Breakfasts

Sweets

Bagel
Served toasted with cream cheese and guava marmalade.

French toast
Brioche fried in butter, served with mixed berry, grand marnier compote and honey.

Pastries

Brownie
Served hot with a mixed berry compote.

Pain au chocolat
Served hot.

Vegan cookie of the day
Ask us for the flavor of the day

Croissant
Served with butter and guava marmalade.

Vegan pastry of the day
Ask us for the flavor of the day.

Extras

Eggs
Goat cheese
Oaxaca cheese
Avocado
Black beans
Yogurt
Granola
Gluten free bread
Roasted potatoes
Vegan chorizo

110 MXN
145 MXN
70 MXN
50 MXN
20 MXN
30 MXN
20 MXN
30 MXN
30 MXN
50 MXN
30 MXN

Warm Bowls

Oatmeal porridge
Cooked in almond milk and vanilla served with bittersweet chocolate shavings, slivered almonds, homemade caramel sauce and cinnamon.

Rice pudding
Cooked in coconut milk, served with homemade caramel sauce, fresh green apple and toasted pecans.

Cold Bowls

Fruit plate
Seasonal fruit served with yogurt and granola.

Chia bowl
Hydrated in coconut milk with agave nectar, served with seasonal fruit, red berries, popped amaranth, and cacao nibs.

Açai bowl
A mix of frozen apple, banana, strawberry and acai pulp, sweetened with agave nectar. Toppings: mango, kiwi, mixed nut butter, popped amaranth, grated coconut and bee pollen.

Mango/maca bowl
A mix of frozen mango, pineapple and maca powder sweetened with agave nectar. Toppings: mixed nut butter, raspberries, hydrated chia seeds, grated coconut and lemongrass oil.

Cacao Bowl
Blended coconut, banana and cacao powder. Topped with: strawberry, granola, banana, shredded coconut, chia seeds hydrated in coconut milk & agave honey.

160 MXN
150 MXN
85 MXN
130 MXN
150 MXN
150 MXN
150 MXN

Eating smart is an Art!

Breakfast includes the first cup of filtered coffee.
Take away service + 5 MXN
Change of milk + 10 MXN
Any modification generates a cost of + 30 MXN
The food in this place includes extra love.

Vegan
Gluten free
dairy
Eggs
**Main courses**

- **Eggs any style**
  Served with black beans, salad and hand made tortillas.  
  $135 MXN

- **Avocado toast**
  Topped with cherry tomatoes, sprouts, lemon, olive oil and chilli flakes.  
  $110 MXN

- **W/ egg**
  $130 MXN

- **W/ goat cheese**
  $135 MXN

- **Tofu scramble**
  Served with black beans, mixed greens and hand made tortillas.  
  $145 MXN

- **Vegetable sandwich**
  Whole wheat & nut bread served with pesto, Dijon mustard, xcatix mayonnaise, arugula, tomato, caramelised onion, roasted zucchini, roasted peppers accompanied by a mixed green salad.  
  $145 MXN

- **Chive scrambled egg bun**
  Served with a Oaxaca cheese crust, lettuce, chipotle dressing and avocado accompanied by roasted potatoes.  
  $155 MXN

- **Chickpea “tlacoyo”**
  Topped with green sauce, served with cactus salad, lettuce, sour cream and “sopero cheese”.  
  $35 MXN

- **Chilaquiles**
  Choose between green, red or mole sauce, served with cilantro, parsley, radish, red onion and sarrano chili.  
  $155 MXN

- **Enchiladas / enmoladas**
  Choose between red, green or mole sauce filled with roasted vegetables, served with vegan chorizo, cilantro, parsley, radish, pickled onion and sarrano chili.  
  $135 MXN

- **Black fiore**
  Two poached eggs served on an English muffin, spinach and black hollandaise sauce made with recado negro, accompanied by roasted potatoes and a mixed green salad.  
  $160 MXN

- **Home made pita bread with roasted vegetables**
  Made with coconut-oil, garlic and zaatar filled with roasted vegetables, served with chili morita dip and toasted pumpkin seeds.  
  *W/egg*
  $180 MXN

- **Quinoa bowl with vegetables and vegan italian sausage**
  Served with roasted zucchini, grated carrot, black beans, smoked cherry tomatoes, avocado, tahini, parsley, cilantro.  
  $230 MXN

- **Crispy pita with hummus**
  Served with smoked cherry tomatoes, cucumber and cilantro.  
  $150 MXN

- **Cheesy croissant**
  Filled with spinach, artichoke hearts and a mix of cheeses topped with grated Grana Padano cheese.  
  $110 MXN

- **Cream cheese bagel**
  Served with avocado, cucumber, capers, tomato and red onion accompanied by a creamy roasted tomato coconut soup.  
  *W/egg*
  $165 MXN

- **Labneh and roasted zucchini bowl**
  Served with chimichurri, zaatar and warmed focaccia.  
  $155 MXN

- **Jocoque con tomates y aceite de albahaca**
  Tomato seasoned with basil oil, vinegar and pink salt. Served with toasted rye bread.  
  $120 MXN

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**Quesadilla Bar**

- **Quesadilla**
  Our tortillas are made with organic non GMO heirloom corn grown by our sister farm @mestizadeindias served with guacamole, and burnt morita sauce.
  
  - Mushrooms squash blossoms
  - Vegan chorizo cheese
  - Grilled seitan
  - Chicharro
  
  *w/vegan cheese*
  $145 MXN

**Breakfast includes the first cup of filtered coffee.**

- **Take away service**
  + 5 MXN

- **Change of milk**
  + 10 MXN

- **Any modification generates a cost of + 30 MXN**

The food in this place includes extra love.
Appetizers

Guacamole
Served with herbs and chips. 110 MXN

Naan with babaghanoush
Made in our wood fired oven with our version of babaghanoush. 130 MXN

Falafel with tzaziki
6 pieces of falafel accompanied by tzaziki and labnhe. 140 MXN

Coconut corn cream
Hot cream of yellow corn served with toasted corn kernels and baby corn. 130 MXN

Green pea Hummus with fava bean
Lemon zest, mint, green peas and yucatan favas served with home made pita with cumin seeds and vegetables. 150 MXN

Labnhe with zhug and rye bread
The perfect dip for sharing served with radishes and celery. 150 MXN

Artichoke, spinach and cheese crostini
Toasted rye bread served with artichoke hearts, spinach and cheese dip topped with tomato and grated grana padano. 185 MXN

Nachos nomeat
Fried tortillas served with our home made vegan cheese. 200 MXN

Nachos with unmeat
Al pastor unmeat and choriznot. 220 MXN

Cauliflower aguachile, hibiscus and green grapes
Served with red onion, cucumber, corn tostadas with flaxseeds and sprinkled with onion ash. 150 MXN

Main

Chipotle Mc and cheese
Our vegan version served with crunchy onions, bread crumbs and parsley. 180 MXN

Hot dog
Spicy italian 'sausage' served with pickles, tomato, crunchy onions, yellow vegan cheese and potatoes. 200 MXN

Hamburger
Beyond meat, served with lettuce, pickles, tomatoes, caramelized onions and chipotle mayonnaise. 250 MXN

Crunchy oat-chicken bun & fries
Served with sweet and sour mayo sauce, pickles and cabbage salad accompanied by lemon-pepper french fries. 240 MXN

Golden potato tacos with morita sauce
4 pieces of fried rolled tortillas filled with potato served with hot morita pepper sauce, lettuce, sopero cheese, sour cream, avocado and pickled onion. 180 MXN

Vegetable curry with crispy pita
Vegetables served in coconut milk and lemongrass curry accompanied by white rice. 190 MXN

'Tuna' tostadas (2)
Served with cucumber, chipotle mayonnaise, avocado and sesame oil. 195 MXN

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Salads

**Falafel Salad**
Mixed greens served with tahini, tomato, red onion, zaatar and 5 pieces of falafel.

**Quinoa Salad**
Mixed greens served with quinoa tomatoes with pesto, seeds, goat cheese and toasted bread.

**Mestiza de indias Caprese**
Heirloom tomatoes, balsamic reduction, mozzarella cheese and basil oil.

**Green leaf salad**
Mixed greens, onion, grated carrot, green apple, toasted seeds, cherry tomato, raw green beans.

Choose your dressing:
carrot / soy
herb vinaigrette
tahini and olive oil
honey mustard

Pizzas

All our pizzas are made with sourdough in a wood burning oven.

**Arabian**
Tomato, arugula, falafel, tahini and zaatar.

**Avocado**
Chimichurri, jalapeño, avocado, olive oil and chives.

**4 cheeses**
Pomodoro sauce with roquefort, oaxaca, mozzarella and grana padano.

**Vegan Meats**
Pomodoro sauce with chorizo, roasted meat, sudadero and pastor with pickled onion.

*With vegan cheese + 20 MXN*

Tacos

**Portion of tacos (5)**
Vegan Pastor
Vegan Tenderloins
Vegan Steak
Vegan Chorizo
Onion mushrooms

*With cheese*  
*With vegan cheese*

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- Change of milk + 10 MXN

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Vegan Gluten free dairy Eggs
**Appetizers**

- **Radishes from @mestiza de indias with chive butter**
  Because less is more! Freshly picked at our sister farm, served with fried pita bread.

- **Naan with babaganoush**
  Made in our wood burning oven with our version of babaganoush.

- **Naan with muhammara**
  Made in our wood burning oven served with our roasted red pepper and nut dip.

- **Big taco of oat-chicken**
  Served with fermented garlic cream, sun-dried tomatoes, avocado and cabbage salad.

- **Jocoque with heirloom tomatoes**
  Tomatoes from our sister farm @mestiza de indias together with basil oil and pesto, served with zaatar and black rye bread.

- **Guacamole**
  Served with tortilla chips and herbes.

- **Carrot curry soup**
  Prepared with coconut milk and served with croutons, coconut and basil oil.

- **Hummus**
  Served with red zhug and toasted garlic. Choose the bread to dip with.

- **Yucatecan “Causa”**
  Potato puree with recado negro, pureed purple sweet potato, grilled squash, fermented garlic cream, black olives, avocado and pickled red pepper.

**Main**

- **Lambrusco and gold leaf risotto**
  Prepared with grana padano cheese and lambrusco, served with an edible gold leaf.

- **Sweet potato gnocchi**
  Served with lima bean cream, mushrooms and chives.

- **Vegan oat-lobster roll**
  Oat-lobster served with crab cake style mayonnaise, and parsley. Accompanied by lemon pepper french fries.

- **Chilli beans**
  White rice with chilli beans.

- **‘Tuna’ tostadas (2)**
  Served with cucumber, chipotle mayonnaise, avocado and sesame oil.

- **Glased Tofu**
  Glazed with edamames and green pea puree.

- **Milpa tamal**
  Bathed in red sauce, accompanied by black beans, nopal salad and pickled baby onions.

- **Coconut Ceviche**
  Coconut milk, lime, red onion, cilantro, mango, coconut chips, crunchy sweet potato and habanero oil, served with tortilla chips.

- **Cous cous and cooked beets**
  Served with blue cheese vinaigrette, herbed oil and greens.

**Eating smart is an Art**

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- Change of milk + 10 MXN

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<table>
<thead>
<tr>
<th>Vegan</th>
<th>Gluten free</th>
<th>dairy</th>
<th>Eggs</th>
</tr>
</thead>
</table>

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Dinner

Salads

**Falafel Salad**
Mixed greens served with tahini, tomato, red onion, zaatar and 5 pieces of falafel.

**Quinoa Salad**
Mixed greens served with quinoa, tomatoes, pesto, seeds, goat cheese and toasted bread.

**Mestiza de indias Capresse**
Heirloom tomatoes, balsamic reduction, mozzarella cheese and basil oil.

**Green leaf salad**
Mixed greens, onion, grated carrot, green apple, toasted seeds, cherry tomato, raw green beans.

Choose your dressing:
- carrot / soy
- herb vinaigrette
- tahini and olive oil
- honey mustard

170 MXN
190 MXN
180 MXN
170 MXN

Pizzas

All our pizzas are made with sourdough in a wood burning oven.

**Arabian**
Tomato, arugula, falafel, tahini and zaatar.

**Avocado**
Chimichurri, jalapeño, avocado, olive oil and chives.

**4 cheeses**
Pomodoro sauce with roquefort, oaxaca, mozzarella and grana padano.

**Vegan Meats**
Pomodoro sauce with chorizo, roasted meat, sudadero and pastor with pickled onion.

*With vegan cheese + 20 MXN*

185 MXN
160 MXN
180 MXN
200 MXN

Tacos

**Portion of tacos (5)**
Vegan Pastor
Vegan Tenderloins
Vegan Steak
Vegan Chorizo
Onion mushrooms

*With cheese*
160 MXN

*With vegan cheese*
175 MXN

155 MXN

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Vegan
Gluten free
dairy
Eggs
## Drinks

### Shots

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immune system booster</td>
<td>55 MXN</td>
</tr>
<tr>
<td>Shot of aloe and lime</td>
<td>55 MXN</td>
</tr>
<tr>
<td>Apple cider vinegar</td>
<td>55 MXN</td>
</tr>
</tbody>
</table>

### Juices

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pineapple, chaya, orange, spinach</td>
<td>75 MXN</td>
</tr>
<tr>
<td>Grapefruit, aloe</td>
<td>75 MXN</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>75 MXN</td>
</tr>
<tr>
<td>Grapefruit juice</td>
<td>75 MXN</td>
</tr>
<tr>
<td>Tangerine juice</td>
<td>75 MXN</td>
</tr>
<tr>
<td>Carrot and passion fruit juice</td>
<td>75 MXN</td>
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</tbody>
</table>

### Smoothies

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Guava lassi</td>
<td>100 MXN</td>
</tr>
<tr>
<td>Guava, coconut milk, rose water, cardamom and lemon.</td>
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<tr>
<td>Cocoa banana</td>
<td>100 MXN</td>
</tr>
<tr>
<td>Banana, cocoa powder, coconut milk, peanut butter, vanilla, and cocoa nibs.</td>
<td></td>
</tr>
<tr>
<td>Strawberry and Yucatecan lime</td>
<td>100 MXN</td>
</tr>
<tr>
<td>Strawberry, lavender essential oil, Yucatecan lime, coconut milk, agave honey, vanilla and hydrated chia.</td>
<td></td>
</tr>
<tr>
<td>Mango/banana</td>
<td>100 MXN</td>
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<tr>
<td>Apple banana, mango, fresh turmeric, cinnamon and lemon.</td>
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</table>

### Kombucha

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
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<tbody>
<tr>
<td>Original</td>
<td>100 MXN</td>
</tr>
<tr>
<td>Ginger</td>
<td>100 MXN</td>
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<tr>
<td>Mandolin</td>
<td>100 MXN</td>
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</tbody>
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### Coffee shop

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
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<tbody>
<tr>
<td>Americano</td>
<td>35 MXN</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>50 MXN</td>
</tr>
<tr>
<td>Espresso</td>
<td>45 MXN</td>
</tr>
<tr>
<td>Double espresso</td>
<td>55 MXN</td>
</tr>
<tr>
<td>Latte</td>
<td>45 MXN</td>
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<tr>
<td>Tea</td>
<td>45 MXN</td>
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### Buho Sodas

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
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<tbody>
<tr>
<td>Tamarind / habanero</td>
<td>35 MXN</td>
</tr>
<tr>
<td>Hibiscus flower / pomegranate</td>
<td>35 MXN</td>
</tr>
<tr>
<td>Mandarin / orange</td>
<td>35 MXN</td>
</tr>
<tr>
<td>Mango / passion fruit</td>
<td>35 MXN</td>
</tr>
<tr>
<td>Mint / lemon</td>
<td>35 MXN</td>
</tr>
<tr>
<td>Kola</td>
<td>35 MXN</td>
</tr>
<tr>
<td>Mineral</td>
<td>35 MXN</td>
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### Hot drinks

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golden milk</td>
<td>55 MXN</td>
</tr>
<tr>
<td>Coconut milk, turmeric powder, ginger, black pepper, agave syrup and cinnamon.</td>
<td></td>
</tr>
<tr>
<td>Matcha latte</td>
<td>55 MXN</td>
</tr>
<tr>
<td>Coconut milk, agave syrup and matcha powder.</td>
<td></td>
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</table>

### Water of the day

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask about our selection!</td>
<td>50 MXN</td>
</tr>
</tbody>
</table>

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**Take away service + 5 MXN**

**Change of milk + 10 MXN**

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The food in this place includes extra love.

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**Vegan 🌿 Gluten free 🍞 Dairy 🍗 Egg 🦆**