



Breakfast, Smoothies & More

EAT WELL • LIVE WELL

Light Plates

FRUIT COCKTAIL
4 seasonal fruits
Yogurt
Granola
Agave honey
115
Add toppings to your liking (each has individual cost)

CHIA PUDDING
Chia
Kiwi
Banana
Granola
100
Add toppings to your liking (each has individual cost)

AVOCADO PITA TOAST
Fresh smashed avocado with salt on toasted homemade pita bread
90
Add toppings to your liking (each has individual cost)

OVERNIGHT OATS
Oats
Banana
Chia
Apple
Raisins
Coconut
110
Add toppings to your liking (each has individual cost)

Smoothies

TROPICAL AVOCADO **125**
Avocado, mango, spinach, mint, natural yogurt, agave honey, coconut milk

PEANUT POWER **130**
Banana, peanut butter, cocoa, natural yogurt, agave honey, almond milk

AÇAÍ YOU LATER **140**
Açaí, berries, banana, natural yogurt, agave honey, almond milk

Add toppings to create your own **SMOOTHIE BOWL**

Grains	Fruits	Dried fruits
Chia 10	Banana 10	Shaved coconut 20
Granola 15	Kiwi 15	Raisins 15
Almonds 20	Apple 15	Cranberries 20
Peanuts 15	Pear 10	
Sunflower seeds 15		
Pumpkin seeds 15		
Peanut butter 15		

Kombucha	120
Sodas	35
Waters	20
Juices	50

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DINE IN • TAKE OUT • DELIVERY

9am to 5pm



Nutritious Meals

EAT WELL • LIVE WELL

Toppings

Proteins

Grilled chicken	40
Breaded chicken	60
Bacon	55
Hard boiled egg	20
Hummus	20
Sautéed mushrooms	25

Carbs

Pasta	20
Rice	20
Quinoa	35

Fruits

Avocado	30
Apple	15
Pear	10
Cranberries	20
Raisin	15
Kiwi	15

Dressings

	1 oz	2 oz
Italian	15	25
Balsamic	20	35
Tzatziki	20	35
Mango habanero	20	35
Avocado mousse	30	55
Passion fruit	30	55
Olive oil	25	45

Croquettes

Falafel	20
Bean	20
Potato	20
Lentil	15

Cheeses

Panela	25
Mozzarella	25
Parmesan	30
Feta	50

Grains

Almond	20
Peanut	10
Sunflower	15
Pumpkin	15
Chia	10

Main Plates

SALAD

Romaine lettuce, spinach, carrot, purple cabbage, red pepper, corn, grilled onion, cucumber, beet, tomato

125

SUPER SANDWICH

Romaine lettuce, spinach, avocado, carrot, red pepper, grilled onion, cucumber, tomato, mayonnaise (non-vegan), vegan butter and italian dressing

150

PARADISE BUDDHA BOWL

Romaine lettuce, spinach, purple cabbage, red pepper, cauliflower, broccoli, rice, black bean croquette

160

RAINBOW BUDDHA BOWL

Romaine lettuce, corn, red pepper, broccoli, beet, quinoa, sautéed mushrooms, lentil croquette

170

SUNSET BUDDHA BOWL

Romaine lettuce, spinach, cauliflower, beet, carrot, avocado mousse, quinoa, potato croquette (non-vegan)

175

PITA FALAFEL

Romaine lettuce, purple cabbage, tomato, cucumber, feta (non-vegan), tzatziki (non-vegan), falafel

160