

BREAKFAST

WHOLE WHEAT TOASTS

CREAM CHEESE & JAM – Two whole wheat toasts with cream cheese & jam. 2.25

SUPER FOOD WHOLE WHEAT TOASTS

CREAM CHEESE & BERRIES – Two whole wheat toasts with cream cheese, sliced strawberries, blueberries and chia seeds. 5.75

ORGANIC ALMOND BUTTER – Two whole wheat toasts with organic almond butter, sliced strawberries and almonds. 5.75

ORGANIC AVOCADO PASTE – Two whole wheat toasts with organic avocado paste, honey and hemp seeds. 5.75

ORGANIC PEANUT BUTTER – Two whole wheat toasts with organic peanut butter, sliced bananas and cacao nibs. 5.75

SPECIAL BREAKFAST

ALL SPECIAL BREAKFAST INCLUDES A CUP OF COFFEE OR ORGANIC HOT TEA

– Served Monday to Friday From 8:00am to 11:30am -
– Saturday and Sunday From 9:00am to 11:30am –

HAM & CHEESE CROISSANT. 7.00
» Includes a cup of coffee or organic hot tea.

CREAM CHEESE & JAM TOASTS – Two whole wheat toasts with cream cheese & jam. 7.50
» Includes Fresh Squiced Orange juice and a cup of coffee or organic hot tea.

OATMEAL WITH GRANOLA & SEASON FRUIT. 7.50
» Includes a cup of coffee or organic hot tea.

ORGANIC PEANUT BUTTER TOASTS – Two whole wheat toasts with organic peanut butter, sliced banana & almond. 7.50
» Includes a cup of coffee or organic hot tea.

CREAM CHEESE TOASTS – Two whole wheat toasts with cream cheese, sliced strawberries, blueberries & chia seeds. 7.50
» Includes a cup of coffee or organic hot tea.

ORGANIC AVOCADO TOASTS – Two whole wheat toast with organic avocado paste, honey & hemp seed. 7.50
» Includes a cup of coffee or organic hot tea.

AÇAÍ BOWLS

ORGANIC BRAZILIAN AÇAÍ BOWL – Organic Açaí blended with banana and strawberries topped with granola, chia seeds, banana, blueberries and strawberries.	9.50
GUARANA ORGANIC AÇAÍ BOWL – Organic Açaí infused with guarana blended with banana and strawberries topped with granola, chia, banana, blueberries and strawberries.	9.50
ALMOND AÇAÍ BOWL – Organic Açaí blended with banana, organic almond butter topped with granola, almonds, cacao nibs, banana, strawberries and season fruits.	11.00
GREEN ORGANIC AÇAÍ BOWL – Organic Açaí blended with banana, spinach, spirulina topped with granola, Hemp seeds, coconut flakes, local honey, banana and season fruits.	11.00
DRAGON FRUIT BOWL – Raw organic dragon fruit blended with banana and strawberries topped with granola, chia seeds, coconut, banana, raspberry and blueberries.	10.50

ADDITIONAL TOPPING – ~ organic spirulina ~ organic peanut butter ~ organic goji berries ~ organic dates ~ organic maca powder ~ organic chia ~ organic hemp seeds ~ almonds ~ coconut flakes ~ cacao powder ~ walnuts ~ cacao nibs ~ organic vegan vanilla protein ~ organic vegan chocolate protein ~ organic turmeric~	1.25
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FRESH JUICES

ORANGE	S 4.60	L 6.10
ORANGE AND CARROT	S 5.10	L 6.60
SUNRISE JUICE – Orange, pineapple and carrot.	S 6.10	L 7.60
MORNING IN THE TROPIC – Orange, beet, carrot and ginger.	S 6.60	L 8.10
ENERGY JUICE – Red apple, pineapple, carrot and ginger.	S 6.60	L 8.10
GREEN DETOX – Celery, kale, spinach, cucumber and green apple.	S 7.10	L 8.60

SMOOTHIES & SHAKES

BOSSA NOVA – Organic açai juice, banana and strawberries.	S 6.10	L 7.60
POPEYE – Banana, spinach, pineapple and coconut.	S 6.10	L 7.60
SOUTH BEACH – Banana, strawberry, yogurt or almond milk.	S 6.10	L 7.60
DRAGON FLY – Dragon fruit, banana, pineapple and organic agave.	S 6.10	L 7.60
SIMPLE COLADA – Banana, pineapple and coconut.	S 6.10	L 7.60
SAMBA – Organic açai juice, almond milk, banana, strawberries and mix berries.	S 6.10	L 7.60

SUPERFOOD SMOOTHIES

FUNKY MONKEY – Banana, almond milk, organic peanut butter, and almonds.	S 7.10	L 8.60
CHOCOMATCHA – Banana, organic cacao powder, organic maca, organic matcha and almond milk.	S 7.10	L 8.60
SUPER TARO – Banana, strawberries and powder Taro.	S 6.10	L 7.60
MANGO - TURMERIC – Banana, mango, coconut and Turmeric.	S 6.60	L 8.10
SUPER POWER SMOOTHIE – Banana, mango and chocolate or vanilla organic vegan protein.	S 7.10	L 8.60
SUPERFOOD SMOOTHIE – Banana, Strawberries and quinoamino super food.	S 8.10	L 9.60

SMALL BITES

EMPANADAS

BEEF	2.40	CHICKEN	2.40
SPINACH	2.40	VEGAN – Ask for flavors options	2.55

SMALL SANDWICHES

TUNACLUB – Whole wheat bread, tuna salad, lettuce and tomatoes.	5.90
SMOKED SALMON CLUB – Smoked salmon, cream cheese, spinach, red onions and cucumbers.	6.90
CROISSANT – Ham and Cheese.	6.00

GOURMET TOASTS

SMOKED SALMON – Two gourmet toasts with organic avocado paste & smoked salmon.	8.90
ORGANIC AVOCADO – Two gourmet toasts with organic avocado paste , fresh mozzarella, cherry tomatoes & basil.	8.90

SALADS

HOUSE SALAD – Spinach, kale, cherry tomatoes, cucumber, green apple, celery, chia, almonds and pumpkin seeds.	9.50
CITRUS SALAD – Spinach, kale, cucumber, pineapple, celery, hemp seeds, walnuts, sunflower seeds and goji berries.	9.50

CHOOSE YOUR DRESSINGS –

- Raspberry vinaigrette (gluten free)
- Mango pineapple vinaigrette (gluten free)
- Olive Oil & Balsamic.

BUDDAH BOWLS

ORGANIC QUINOA BASE

M / 13.99 L / 15.99

ORGANIC FARRO BASE

M / 15.99 L / 17.99

CHOOSE YOUR VEGETARIAN PROTEIN – Chickpeas or black beans.

CHOOSE YOUR PROTEIN – Smoked salmon, tuna salad , ham or sliced chicken breast.

CHOOSE UP TO 5 VEGETABLES – Kale, spinach, tomatoes, cucumber, red onion, carrot, beet, corn, celery.

CHOOSE YOUR DRESSING – Soy sauce, Avocado & Sunflower Oil, Olive Oil & Balsamic.

ADD UP TO 3 ORGANIC SUPER FOOD – Sunflower seeds, pumpkin seeds, hemp seeds, chia seeds, goji berries, almonds, walnuts, bee pollen.

ADD ORGANICS – Hummus or avocado paste.

WRAPS

SMOKED SALMON – Spinach, tomatoes, cucumber and red onions.

10.50

TUNA SALAD – Spinach, tomatoes, cucumber and red onions.

8.99

QUINOA – Spinach, tomatoes, cucumber and red onions.

8.99

CHICKEN – Spinach, tomatoes, cucumber and red onions.

8.99

PANINI

CLASSIC – Ham, Muenster cheese, lettuce, tomatoes, mayonnaise and Dijon mustard.	9.95
CHICKEN – Chicken, Swiss cheese, spinach, tomatoes, mayonnaise and Dijon mustard.	10.95
SALMON – Smoked salmon, cream cheese, spinach, cucumber, capers and red onions.	12.50
CAPRESE – Fresh mozzarella, tomatoes, basil and olive oil.	10.95
VEGGIE – Fresh mozzarella, spinach, tomatoes, cucumber, organic hummus and organic avocado paste.	11.95
TUNA SALAD – Tuna salad, lettuce and tomatoes.	9.95

ADDITIONAL – Organic avocado paste.	1.50
ADDITIONAL – Organic hummus.	1.50
ADDITIONAL – Homemade pesto.	1.50

HOMEMADE PASTRIES

ALFAJORES DE MAIZENA	1.60
COCONUT DULCE DE LECHE CAKE » Whole Cake available if ordered two days before.	4.00
ALMOND CAKE » Whole Cake available if ordered two days before.	3.00
CROISSANT	2.00

COFFEE

ESPRESSO		2.00
DOPPIO ESPRESSO		3.00
AMERICAN COFFEE		3.00
» Double Espresso with water.		
CORTADITO		2.50
CAPPUCCINO	S 3.50	L 4.50
» with almond milk +0.50		
CAFÉ LATTE	S 3.50	L 4.50
» with almond milk +0.50		
ORGANIC TEA	S 2.50	L 3.00
FRAPPUCCINO	S 5.00	L 6.50
ICE COFFEE	S 2.50	L 3.50
» Add milk + 0.50 / Add Almond milk + 1.00		
GLASS OF MILK		3.00
GLASS OF ALMOND MILK		4.00
ADD FLAVOR TO ANY COFFEE –		0.50

Mocha ~ Vanilla ~ Caramel

BEVERAGES

SPRING WATER	1.50
SAN PELEGRINO WATER	2.50
SAN PELEGRINO FLAVORED	2.50
ALOE VERA	2.50
AGUA DE COCO	3.00
BAI DETOX JUICE	3.50
SODAS	2.00