INCAS
KITCHEN

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FROM CRUDO BAR

CEVICHE TRIO $34
Mix Seafood in Three Versions, Classic, Rocoto and Yellow Pepper, Corn, Sweet Potatoes

AVO TIRADITO $15
Catch of the Day, Avocado, Leche de Tigre, Sweet Corn, Cancha, Sweet Potato, Jalapeño Pepper

SALMON TIRADITO $15
Passion Fruit Leche de Tigre, Avocado, Red Onion, Corn, Sesame, Curly Sweet Potato

OCTOPUS CARPACCIO $16
Botija Olives Alioli, Cherry Tomatoes, Capers, Bell Pepper Confit, Avocado, Crackers

MIX CEVICHE $16
Seafood, Red Onion, Yellow Chili Paste, Limo Pepper, Cancha, Sweet Potato, Crispy Octopus

NIKKEI CEVICHE $15
Tuna Fish, Celery, Red Onion, Cucumber, Soy Sauce, Wakame, Corn, Avocado, Sweet Potato Purée

CLASSIC CEVICHE $14
Catch of the Day, Lime, Leche de Tigre, Red Onion, Corn, Cancha, Sweet Potato

"Can't deicide? To go boxes always available"

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."

DAIRY FREE GLUTEN FREE

TO SHARE MENU

JALEA MIXTA $20
Breaded Mix Seafood, Cassava Croquette,
Peruvian Tartara, Rocoto Emulsion, Creole Sauce

OCTOPUS ANTICUCHO $18
Panca Chili Adobo, Roasted Potatoes, Huancaina Corn, Huacatay Chimichurri

PARMESAN SCALLOPS $16
Parmesan Cheese Crumble, Leche de Tigre, Lime

SHRIMP CAUSA $14
Mashed Potatoes, Yellow Chili, Avocado, Chalaquita,
Black Olives, Cilantro Mayo, Golf Sauce (Subsitute Chicken $12.00)

FISH -OR- CALAMARI CHICHARRON $13
Breaded Fish or Calamari, Cassava, Alioli Sauce

PAPA A LA HUANCAINA $12
Andean Potato, Creamy Yellow Pepper Sauce,
Black Olives, Quail Eggs, Potato Chips

OCOPA $12
Baby Potatoes, Creamy Huacatay Sauce, Peanut, Black Olives, Quail Eggs

CHICHARRON TACOS $10
Roasted Pork Belly, Sweet Potatoe Purée, Creole Sauce

SALTADITO TACOS $10
Corn Tortilla, Lomo Saltado, Curly Potatoes

CHEESE TEQUEÑOS $8
Fired White Cheese wrapped in Wonton Sheets, Huancaina & Gucamole

GUAC & CHIPS $8
Rocoto Bacon Guacamole, Tortilla Chips

LIMA BEANS HUMMUS $8
Pita Bread Chip, Paprika, Olives Oil, Carrot and Celery Crudité

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CASSEROLE + SALADS

PRAWNS CHUPE $20
Fava Beans, Rice, White Cheese, Potatoes,
Panca Chili, Milk, Poched Egg

SEAFOOD PARIHUELA $20
Panca Chili Sofrito, Tomato, Beer,
Seafood Concentrated, Cilantro

CREOLE SOUP $15
Hand Cut Beef, Oregano, Tomato Sofrito,
Angel Hair Noodle, Fried Egg

QUINOA BOWL $12
Tricolore Andean Grain, Onion, Tomatoes, Mashed Avocado,
Corn, Sweet potato, Parsley, Lime & Lemon Dressing

INTI GARDEN $12
Mesclun Lettuces, Cherry Tomatoes, Palm Heart, Kiuri,
Radish, Carrot, Olives, Tamarid Balsamic Dressing

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DAIRY FREE GLUTEN FREE BLUE ZONES® INSPIRED

TO CONTINUE MENU

LOMO A LO MACHO - PERUVIAN SURF & TURF $28
7 oz. Tenderloin with Shrimp, Scallops, Mussels and Calamari, in Panca
and Yellow Pepper Creamy Sauce served with Golden Potatoes,

BACHICHE RIBEYE $25
10 Ounces, Fetuccine, Peruvian Pesto, Fried Egg, Grana Padano

CHURRASCO A LO POBRE $22
Skirt Steak, Rice, Fries, Ripe Plantain, Fried Egg

BEEF SECO & TACU TACU $20
Cilantro Short Rib Stew, Rice and Beans Patty with Pico de Gallo,

CHICHARRON $20
Roasted Pork Belly, Sweet Potato Puree, Choclo & Potato, Hierba Buena Salad

LOMO SALTADO $18
Stir Fry Beef Tenderloin, Onion, Tomatoes, Soy Sauce, Wedge Fries, Rice & Corn
(Chicken $15.00 -or- Seafood $22.00)

INCAS MACHO $23
Catch of the Day, Roasted Potatoes, Rice & Corn, Peruvian Peppers, Seafood Sauce

ARROZ FRUTOS DEL MAR $22
Mix Seafood, Yellow Pepper, White Wine, Bell Pepper, Cilantro

FISH SUDADO $18
Catch of the Day, Ginger, Onion, Tomatoes, Chicha de Jora, Cassava, Rice and Corn
(Add Seafood + $4.00)

CHIFERO FISH $18
Catch of the Day, Ginger, Scallions, Bell Pepper, Snow Peas, Oyster Sauce, Fried Rice

ARROZ CON PATO $20
Cilantro Duck Confit, Rice, Carrot, Peas, Creole Sauce

AJI DE GALLINA $16
Yellow Chili Cream, Shredded Chicken Breast, Black Olives, Quail Egg, Rice

CHAUFA $16
Chicken Fried Rice, Ginger, Scallions, Egg, Soy Sauce, Sesame Seeds
(Beef $18.00 -or- Seafood $22.00)

INCAS BURGER $14
Cheddar Cheese, Tomato, Lettuce, Bacon, Grilled Onion,
Yellow Pepper Mustard Dressing

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DAIRY FREE GLUTEN FREE

VEGETARIAN MENU

MUSHROOM CEVICHE $12
Lime, Red Onion, Corn, Cancha, Sweet potato

ZUCCHINI TIRADITO $11
Grilled Zucchini, Avocado Sauce, Red Onion, Corn,
Sesame, Curly Sweet Potato

QUINOA BOWL $12
Tricolore Andean Grain, Onion, Tomatoes, Mashed Avocado,
Corn, Sweet Potato, Parsley, Lime & Lemon Dressing

INTI GARDEN $12
Mesclun Lettuces, Cherry Tomatoes, Avocado, Palm Heart,
Kiuri, Radish, Carrot, Olives, Tamarid Balsamic Dressing

PAPA A LA HUANCAINA $12
Andean Potato, Creamy Yellow Pepper Sauce,
Black Olives, Egg, Potato Chips

VEGETABLES SUDADO $12
Zucchini, Carrots, Ginger, Onion, Tomatoes,
Chicha de Jora, Cassava, Brown Rice & Corn

MUSHROOM SALTADO $15
Portobello, Onion, Tomatoes, Soy Sauce, Wedge Fries, Rice & Corn

CHAUFA $12
Veggie Fried Brown Rice, Ginger, Scallions, Egg, Soy Sauce, Sesame Seeds

VEGGIE TACU TACU $15
Rice and Bean Patty, Maduros, Grilled Vegetables,
Asparagus, Salsa Criolla

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KIDS MENU

SALCHIPAPA $9
Sausage, French Fries, Fried Egg

MINI CHAUFA $9
Fried Rice, Chicken, Egg, Soy Sauce

SLIDERS $10
Mini Burgers, Cheese, French Fries

CHICKEN BROCHETTES $9
Huancaina Corn, Sweet Potatoes Fries

MAC & CHEESE $8
Macaroni, Cheddar Sauce

CHICKEN STRIPS $9
Breaded Chicken Breast, Roasted Potatoes, Garlic Mayonnaise

HOT DOG PASTA $8
Sausage, Fetuccine, Cheese Sauce

TACU TACU STEAK $13
Grilled Churrasco, Rice and Bean Patty, Fried Maduros

STIR-FRIED VEGGIE RICE $9
Brown Rice stir-fried with Veggies for a Blue Zones® Inspired dish.
(Add Chicken for $3)

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DAIRY FREE GLUTEN FREE BLUE ZONES® INSPIRED

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LIVE LONGER, BETTER®

BLUE ZONES® - WHERE PEOPLE LIVE THE LONGEST AND ARE THE HEALTHIEST

POWER 9®

Live a longer, healthier life by applying these principles inspired by the people who have lived the longest.

- **MOVE NATURALLY:** Find ways to move more! You'll burn calories without thinking about it
- **PURPOSE:** Wake up with purpose each day and add up to seven years to your life
- **DOWN SHIFT:** Reverse disease by finding a stress-relieving strategy that works for you
- **80% RULE:** Eat mindfully and stop when 80% full
- **PLANT SLANT:** Put more fruits and vegetables on your plate
- **WINE @ FIVE:** If you have a healthy relationship with alcohol, enjoy a glass of wine with good friends each day
- **FAMILY FIRST:** Invest time with family – and add up to six years to your life
- **BELONG:** Belong to a faith-based community and attend services regularly to add up to 14 years to your life
- **RIGHT TRIBE:** Surround yourself with people who support positive behaviors – and who support you

BLUE ZONES PROJECT® USES LESSONS LEARNED FROM BLUE ZONES TO INCREASE WELL-BEING IN OUR COMMUNITY.

BLUE ZONES INSPIRED ENTREES

- INTI GARDEN
- ZUCCHINI TIRADITO
- QUINOA BOWL
- STIR-FRIED VEGGIE RICE
- VEGETABLES SUDADO
- MUSHROOM CEVICHE
- VEGGIE TUCA TUCA
- CHAUFA

SOUTHWESTFLORIDA.BLUEZONESPROJECT.COM
BLUEZONESPROJECTSWFL@SHARECARE.COM PHONE: (239) 624-2312