



**#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

FRAPPÉS

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

MOKA - 19
Organic coffee, almond milk, cane sugar and organic cacao. Decorated with chocolate sauce.

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 - 19
Acai, blueberry and almond milk, sweetened with cane sugar.

GOLDEN FROZEN - 19
Almond milk with turmeric, pepper, vanilla, panela and carob syrup.



DRINKS AND SMOOTHIES

VERDE VIBRANTE - 16
Hemp, kale, orange juice and apple.

VERDE HULK - 16
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.

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

ROJO PASIÓN - 12
Beetroot, strawberry, orange juice and mint leaves.

PLÁTANO Y MACA - 16
With coconut milk.

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

ORANGE JUICE - 10

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 - 8
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 - 10
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 - 14
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.





tostones

BREAKFAST

SCRAMBLED TOFU - 25

Scrambled tofu with turmeric, spinach, tomato, mushrooms and avocado accompanied by cornbread.

TOSTONES

DE TRIGO SARRACENO - 28

-flamed mushrooms

smoked cauliflower cheese, flambéed mushrooms and arugula.

-capresse

flamed cherry tomato, basil and smoked cauliflower cheese.

CREPE - 24

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

WAFFLE DE QUINUA - 28

Choose 2 toppings:

-agave honey

-coconut caramel

-chocolate sauce

-walnuts

-vanilla cream

Choose 2 fruits:

-banana

-strawberry

-blueberry

GLUTEN
FREE



SWEET BOWLS

CHOCO CHIA BOWL - 25

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

AVENA BOWL - 21

Oat pudding, cinnamon, apple, blueberry, panela, walnuts and almond milk.

BOWL DE FRUTAS - 18

Mango, strawberry, banana, blueberry, apple, orange juice and coconut delicacy

ACAI BOWL - 28

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



ACAI
BOWL

WRAPS

DE LINAZA - 26

Raw mango, zucchini and flaxseed dough; stuffed with hummus, yellow chili, carrot, cashew cream, bell pepper, lettuce, avocado and sprouts.

MEDITERRANEO - 26

Raw tomato, avocado and pepper dough; stuffed with pesto sauce, asparagus, cashew cheese, mushrooms, tomato, lettuce, pepper, avocado, almond cashew parmesan and sprouts.

RANCHERO - 28

Raw tomato, avocado and pepper dough; stuffed with scrambled tofu, coconut bacon, mushrooms, kale, lettuce, cashew cream and avocado.

FALAFEL - 25

cassava and quinoa dough with chickpea and parsley croquettes, white cabbage, tomato, cucumber, white onion, hummus and cashew cream.

VITAL - 23

Nori seaweed stuffed with kale, red cabbage, mixed sprouts, white cabbage, carrot, coconut bacon, avocado and cashew cream.



WRAP
MEDITERRÁNEO

SANDWICHES

PORTOBELLO - 25 - G

Sautéed portobello with caramelized onion, cashew cream and tomato slices on whole wheat bread.

CLUB - 26 - G

Scrambled tofu, coconut bacon, shredded hearts of palm with celery and cashew cream, lettuce, avocado and tomato slices on whole wheat bread.

MUSH BURGER - 36 - G

Smoked mushroom burger, spinach, coconut bacon, lettuce, tomato on whole wheat bread, accompanied with sautéed potatoes and raw tomato sauce.

SUPER VEGAN CLÁSICA - 32 - G

Lentil and brown rice burger with caramelized onion, lettuce, tomato, avocado, cashew cream on whole wheat bread, accompanied with sautéed potatoes and raw tomato sauce.

TEMPEH BBQ - 36 - G

Tempeh in BBQ sauce, sautéed mushrooms with zucchini and onion in chimichurri sauce, avocado and kale on whole wheat bread accompanied with potatoes.

MUSH BUFFALO - 36 - G

Mush burger in buffalo sauce with a spicy touch, tartar sauce, pickles, coconut bacon, onion rings, tomato and lettuce on whole wheat bread accompanied with potatoes.

VEGGIE BURGUER AL PLATO - 28

CHOOSE YOUR BURGER:

LENTEJA | MUSH (+S/5)

With rainbow salad: lettuce, tomato, carrot, red cabbage, avocado, sprouts, honey mustard dressing; accompanied with sautéed potatoes.

G: contiene gluten



CLUB SANDWICH

CROCANTE



RAW PIZZAS

CLÁSICA - 28

Raw tomato, linseed and chestnut dough; tomato sauce, cashew cream, arugula, tomato, mushrooms, green olives and a touch of garlic.

DEL HUERTO - 28

Raw tomato, linseed and chestnut dough; tomato sauce, cashew cream, spinach, asparagus, zucchini, artichoke, red pepper and oregano.

DE CEBOLLA CAMELIZADA - 28

Raw tomato, linseed and chestnut dough; tomato sauce, cashew cream, caramelized onion, black olives and almond cashew parmesan.

BOWLS

CAMOTE & CHEESE - 34

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

FALAFEL - 36

Chickpea and parsley croquettes, white cabbage, cucumber, tomato, white onion, lettuce, avocado, sauerkraut and sprouts with sesame mayonnaise dressing and hummus.

PROTEICO - 34

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

CROCANTE - 38

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

PIZZA CLÁSICA





ceviche de setas



dahl masala

ENTRADAS, SOPAS Y FONDOS

TERI ROLLS - 30

Tofu in teriyaki, sautéed shiitake mushroom, nori seaweed, avocado, carrot, pickle, cashew cream, rice with tricolor quinoa wrapped in crispy rice paper.

MEXITACOS - 28

Purple corn tacos stuffed with mushrooms, black bean stew, guacamole and pico de gallo, garnished with cashew cheese sauce.

CAUSA DE PORTOBELLO - 26

Stuffed with portobello, avocado, cashew cream, quinoa crisp and rocoto jam.

CEVICHE DE SETAS - 28

Mushrooms and hearts of palm with tiger's milk, sweet potato, chifles and chulpi corn.

MISO RAMEN - 26

Vegetable and miso broth; rice noodles, tofu, shiitake, seaweed, hearts of palm, green onion and carrot flavored with garlic and ginger with a touch of sesame.

THAI SOUP - 28

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

SPINACH RISOTTO - 34

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

PAD THAI - 32

Rice noodles with creamy curry, portobello, mushrooms, scrambled tofu, asparagus and carrot with a touch of crispy tricolor quinoa.

DAHL MASALA - 28

Lentil stew, spicy curry and coconut cream; accompanied with spinach croquettes and tortilla.

FETTUCCINE WITH PESTO - 32

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

FETTUCCINE A LA HUANCAINA - 34

Rice pasta in huancaína sauce with sautéed mushrooms, portobello, onion, yellow chili, shoyu and a pinch of cilantro.

FETTUCCINE CON CREMA DE HONGOS - 32

Rice pasta in pomarola sauce, portobello, cherry tomato and almond parmesan.

CHINITA - 29

Fideos de arroz con crema de coco, salteado agridulce de tofu, brócoli y brote de frijol mung.

VEGGIE CHAUFA - 28

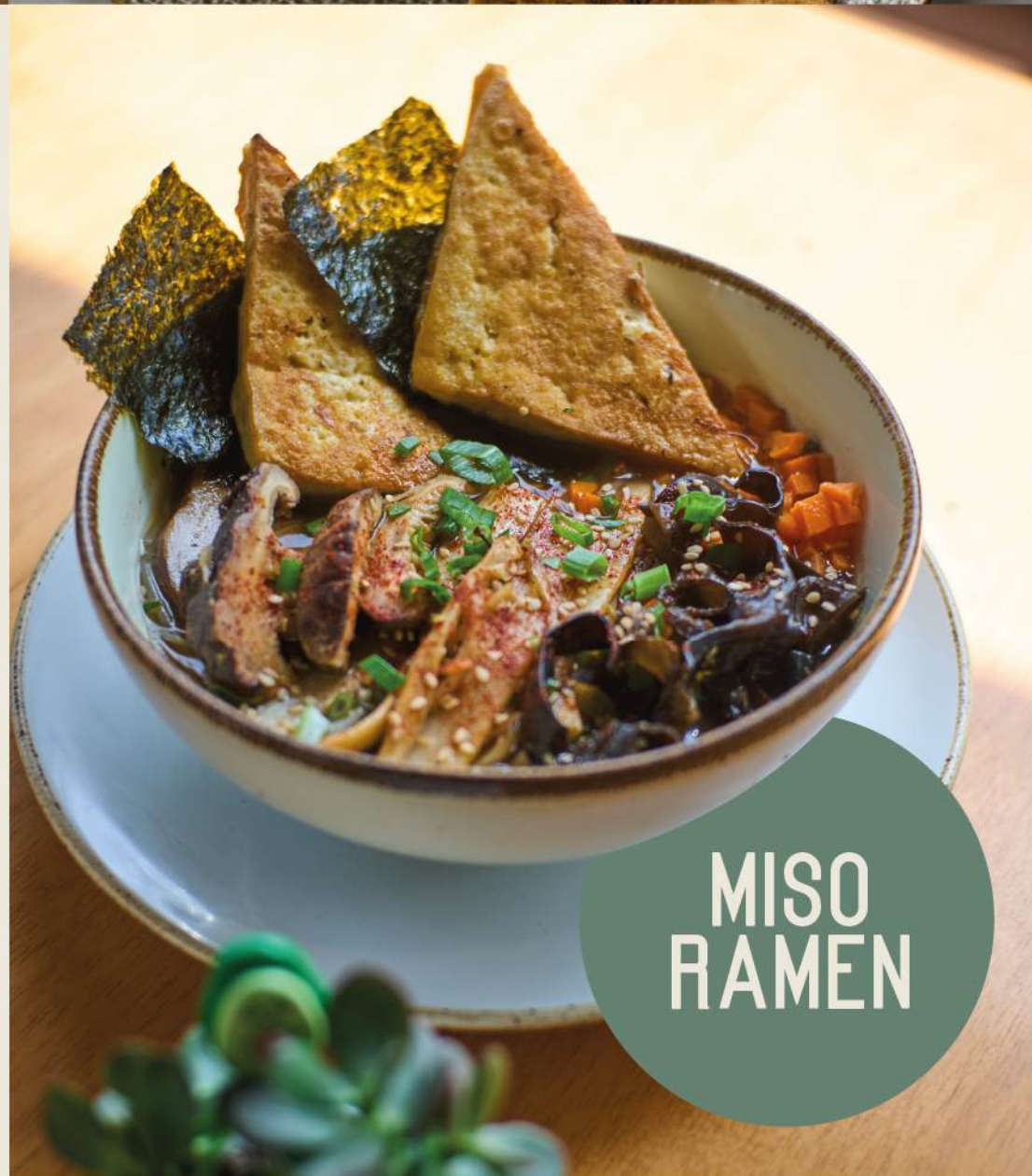
Tricolor quinoa chaufa with brown rice, mushrooms, tofu, avocado, pepper, flavored with sesame oil.

KITCHARI - 26

Traditional Ayurvedic dish that detoxifies the body, slows down cell aging and balances the three doshas: vatta, pitta and kapha. Brown rice with mung beans, turmeric, peas, carrots, red pepper, accompanied with rainbow salad and honey mustard dressing.

POTATO GRATIN - 29

Gratin potatoes with cashew cream, artichoke, asparagus, mushrooms, yellow pepper and red pepper, accompanied with rainbow salad and honey mustard dressing. Choose your favorite: Neapolitan or pesto.



MISO RAMEN



risotto de espinaca



OUR DESSERTS ARE GLUTEN FREE



cheesecake de lúcumo y cacao

DESSERTS IN DISPLAY

CHEESECAKE OF THE DAY - 17
Almond base, raisin with linseed or fig with cocoa; cashew cream with fruit, cacao butter or coconut oil:
-chocobanano
-maracumango
-tropical (strawberry, passion fruit and mango)
-lucuma and cacao
-lemon and raspberry
-custard apple and cacao
-lemon

VEGAN BITE - 15
Cashew nougat, date caramel with almonds and coconut oil sweetened with cane sugar and covered in 70% cacao coating.

RAW BROWNIE - 14
From nuts, coconut oil, organic cacao, dates, almonds and cane sugar.

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

ALFAJOR - 14
Cornstarch and almond cookie, filled with coconut delicacy, covered in cacao coating.

WHITE TRUFFLES - 4
Based on cashew and cacao butter.

HAZELNUT TRUFFLES - 7.5
Based on hazelnuts sweetened with allulose.

WAFFLE DE QUINUA



DESSERTS A LA CARTE

ROLLS OF CHOCOLATE - 9
cassava and quinoa flour dough, 70% cacao cream with panela and pieces of nuts.

BAKED CAKE - 9
Made with gluten-free oat flour and quinoa, sweetened with cane sugar:
-carrot and nuts
-banana and chocolate

BAKED COOKIES - 6
Gluten-free oatmeal with chocolate chunks and nuts, sweetened with cane sugar.

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

PIONONO - 18
Gluten-free chocolate cake with quinoa flour and linseed, sweetened with allulose. Filled with cashew-based cream and lucuma with allulose.

MOLTEN - 26
Cacao sponge cake covered with hot chocolate, accompanied by caramel ice cream & Maras salt.

APPLE CRUMBLE - 25
Warm apple and oat crisp with caramel ice cream & Maras salt.

CREPE - 24
Raw banana crepe with cinnamon, filled with vanilla cream, seasonal fruits, coconut caramel and grated coconut.

WAFFLE DE QUINUA - 28
Choose 2 toppings:
-agave honey
-coconut caramel
-chocolate fudge
-walnuts
-vanilla cream

Choose 2 fruits:
-banana
-strawberry
-blueberry

ICE CREAM - 10
-caramel ice cream & Maras salt
-stracciamenta
-cappuccino & chips

RAW CREPE

