

# Breakfast



Gluten free  
option



Vegan  
option

We use organic eggs  
from local farms

## KALE & TURMERIC OMELETTE Q49

Two scrambled eggs with kale and turmeric, pesto, tofu, onions and tomato. Fermented nut spread and sprouts on top. Served with piloy beans.

Vegan option: Tofu and tapioca egg substitute +Q5



## MOUNTED EGGS Q45

Two fried eggs on top of black corn tortillas with mozzarella cheese. Served with guacamole or beans and green sauce.

Option: Sourdough toast or Gluten free bread +Q10

Vegan "mozzarella" option +Q5



## EGGS ON TOAST Q48

Two fried eggs on top of sourdough toasts with fermented nut "cheese" spread, lettuce, tomato, onions and eggs on top. Served with guacamole or piloy beans.

Gluten free option: Bread +Q10



## EGG ROLL Q49

A crepe filled with hummus, egg, avocado, vegetable mozzarella cheese, onion and mushrooms. Topped with basil, green sauce and sprouts.

Vegan option: Tofu and tapioca egg substitute +Q5

Gluten free option: Rice flour.



## KIMCHI ROLL Q49

Flour tortilla filled with beans, eggs, kimchi, onion and tomato. Sprouts on top, lettuce and green tomato sauce.

Vegan option: Tofu and tapioca egg substitute +Q5

Gluten free option: Rice flour.



## BURRITO Q55

Eggs, organic basmati rice, kale, piloy beans, guacamole, fermented cashew spread, tempeh.

Served with pico de gallo and green sauce

Vegan option: Tofu and tapioca egg substitute +Q5

Gluten free option: Rice flour.





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## CHILAQUILES Q48



Two eggs on top of black corn tortilla chips with green tomato sauce, pinto beans, nut "mozzarella cheese", pico de gallo, cilantro and fermented cashew spread.

Vegan option: Tofu and tapioca egg substitute +Q5

## MORNING STAR Q55

An egg of your choice, avocado, green vegetables in ginger infused oil, alfalfa. Your choice of tofu or tempeh and quinoa. With curry sauce and black corn tortillas.

Vegan option: Tofu and tapioca egg substitute +Q5

Gluten free option



## TRADITIONAL Q48



Two eggs of your choice, pinto beans with apazote, avocado, and steamed plantains with honey, cinnamon and amaranth. Served with black corn tortillas, coffee or tea.

Vegan option: Tofu and tapioca egg substitute +Q5

Gluten free option: Bread +Q5.



## THE BIG GREEN Q58

The super breakfast. Eggs with kale, avocado, moringa, spirulina, chlorella, chia seeds and turmeric. Served with guacamole, pinto beans, plantains and black corn tortillas.

Vegan option: Tofu and tapioca egg substitute +Q5

Gluten free option: Bread +Q5.



## BAGELS

### SAMBARA BAGEL Q55



Two scramble eggs with onion, turmeric, tomato, kale, hummus and avocado, served on a whole wheat bagel. Fried plantains and green sauce on the side.



Vegan option:  
Tofu and tapioca  
egg substitute +Q5

Gluten free bread +Q10

### AVOCADO & MUSHROOM Q52



Two eggs with mushrooms, avocado, onion and alfalfa, served on a whole wheat bagel with fermented cashew cheese. Fried plantains and green sauce on the side.

We use organic eggs from local farms



## TOFU SCRAMBLE Q42

Tofu, kale, red peppers and onions.  
Served with hummus, tomato, avocado, green tomato  
sauce and pita bread or black corn tortillas.

Gluten free option: Bread +Q10



## GAJA Q42

Piloy beans, basmati rice, guamole, pico de gallo,  
carrot and zucchini noodles with tahini dressing.  
Topped with sunflower seeds, sprouts and coriander.  
Served with black corn tortillas.

Option: Raw or cooked spirals.

## SCRAMBLE WITH BEANS Q39

Breaded tofu with turmeric, piloy beans, onion, tomato,  
kale and peppers. With black corn tortilla or sourdough  
toast. Served with rice and avocado.

Gluten free option: Bread +Q10





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## FRENCH TOAST WITH CHIA SEEDS Q38

Two sourdough toast soaked in almond milk and chia seeds, coconut flakes, raspberries, blackberries, cinnamon, blueberry Jam and cacao.

Gluten free option: Bread +Q10

Option: Honey or Agave syrup +Q5

## FRUITS OF THE SEASON Q38

Seasonal fruits and honey.

Option: Honey or Agave syrup +Q5



## BANANA & SEEDS Q38

Three rice and yuca pancakes, with banana, chia seeds, flaxseeds, pumpkin seeds, coconut flakes and amaranth. Served with banana, strawberries and honey.

Option: Honey or Agave syrup +Q5



## CACAO BLUEBERRIES Q42

Three rice and yuca pancakes with cacao, tahini, macadamia, coconut flakes and blueberries jam. Served with strawberries and honey.

Option: Honey or Agave syrup +Q5



# Porridges

## GOLDEN PORRIDGE Q48

Quinoa, vegetable milk, activated turmeric, cinnamon, cooked banana, jam (mango or pineapple) blueberries, coconut flakes, goji berries, chia seeds and himalayan salt.

## EARTH & HEART Q48

Quinoa, vegetable milk, cacao, granola, cashews, almonds, banana, blueberry jam, chia seeds, amaranth and himalayan salt.



# To Share



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## HUMMUŞ Q48

Chickpea puree with tahini, garlic, paprika and olive oil, with onion and tomato on top. Served with pita bread.

Option: Vegan gluten free bread Q10.00

## BABA GANOUSH Q48

Eggplant puree with tahini, garlic, lime and olive oil, with onion and tomato on top. Served with pita bread.

Option: Vegan gluten free bread Q10.00



## ŞAMŞARA PLATTER 75

Quinoa croquettes, hummus, baba ganoush, kale & tofu sauté.

Served with pita bread and green tomato sauce and pita bread.

## GREAT TARTARY Q58

Base of sweet potato chips, guacamole, tahini dressing, piloy beans, onion, tomato, lime, cucumber, cilantro.

Cashew "mozzarella cheese" +Q15

Tofu, mushrooms or tempeh. +Q15



## Şoups

Ask for the soup of the day. Q40

## ŞWEET POTATO, AVOCADO & CHIPOTLE Q42

Sweet potato, coconut milk, turmeric, avocado and chipotle. Served with pita bread

## TOMATO & BAŞIL Q42

Tomato, coconut milk, onions, garlic, oregano, basil, nutritional yeast. Served with pita bread.

Option: Vegan gluten free bread Q10.00





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# Shiitakè

## vègètàrian bûlgôgî

### Shiitakè & tōfū

#### bûlgôgî



Shiitake mushrooms, scallions, tofu, bell pepper, onions, in a vegan korean BBQ sauce, sesame seeds, served with kimchi and organic basmati rice.

Q60

### Tācòs

#### Shiitakè & kimchi



Shiitake mushrooms, scallions, tofu, bell peppers, onions, in a vegan korean BBQ sauce, sesame seeds, served with kimchi

Q55

### Shiitakè & kimchi

#### Bôwl



Shiitake Bbq with Kimchi and tofu, on top of organic basmati rice, sautéed in ginger oil with korean BBQ sauce, scallions, onions cilantro and sprouts .

Q72



# Pfates



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## WOK Q55



Carrots, zucchini and sweet potato noodles sauté in ginger infused oil and coconut milk, broccoli, coriander, sesame seeds, cabbage, onions, peppers with a yellow curry sauce. Served with tahini dressing,

Choose your option: Tofu - Tempeh - Mushrooms - Quinoa croquettes - Falafel

Choose your curry: Yellow - Green - Red

Gluten free option.

## TEMPEH AND PEANUT BOWL Q52

Sweet potato, carrots, zucchini, leek, celery and tempeh sauté in ginger infused oil, coriander, peanuts, sprouts and peanut sauce. Served with organic basmati rice.



## LAO TZU Q58

Yellow curry, breaded tofu, carrots, cabbage, broccoli, onion, bell pepper, peppermint, ginger oil, Vegan BBQ sauce. Covered with cashew seeds and sesame seeds. Served with organic basmati rice with cilantro.

## KIMCHI BOWL Q49

Kimchi on top of a mix of organic basmati rice and quinoa, sauté in ginger oil, scallions, onions, pumpkin seeds and cilantro .

Choose: Kimchi or golden sauerkraut

Add: Tofu, tempeh or mushrooms +Q15

Gluten free option.



## SPIRALS WITH CHEESE Q52



Zucchini spirals with cashew "mozzarella cheese" sauce, nutritional yeast, tofu and cashew. Served with a sourdough toast



# Plátēs

 Vegan option

 Gluten free option



## TACOS Q48

Four black corn tortillas with avocado sauce, carrots, red peppers and onions, sautéed in ginger oil, with coriander, scallions, avocado and lime.

Option: tofu or tempeh, mushrooms.

Gluten free option



## SWEET POTATO TORTILLA Q48

Sweet potato, peppers, onions and mushroom, with egg and cheese. Served with salad, guacamole and green pico de gallo.

Option: Vegan Mozzarella +Q8



## SHAWARMA Q55

Hummus, carrot, onion, coriander, cucumber, tomato lime and tahini dressing wrapped inside a flour tortilla or stuffed in a pita bread.

Options: Quinoa balls or falafel

Choose: Flour tortilla or pita bread

Gluten free option: Rice tortilla or rice pita bread +Q5



## Burgers

Choose: Sweet potato chips or salad



### Tempeh & Kimchi

Tempeh, piloy bean and kimchi patty.  
Lettuce, onions, tomato.  
Teriyaki sauce  
Kimchi

Q58.00

### Mushrooms & Maca

Mushrooms and maca patty  
Lettuce, onions, tomato.  
Tahini sauce  
Fermented kraut  
Avocado

Q68.00

Vegan cashew mozzarella +Q8    gluten free bread +Q10



# Şalâds



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## GUACAMOLE HEAVEN Q48

Guacamole on top of zucchini and carrot noodles, with tomato, lemon juice and cilantro. Served with seed crackers or black corn tortilla.

## KALE, TOFU & CHICKPEAS Q52

Kale, tofu, chickpeas, tomato, carrot noodles, sprouts and black olives. Served with kale dressing.



## QUINOA & AVOCADO Q52

Quinoa, avocado, zucchini and carrot noodles, lettuce, tomato, onion, sprouts and cilantro. Served with olive oil, mustard and balsamic vinegar.

**Gluten free option.**



# Desserts



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Vegan



Probiotics



## "CHEESECAKE" RAW Q32

Base of mixed nuts, coconut, cashew and cacao. Flavors:

- Cacao & banana
- Strawberry
- Kale
- Turmeric with pineapple



## CARROTS CRANBERRIES Q34

## CARAMEL PIE Q34

## BLUEBERRIES Q40



## TAHINI CUP Q16

With dates, chia seed, agave, coffee and tahini



## PEANUT BUTTER CUP Q17

With cacao, dates, peanut butter, agave.



## BLISS BALLS AMARANTH & PEANUT BUTTER Q10

## BLISS BALLS CASHEW AND SESAME SEEDS Q14



## BAKED

Base of white and brown rice, tapioca, chia seeds and vegetable milk.

### Piece

CACAO ZUCHINI CAKE Q25

CARROT CAKE Q25

BLUEBERRIES AND CACAO Q25



Order your favorite cake!