas Fritas

Fried potatoes, served with garlic curry ketchup.

# SALSAS

Turmeric Habanero Salsa  
South San Antonio Salsa

# SOPA

## 2.99 - Cup | 6.49 - Bowl

Sopa Azteca with Slow cooked Artichoke  
Homemade chili tomato broth with slow-cooked artichoke, corn chips, vegan cheese, avocado and poblano cucumber crema.

# JUST FOR KIDS

Comes with a choice of fries, salad or apple slices.

5.49 - Grilled Cheese Sandwich

5.49 - Peanut Butter and Jelly Sandwich

# A LA CARTE

1.49 - Extra chips

3.49 - House Sides

3.99 - Side of Queso

4.99 - Side of sunflower Seed Pepper Jack

4.99 - Side of Sunflower Seed Cheddar

3.99 - Avocado Slices

5.99 - Grilled Portabella

2.99 - Side of Guacamole

3.49 - Side of Quinoa

2.99 - Special Requests (if we can accommodate)