

ENG

PLANTICERÍA 
SINCE 2019

PLANTI MENU

 @planticería

CLAYTON
6575-3111

Clayton plaza, Local 3, C. al Hospital, Panamá

SAN FRANCISCO
6103-2644

Entrando por la Hyundai de C. 72 Este local 8, Panamá



LET US SURPRISE YOU

PLANTIVORE STEAK 12.00

PLANTIRIBZ steak with chimichurri, fries and salad

PLANTILLOPO TENDERS 8.00

PLANTICHICKEN tenders and fries with sweet mustard

PLANTINACHOS

Pico de gallo, blackbeans, nacho cheese, guacamole and chips, choose between:

PLANTIGROUNDBEEF, SHREDDED JACACHICKEN 8.50

BOTH: 12.00

SALADS

CHARCUTERIE BOARD 15.00

Plantbased burrata, PLANTICIUTTO, tropikraut, olives and toasts

GREEK SALAD 10.00

Mixed greens, kalamata, feta cheese, plantiziki, tomato, onion, oregano, pita and chickpeas

ADD PLANTICHICKEN FOR 1.00

GREEN CESAR SALAD 9.00

Mixed greens, PLANTICHICKEN grilled, salsa verde, croutons

SOUP OF THE DAY SMALL 5.50 / LARGE 8.00

SANDWICHES:

BEST VIBES REUBEN 12.00

Cacao bread, PLANTIRAMY, kale, caramelized onion, kimchi mayo, moxy cheese with fries or salad

PHILLY CHEESE PLANTIRIBZ 11.00

PLANTIRIBZ, sandwich, american cheese, peppers, with fries or salad

PLANTIGYRO 12.00

Flatbread, PLANTIRIBZ, zaatar, plantiziki, feta, tomato, onion and mixed greens with fries or salad

CHORIPAN 10.00

CHORIPANTI, french bread, chimichurri, pico de gallo with fries or salad

PLANTIBURGER 12.00

Brioche bread, PLANTIBURGER pattie, salsa verde, tomato, mixed greens, american cheese, golden onions, PLANTIBAKON with fries or salad

CAPRESSE 8.50

Moxy cheese, caramelized onions, pesto and tomato

CLUB SANDWICH 11.75

Classic sandwich with PLANTIHAM, PLANTIBAKON, PLANTIRAMY, tomato, mixed greens, onions, mayo, sweet mustard, american cheese with fries or salad

BLT 7.50

Brioche bread, mayo, guacamole, PLANTIBAKON, mixed greens and tomato

HUMILDE CAMPESINO 11.50

Sandwich of PLANTILLOPO, kimchi mayo, mayo, mixed greens, tomato with fries or salad

SIDES

Spicy fries 5.00
with black garlic mayo

Green Salad 5.00

BUFFALO SAUCE: 1.00

EXECUTIVE MENU



MONDAY - FRIDAY
11:00am - 02:00 pm



1/2 SANDWICH WITH SOUP AND LEMONADE.

9.50

CLUB SANDWICH

BLT

BEST VIBES

BRUNCH

AGRADECIDO

9.00

Monte cristo, made with **PLANTIHAM**,
PLANTIRONI, moxy cheese, jelly and cane syrup

DRELIO CROISSANT

8.50

PLANTIBAKON, guac, lettuce, tomato,
moxo cheese

PLANTIRONI MELT

7.90

Brioche bread, moxy cheese, **PLANTIRONI**, mayo

PARFAIT

6.00

Coconut yogurt, pitaya, granola

HOT

ICED COFFEE

4.50

GOLDEN MILK

4.50

CAPUCCINO

4.00

AMERICANO

3.50

ESPRESSO

3.00

TEA

3.50

SALTY

PUFF PASTRY

PLANTIGROUND BEEF

3.50

PUFF PASTRY

JACACHICKEN

3.50

SWEET

CARROT CAKE Cup

5.50

CHOCO-LATTE Cup

5.00

BDAY CAKE Cup

5.00

CHEESECAKE

4.00

CINNAQUEEN

4.00

BROOKIES

3.00

DOLLYCRUSH

2.75

BROWNIE

2.50

CHOCOMIEL

2.00

COOL

GREEN SMOOTHIE

Kale, cucumber, piña, spirulina

4.50

GOLDEN SMOOTHIE

Banana, golden turmeric, oats

4.50

PINK SMOOTHIE

Pitaya, banana y pineapple

4.50

ICED TEA

2.50

LEMONAIDE

2.50

PLANTIFONDA

latin inspired food but with the Plantimeats #PLANTIMEATS



PA COMENZAR (TO START)

WACHONGO GF 6.00

Guacho soup with rice with a lot of spices, shitake mushrooms, yucca root, beans, coconut milk and fried plantains

PHISH TACOS GF 6.90

Fried jackfruit, tartar sauce, sauerkraut and pico de gallo

MOXY TEQUEÑOS 7.00

Pastry filled cheese sticks with salsa verde

PILAZOS (BOWLS)

CURRY BOWL 7.00

White rice, shitake mushroom yellow curry, smoked veggies, fried plantain and tropikraut

PLANTIRIBZ WITH ONION BOWL 7.00

Plantiribz with onion coconut rice and salad

GRILLED PLANTICHICKEN 7.00

Plantichicken with salsa verde, with rice beans and mixed salad

PLANTICHICKEN CHINALATINA 7.50

Sweet and sour Plantichicken with rice and cucumber salad

JACKFRUIT CHICKEN BOWL 7.50

Rice with beans, sweet plantain, green olives, potatoes, carrots and jackfruit

JACAPHISH FRITO 10.00

Pescado de jacaphish al escabeche, arroz blanco, patacones y ensalada mixta

MAKE YOUR OWN BOWL 8.00

1

PLANTIPROTEIN

- PLANTICHICKEN
- PLANTIRIBZ WITH SAUTED ONIONS
- JACACHICKEN WITH SAUCE (GF)
- PULPONGO "SHITAKE" CURRY (GF)

2

SIDES

- RICE AND BEANS
- COCONUT RICE
- TORTILLAS
- WHITE RICE

3

EXTRA

- GREEN SALAD
- SWEET PLANTAIN
- FRIED PLANTAIN
- BEANS

ADDITIONAL

GUACAMOLE 1.00

TROPIKRAUT 1.00