

CUBA LIBRE
★ RESTAURANT & RUM BAR ★

GLP-WONDERFUL™

Thoughtfully crafted for balance, flavor, and GLP-1 support
please no substitutions, as it would impact the nutritional composition of the dish

Ropa Vieja 25.75

Braised, shredded and stewed beef brisket, tomatoes, bell peppers, onions, rice & beans, asparagus

NUTRITION FACTS

Amount Per Serving	
Calories	460
Fat	9-11g
Fiber	9g
Carbohydrate	55g
Protein	28g

Vaca Frita 25.75

Braised brisket shredded then seared, roasted onions, citrus-garlic sauce, broccolini, fresh avocado

NUTRITION FACTS

Amount Per Serving	
Calories	420
Fat	28g
Fiber	5g
Carbohydrate	8g
Protein	36g

Pollo Asado 26.5

Grilled citrus-marinated chicken breast, roasted garlic mashed potatoes, broccolini

NUTRITION FACTS

Amount Per Serving	
Calories	430
Fat	12g
Fiber	4g
Carbohydrate	20g
Protein	56g

Camaron Salteado 23

Sautéed shrimp with grape tomatoes and fresh herbs, rice & beans, avocado

NUTRITION FACTS

Amount Per Serving	
Calories	400
Fat	12g
Fiber	8g
Carbohydrate	38g
Protein	34g

Salmon a la Plancha 27

Pan-seared skin-on salmon filet, EVOO, sea salt, grilled mushrooms and asparagus

NUTRITION FACTS

Amount Per Serving	
Calories	450
Fat	23g (healthy omega-3s)
Fiber	4g
Carbohydrate	7g
Protein	42g



Menu created by Culinary Director Chef Angel Roque, under the guidance of Dr. Charlie Seltzer, board certified internist, obesity expert and Certified Strength and Conditioning Specialist.

20% large-party gratuity added for parties of 6 or more