



**#PLANT
FOOD
POWER**

COFFEE AND HOT DRINKS

Organic coffee from Cusco, yellow caturra variety; slow drying. Combine your coffee with your favorite vegetable milk: almond or coconut.

ESPRESSO - 6

ESPRESSO CORTADO - 8

CAPUCCINO - 14
With almond milk.

AMERICANO - 8

AMERICANO CORTADO - 10
With almond milk.

LATTE - 14
With almond milk.

MOKA - 16
Espresso with chocolate sauce and vegetal milk.

CARAMEL LATTE - 16
Espresso with coconut caramel and vegetable milk.

HOT CHOCOLATE - 14

YOGUI TEA - 8tz/16 tt
Green tea, ginger, cardamom, cinnamon and clove.

MASALA CHAI - 8tz/16 tt
Black tea, black pepper, ginger, vanilla, cinnamon, cloves and cardamom.

HIBISCUS FLOWER - 8tz/16 tt

COCA - 6tz/12 tt

MUÑA - 6tz/12tt

CHAMOMILE - 6tz/12 tt

DRINKS AND SMOOTHIES

VERDE VIBRANTE - 19^
Plant-based protein, kale, orange and apple.

VERDE HULK - 18
Spinach, orange, apple with a mix of spirulina, cinnamon, cardamom, coca flour and maca.

VERDE ULTRA - 18
Orange juice, mango, spirulina, spinach, sprouts and cinnamon.

TROPICAL PRO - 19^
Oat milk with mango, pineapple and plant-based protein.

POWER MOKA - 19^
Oat milk, coffee shot, cocoa, plant-based protein. Sweetened with panela.

LUCUMA Y CACAO NIBS - 16
(seasonal only) with almond milk and cane sugar (12 onz).

^ PROTEIN SCOOP - 6 ★
Add 10g more protein to your juice.

NARANJA FRESCO - 12
Orange juice, carrot and golden berry.

ROJO PASIÓN - 14
Beetroot, strawberry, orange juice and mint leaves.

ORANGE JUICE - 12

ALMOND MILK GLASS (12OZ) - 10

LEMONADE WITH SPEARMINT - 10
Sweetened with agave syrup.

LEMONADE WITH MINT AND GINGER - 10
Sweetened with agave syrup.

MARACULISA - 10
Passion fruit, lemon verbena, sweetened with cane sugar.

SODAS - 12
-**SUNRISE:** Orange, hibiscus flower and cinnamon.
-**LEMON:** lemon, ginger and mint.
-**YOGUI:** green tea, ginger cardamom, cinnamon and clove.
With agave syrup.

PURIFIED WATER MUNAY - 12

URBAN REMEDIES

LA TÓNICA - 10
Ideal for fighting flu and sore throats. Passion fruit, garlic, ginger and turmeric.

HEAVY METAL - 10
Eliminates heavy metals from the body. Cilantro, parsley, celery, lemon, mango and apple.

GOLDEN MILK - 12
Antioxidant and immune system booster. Almond milk, turmeric, black pepper, vanilla and cane sugar.

MATCHA LATTE - 14
Antioxidant, detoxifies and activates metabolism. Almond milk, matcha and cane sugar with a pinch of cinnamon.

CHAI LATTE - 16
Improves cardiovascular health, anti-inflammatory, antioxidant. Black tea, ginger, cinnamon, clove, vanilla, almond milk and cane sugar.

KOMBUCHA - 12
Fermented drink made with tea, which provides digestive enzymes, gives energy and detoxifies.

KEFIR - 12
Fermented drink that regenerates intestinal flora and strengthens the immune system. Available in four flavors: pineapple, mint, turmeric and hibiscus flower.

FRAPPÉS

ALGARROBINA - 19
Organic coffee, almond milk, cane sugar and carob.

CARAMELO - 19
Organic coffee, almond milk and cane sugar. Decorated with coconut caramel.

MATCHA - 19
Matcha, almond milk, cane sugar with a pinch of cinnamon. Decorated with coconut caramel.

ACAI - 23
Acai, blueberry and almond milk, sweetened with cane sugar.



FRAPPÉ
CA
RA
ME
LO



HASH WITH POTATOES

DESAYUNOS

SCRAMBLED TOFU - 28

Scrambled tofu with turmeric, spinach, tomato, avocado and cornbread.

HASH WITH POTATOES - 26

Vegetable gratin with mushrooms and tomato sauce served with golden tofu cubes, cashew sauce and a touch of parsley, accompanied by potatoes.

CREPE - 24

Raw banana crepe with cinnamon, filled with vanilla cream, seasonal fruits, coconut caramel and shredded coconut.

QUINOA WAFFLE - 29

Choose 2 toppings:

- Agave syrup
- Coconut caramel
- Chocolate fudge
- Walnuts
- Vanilla cream

Choose 2 fruits:

- Banana
- Strawberry
- Blueberry

GLUTEN FREE



WRAPS

MEDITERRANEAN - 29

Raw tomato, avocado, and bell pepper crust; filled with pesto sauce, asparagus, cashew cream, mushrooms, tomato, lettuce, bell pepper, avocado, almond parmesan, and sprouts.

FALAFEL - 25

Cassava and quinoa dough with chickpea and parsley croquettes, white cabbage, tomato, gherkin, white onion, hummus, and cashew tartar sauce.

VITAL - 23

Nori seaweed filled with kale, red cabbage, sprout mix, white cabbage, carrot, coconut bacon, avocado, and cashew cream.

RANCH - 29

Raw tomato, avocado, and bell pepper crust; filled with scrambled tofu, coconut bacon, mushrooms, kale, lettuce, cashew cream, and avocado.



WRAP MEDITERRÁNEO

SWEET BOWLS

CHOCO CHIA BOWL - 25

Chocolate pudding with almond milk and chia seeds, banana, strawberry, fudge, blueberry, cacao nibs, and almond butter.

OATBOWL - 21

Oat pudding with cinnamon, apple, blueberry, panela (unrefined cane sugar), walnuts, and almond milk.

FRUIT BOWL - 18

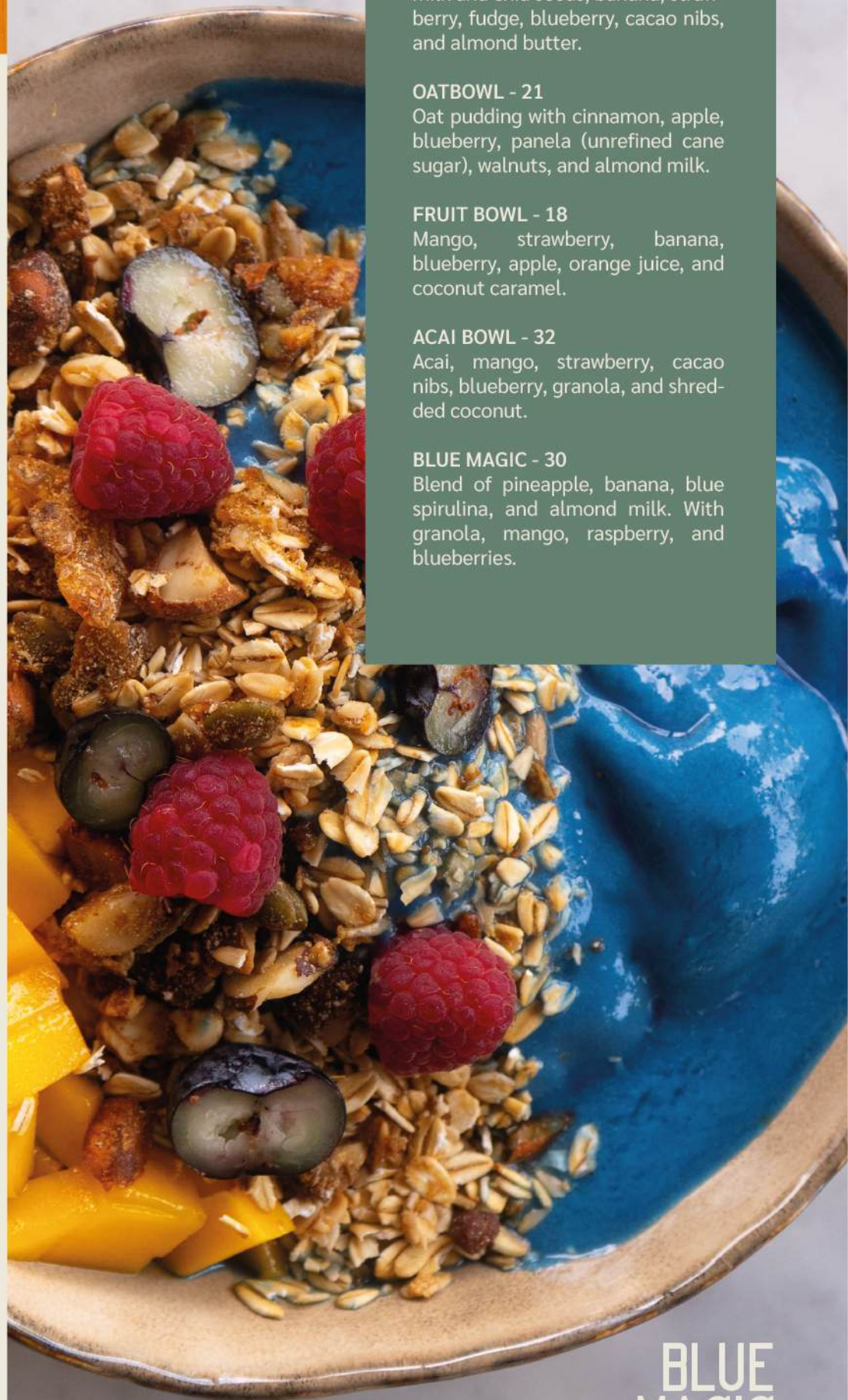
Mango, strawberry, banana, blueberry, apple, orange juice, and coconut caramel.

ACAI BOWL - 32

Acai, mango, strawberry, cacao nibs, blueberry, granola, and shredded coconut.

BLUE MAGIC - 30

Blend of pineapple, banana, blue spirulina, and almond milk. With granola, mango, raspberry, and blueberries.



BLUE MAGIC BLUE SPIRULINA

SANDWICHES

MUSH BURGER - 38

Smoky mushroom burger, cooked spinach, coconut bacon, lettuce, tomato on whole wheat bread, served with fries and raw tomato sauce.

SUPER VEGAN CLASSIC - 34

Lentil and brown rice burger with caramelized onions, lettuce, tomato, avocado, cashew cream, served with fries and raw tomato sauce.

TEMPEH BBQ - 38

Tempeh in BBQ sauce, sautéed mushrooms with zucchini and onions in chimichurri sauce, avocado, and kale, served with fries.

VEGGIE BURGER ON A PLATE - 28

CHOOSE YOUR BURGER:

LENTIL | MUSH (+S/5)

With rainbow salad: lettuce, tomato, carrot, red cabbage, avocado, sprouts, honey mustard dressing; served with fries.



OUR
BREADS
ARE
GLUTEN
FREE.



PIZZAS

Choose your crust:

- **RAW** - made with tomato, flaxseed, and chestnuts, dehydrated (18 hours)

- **BAKED** - gluten-free, made with chickpea and cassava flour

CLÁSICA - 29

Tomato sauce, cashew cream, arugula, tomato, mushrooms, green olives, and a touch of garlic.

DEL HUERTO - 29

Tomato sauce, cashew cream, spinach, asparagus, zucchini, artichoke, red bell pepper, and oregano.

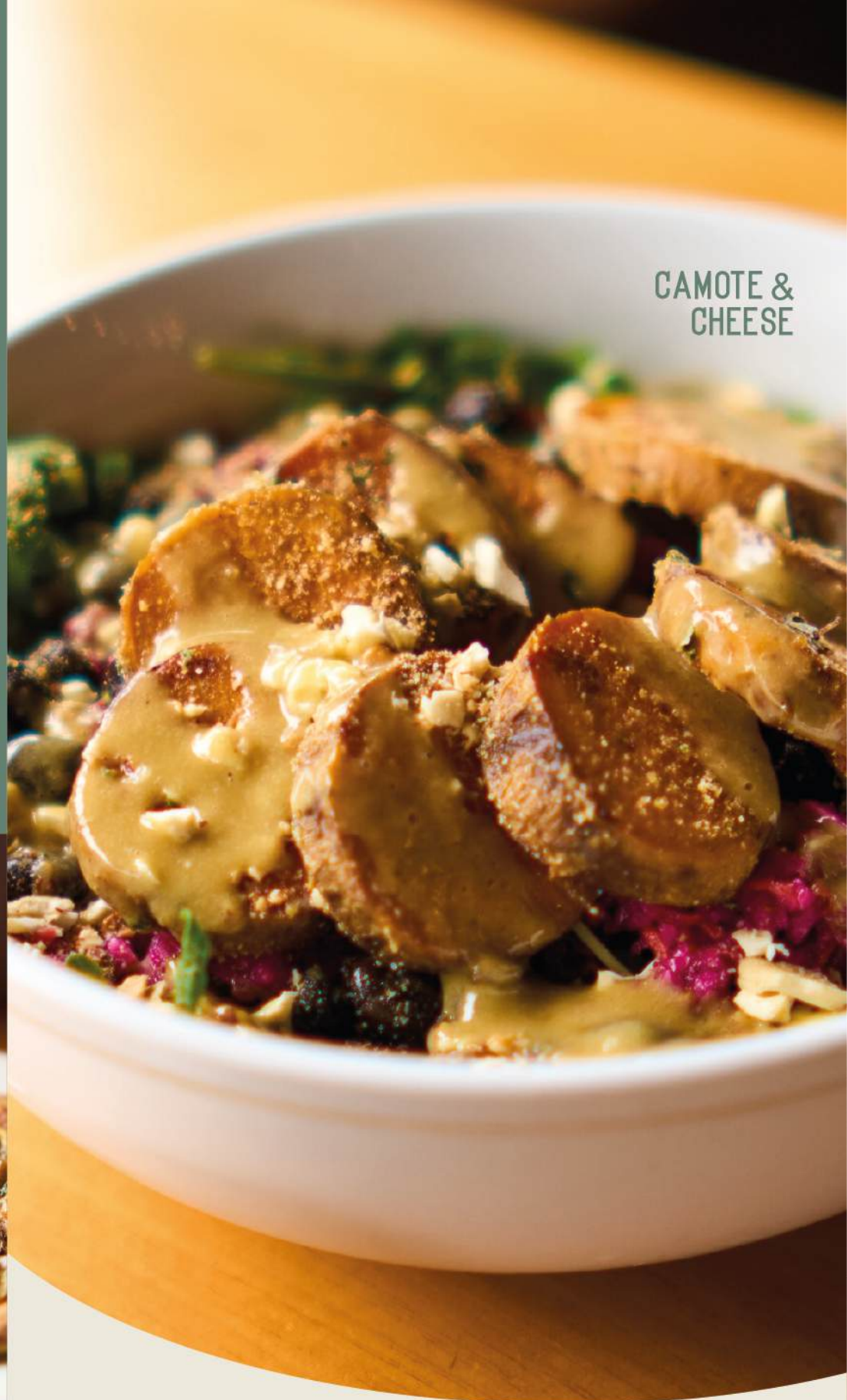
CARAMELIZED ONION - 29

Tomato sauce, cashew cream, caramelized onion, black olives, and almond parmesan.

BAKED - gluten free



RAW - gluten free



CAMOTE &
CHEESE

BOWLS

CAMOTE & CHEESE - 34

Roasted sweet potatoes, pomegranate or cranberry (depending on season), tomato, black beans, almond parmesan, sauerkraut, arugula, avocado, and lettuce with a honey mustard dressing.

FALAFEL - 36

Chickpea and parsley fritters, white cabbage, gherkin, tomato, white onion, lettuce, avocado, sauerkraut, and sprouts with a fine herb and hummus dressing.

PROTEICO - 34

Lentils, seared tofu in chimichurri sauce, lettuce, baby spinach, sautéed mushrooms and zucchini, avocado, and tomato with a fine herb dressing.

CROCANTE - 38

Tempeh with kiwicha panko, avocado, almond parmesan, lettuce, sautéed tofu, potatoes, kale, yellow chili pepper, and broccoli with a fine herb dressing.



SMASH TACO



TERI ROLLS

STARTERS, SOUPS AND MAIN COURSES

TERI ROLLS - 30

Teriyaki tofu, sauteed shiitake mushroom, nori seaweed, avocado, carrot, cucumber, cashew cream, and tricolor quinoa rice wrapped in crispy rice paper.

MEXITACOS - 28

Purple corn tacos filled with mushrooms, black bean stew, guacamole, and pico de gallo, garnished with cashew cream.

SMASH TACO - 30

Corn taco filled with a smoked mushroom burger, melted cheese, lettuce, salsa criolla, and cashew cream.

PORTOBELLO CAUSA - 26

Filled with portobello mushrooms, avocado, cashew cream, quinoa crisp, and rocoto pepper jam.

MUSHROOM CEVICHE - 28

Mushrooms and hearts of palm with leche de tigre, sweet potato, plantain chips, and toasted corn kernels.

MISO RAMEN - 28

Vegetable and miso broth; rice noodles, tofu, shiitake mushrooms, seaweed, hearts of palm, scallions, and carrots flavored with garlic and ginger, with a touch of sesame seeds.

THAI SOUP - 28

Tom Kha-style curry soup served with tofu, rice noodles, coconut cream, almond butter, bell pepper, shiitake mushrooms, and flavored with lemon and cilantro.

SPINACH RISOTTO - 34

Creamy green risotto with coconut cream; topped with salmon-colored tofu and shiitake mushrooms, garnished with sprouts and radishes.

DAHL MASALA - 30

Lentil stew with spicy curry and coconut cream, served with spinach croquettes and naan bread.

MALAI TOFU CURRY - 38

Tofu and panamito bean balls in a creamy yellow curry with miso, served with basmati rice and a touch of aji limo pepper.

FETTUCCINE AL PESTO - 34

Rice pasta in pesto sauce with portobello mushrooms, toasted almonds, and avocado.

FETTUCCINE A LA HUANCAINA - 36

Rice pasta in huancaína sauce with sautéed mushrooms, portobello mushrooms, onions, aji amarillo peppers, soy sauce, and a touch of cilantro.

VEGGIE CHAUFA - 28

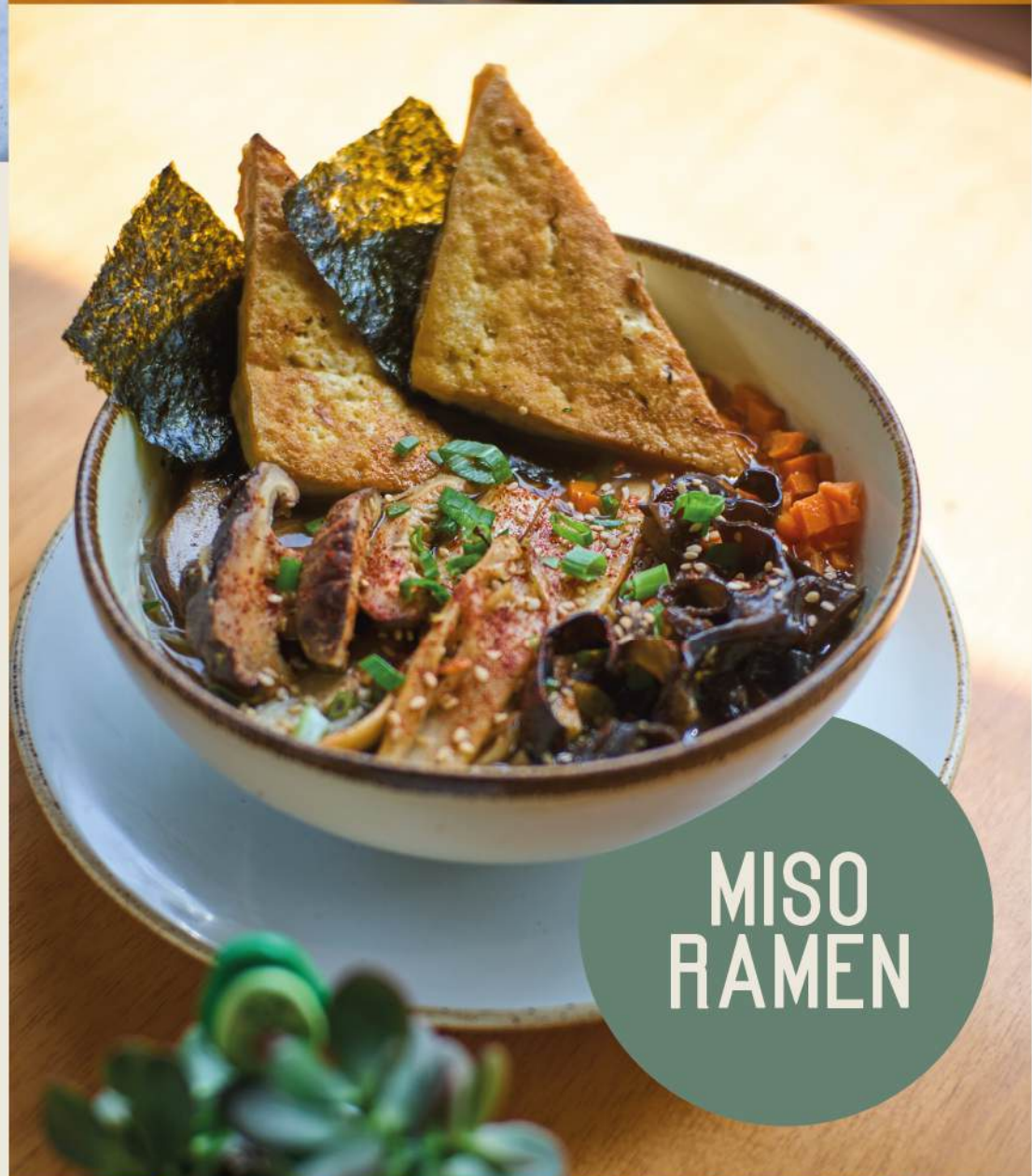
Tricolor quinoa chaufa with brown rice, mushrooms, tofu, avocado, bell pepper, and flavored with sesame oil.

KITCHARI - 28

A traditional Ayurvedic dish that detoxifies the body, slows cellular aging, and balances the three doshas: vata, pitta, and kapha. Brown rice with mung beans, turmeric, peas, carrots, and red bell pepper, served with a rainbow salad and honey mustard dressing.

POTATO GRATIN - 31

Potato gratin with cashew cream, artichoke, asparagus, mushrooms, yellow chili pepper, and bell pepper, served with a rainbow salad and honey mustard dressing. Choose your favorite flavor: Pesto or Napolitan.



MISO
RAMEN



MALAI
TOFU



**OUR
DESSERTS
ARE
GLUTEN
FREE**



PISTACHIO BITE

**DESSERTS
IN DISPLAY**

CHEESECAKE OF THE DAY - 18
Almond base, flaxseed raisins; cashew cream with fruit, cocoa butter or coconut oil:
-Chocolate Banana
-Passion Fruit Mango
-Tropical (strawberry, passion fruit, and mango)
-Lucuma and Cacao
-Lemon and Raspberry
-Custard Apple and Cacao

VEGAN BITE - 15
Cashew nougat, date caramel with almonds and coconut oil sweetened with panela and coated in 70% cacao.

RAW BROWNIE - 14
Made with walnuts, coconut oil, organic cacao, dates, almonds, and panela.

RAW CARROT CAKE - 16
Made with gluten-free oats, carrots, dates, walnuts, with a date cream filling and cashew frosting.

ALFAJOR - 14
Cornstarch and almond cookie filled with coconut dulce de leche, coated in 70% cocoa chocolate.

WHITE TRUFFLES - 4

HAZELNUT TRUFFLES - 7.5
Sweetened with allulose.

PISTACHIO BITE - 21
Pistachio cream with date caramel and almond, cornstarch cookie base, coated in house-made white chocolate.

**WAFFLE
DE QUINUA**



A LA CARTE

CHOCOLATE ROLLS - 12
Cassava and quinoa flour base, 70% cocoa cream with panela and walnut pieces.

CAKE - 9
Made with gluten-free oat flour and quinoa, sweetened with panela:
-carrot and walnuts
-banana and chocolate

BAKED COOKIES - 6
Gluten-free oat cookies with chocolate chunks and walnuts, sweetened with panela

BAKED BROWNIE - 14
Chocolate sponge cake made with oats, flaxseed, quinoa, and almond milk, sweetened with allulose

SWEET ROLL - 18
Gluten-free chocolate sponge cake made with quinoa and flaxseed flour, sweetened with allulose. Filled with cashew and lucuma cream.

MOLTEN - 26
Chocolate sponge cake covered in hot chocolate, served with caramel ice cream and Maras sea salt.

APPLE CRUMBLE - 25
Warm apple and oat crumble with caramel ice cream and Maras sea salt.

CREPE - 24
Raw banana crepe with cinnamon, filled with vanilla cream, seasonal fruit, coconut dulce de leche, and shredded coconut.

QUINOA WAFFLE - 29
Choose 2 toppings:
-Agave syrup
-Coconut dulce de leche
-Chocolate fudge
-Walnuts
-Vanilla cream

Choose 2 fruits:
-Banana
-Strawberry
-Blueberry

ICE CREAM SCOOP - 12
-Caramel ice cream and Maras sea salt
-Stracciamenta
-Cappuccino and chocolate chips

**RAW
CREPE**

