

WARM UP

THE POACHED EGGS

- ◆ MANGATA BENEDICTIN \$160
Poached eggs on toasted bread, with slow roasted and cooked beef (12 hours). Served with traditional hollandaise sauce, Accompanied with spinach and baked potatoes.
- ◆ SALMON POCHÉ \$165
Poached eggs served on a toasted bread over a bed of sauteed spinach, smoked salmon and hollandaise sauce. Accompanied with baby baked potatoes.
- ◆ QUINOA POCHÉ \$155
Warm quinoa salad with asparagus, cherry tomatoes, sweet peppers, feta cheese and poached eggs (2).

THE SANDWICHES

- ◆ JEFA \$160
Smoked salmon, goat cheese, capers, cucumber, red onion and avocado.
- ◆ FLOWER \$160
Baguette stuffed with roast beef, cheddar cheese, fried egg, lettuce, tomato, red onion and avocado.
- ◆ BLT \$155
Bacon, lettuce and tomato + avocado + mozzarella.
- ◆ WRAP OJO DE AGUA VEGAN \$140
Green tortilla stuffed with potatoes, beans, quinoa, sauteed spinach, green beans, pepper, red onion. Accompanied with ranchera sauce.

THE FRENCH TOAST

- ◆ BERRIES \$155
With whipped cream, nuts and honey or agave syrup. (Choose your bread black or white)
- ◆ BANANA AND NUTELLA \$155
Banana, amaranth, nutella and nuts. (Choose your bread black or white) *VEGAN option: With no eggs and almond cream.

THE TRADITIONALS

- ◆ CHILANGO \$140
Chilaquiles with ranchera sauce, fried or scrambled eggs (2) and feta cheese, accompanied with bacon, beans and spinach.
*Chilaquiles VEGAN \$95 / VEGETARIAN \$105
For vegan option sauteed spinach, peppers and baby baked potatoes.
- ◆ WHOLEGRAIN MOLLETES \$90
Wholegrain toasted with beans on top and gratin cheese. Accompanied with pico de gallo and ranchera sauce.
- ◆ SPANISH OMELETTE \$85
Served with toast and salad.

THE EGGS

- ◆ MEDITERRANEAN \$165
Two hard eggs with olive oil and coarse salt touch, accompanied with asparagus, kalamata olives and smoked salmon or prosciutto and toasted bread.
- ◆ FIGURÍN OMELETTE \$135
White egg with asparagus, cherry tomatoes, spinach, goat cheese and truffle oil.
- ◆ PUNTA BRAVA EGGS \$140
Scrambled eggs with sweet peppers, bacon, cheddar cheese and red onion. Served with rustic bread.
- ◆ SICILIAN EGGS \$155
Fried eggs, toasted bread with prosciutto, baked tomatoes, spinach and grilled asparagus.

◆ Gluten-free bread \$30



MORNING SHINE

Happy combos

Huerfanito \$100

Toasted baguette + butter + marmalade +
American coffee or espresso.

Huerfanito nice \$115

Croissant with butter and marmelade or pain
au chocolat + capuccino, american coffee
or espresso.

Healthy combo \$125

Toasted baguette + marmelade + season fruit
cocktail with amaranth, yogurt and honey +
american coffee or espresso + orange juice.

Gachupín \$100

Toasted baguette + fresh tomatoe puree +
olive oil + american coffee or espresso +
orange juice.

El caribeño \$135

Whole grain baguette with lentil and chickpea
hummus + avocado + american coffee or
espresso + orange juice.

Franchute \$105

Croissant with ham and cheese + american
coffee.

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COMBO KIDS \$115

EGGS WITH HAM + ORANGE JUICE + FRUIT +
+ TOASTED BREAD.

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♦ A little sweet ...

Pain au chocolat (2pcs) \$50

Vegan brownie \$60

♦ with vegan ice cream \$75

Vegan banana bread \$60

Bread of the day \$65

LES CROISSANTS

Butter and marmelade \$65

With nutella and wallnuts \$70

With brie cheese and marmelade \$75

Ham and cheese \$75

Croissant + bacon + (2) fried eggs ... \$90

♦ ♦

Healthy & fresh

1/2
ORDER

TUTTIFRUTTI SALAD \$85 \$55

FRUITS WITH GRANOLA, HONEY AND PLANE
YOGURT.

CHIA PUDDING \$90 \$60

WITH PAPAYA, BANANA, ORANGE SLICES,
BLUE BERRIES AND AMARANTH.

CAPERUCITA BOWL \$95

(400 GR. FULL POWER) COLD SMOOTHIE BOWL
MIXED WITH BERRIES, BANANA, MANGO AND AÇAÍ.
WITH AMARANTH, RED RAISINS AND SUNFLOWER
SEADS.

CIELO BOWL (WARM) \$90

OATMEAL, QUINOA, CHIA SEEDS, CINNAMON,
COCONUT MILK, BANANA, ALMOND CREAM
AND CHOCOCHIPS.



LUNCH TIME

To Start

PINEAPPLE GUACAMOLE \$85
With corn chips.

SWEET POTATOE FRIES \$85
With parmesan cheese and truffle oil.

HUMMUS (lentils and chickpea) \$75
Served with sunflower seeds, green beans and sauteed cherry tomatoes + tortilla chips.

VIETNAMESE ROLLS \$115
Stuffed with raw vegetables, carrots, asparagus, corn, beetroot, spinach, lettuce, avocado and peanuts, served with tamarind sweet and sour sauce and creamy chipotle sauce.

SPRING ROLLS (VEGAN) \$100
Rolls filled with vegetables with mango sauce with dried chillies and balsamic reduction.

Salads

SMOKED SALMON SALAD \$170
Smoked salmon with spinach, mixed lettuce, avocado, cucumber, orange slides, peanuts, goat cheese, carrots and creamy avocado dressing.

TUNA SALAD \$170
TUNA TATAKI with spinach, mixed lettuce, carrots, cucumber, orange slides, avocado and chipotle & peanuts dressing with sweet soy.

QUINOA SALAD \$ 145
White quinoa and lentils, mixed with cherry tomato, grated carrot, asparagus, spinach, green beans and sunflower seeds. Served with feta cheese (OPTIONAL) and marinated with parsley and garlic dressing.

SANDWICHES

ZAHARA \$170
Tuna steak, guacamole, sweet potato fries and a creamy chipotle and peanut sauce.

MY LOVE \$155
Prosciutto, brie cheese and asparagus.

CHARLY'S \$160
Slow roasted and cooked beef (12 hours), brie cheese and red onion marmalade.

BRUJA \$145
Sunflower seeds, avocado, spinach, asparagus, mozzarella cheese and coriander pesto.

PAPY REY \$160
Chicken breast with pesto, mozzarella, spinach, sauteed tomatoes, bacon and balsamic reduction.

FLOWER \$155
Baguette stuffed with roast beef, cheddar cheese, fried egg, lettuce, tomato, red onion and avocado.

B L T \$150
Bacon, lettuce and tomato + avocado + mozzarella.
* Rustic wholegrain bread or traditional French baguette

WRAPS

WRAP POTTI \$150
Whole flour tortilla, smoked salmon, cucumber, lettuce, goat cheese, purple onion with coriander avocado and lemon creamy dressing.

WRAP OJO DE AGUA VEGANO \$140
Green tortilla stuffed with potatoes, beans, quinoa, spinach, corn and sauteed sweet pepper and red onion. Accompanied with ranchera sauce.

MAIN COURSES

DRAGON BOWL 400GR (full meal) \$115
Quinoa, black beans, green beans, asparagus, spinach, sweet potato fries and lentil and chickpea hummus.

SPANISH OMELETTE \$85
Served with toast and salad.

GRILLED FISH OF THE DAY with sauce, pico de gallo with purple onion and pineapple, balsamic reduction and our rustic mashed potato \$135

CHIKEN SATAY with two sauces, coriander dressing and Thai sauce. Accompanied with fresh salad \$105

◆ A LITTLE SWEET ...

Pain au chocolat (2pcs) \$50

Vegan brownie \$60

◆ with vegan ice cream \$75

Vegan banana bread \$60

Bread of the day \$60



* Gluten free bread \$30
* All sandwiches are served with baked potatoes

MORNING PUNCH



SMOOTHIES & SHOTS JUICES

ANTIOXIDANTES 450mL.

Singer Uno - Orange*carrot*beetroot	\$75
Sweet Beets - Beetroot*apple*orange*chia	\$80
Adrena/bit - Coconut water*pineapple*mango*ginger*matcha	\$90

GREEN JUICES 450mL.

Coco Green - Coconut water*spinach*pineapple*mango*spirulina	\$90
Green Glows - Mint*spinach*celery*parsley*orange*lemon	\$75
Cleansing Greens - Cucumber*pineapple*green pepper*orange*spinach	\$80
Ecogreen - Spinach*pineapple*banana*orange*parsley	\$65

SUPER JUICES 450mL.

Warrior Uno - Mango*orange*papaya*beetroot*acai	\$90
Punch Radiante - Orange*pineapple*beetroot*ginger.....	\$80
Energy Power - Spinach*orange*ginger*pineapple*spirulina	\$90

SMOOTHIES 450mL.

Melow Mango - Orange*mango*papaya*lemon*pollen	\$85
Tropical Paradise - Mango*strawberry*orange*pineapple.....	\$75
Coconut Dream - Coconut water*banana*honey*berries*acai.....	\$95
Berry-licious - Yogurt*berries*honey*granola*pecan nuts	\$85

SUPER SMOOTHIES 450mL.

Muy Berry - Acai*orange*carrot*berries	\$90
Raw Rush - Coconut water*banana*spinach*spirulina*mango	\$95
Green Fuel - Milk to choose*spinach*kale*banana*vanilla*maple*matcha...	\$85
Cacao Power - Banana*almond milk*peanut butter*honey*cacao*	
chocolatechips	\$85
Magic Dream - Protein vegan powder*milk*sweetener*berries*.....	\$90

SHOT'S

Inmuno-bit - Ginger*apple* polen	\$45
Vitali-bit - Kale*spinach*orange*spirulina	\$45
Saludo al Sol - Cayenne*apple vinegar*orange*ginger	\$45

SOLOS

Orange	\$50
Carrot	\$55
Coconut water	\$55



SUPER FOODS Extra

\$20

Chia / Cayenne / Pollen / Curcuma / Spirulina / Matcha / Cocoa / Acai / Maca

COFFEE & MORE

American	\$45	Caramel coffee	\$60
Single Espresso	\$40	Matcha tea	\$70
Double Espresso	\$45	Iced coconut matcha	\$70
Capuccino	\$60	Iced vanilla matcha	\$70
Latte	\$60	Matcha mint frappe	\$70
Hemingway	\$50	Chai tea	\$70
(Espresso shot, cinnamon and brown sugar)		Tea (Flavours)	\$40
Cocoa coffee	\$60	Cookies & cream	\$60
		frappé	

Milks: Lactose-free / Whole / Almond / Coconut
Sweeteners: Brown sugar / Stevia / Honey / Agave Syrup

OTROS

Orangeade	\$45	Chlorophyll water	\$45
Limonade	\$45	Limonade with mint and chia	\$50
Mineral water	\$45	Ice tea	\$40
Agua del Día	\$45		