

SMALL BITES

EMPANADAS

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| BEEF | 2.40 | CHICKEN | 2.40 |
| SPINACH | 2.40 | CORN | 2.40 |
| HAM & CHEESE | 2.40 | ONION & CHEESE | 2.40 |

SMALL SANDWICHES

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

GOURMET TOASTS

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| SMOKE SALMON – Two gourmet toasts with organic avocado paste & smoke salmon. | 6.90 |
| ORGANIC AVOCADO – Two gourmet toasts with organic avocado paste , fresh mozzarella, cherry tomatoes & basil. | 6.90 |

SALADS

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| HOUSE SALAD – Spinach, kale, cherry tomatoes, cucumber, green apple, celery, chia, almonds and pumpkin seeds. | 9.00 |
| CITRUS SALAD – Spinach, kale, cucumber, pineapple, celery, hemp seeds, walnuts, sunflower seeds and goji berries. | 9.00 |

CHOOSE YOUR DRESSINGS –

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

BUDDAH BOWLS

ORGANIC QUINOA BASE

M / 12.99 L / 14.99

ORGANIC FARRO BASE

M / 14.99 L / 16.99

CHOOSE YOUR VEGETARIAN PROTEIN – Chickpeas or black beans.

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

CHOOSE UP TO 5 VEGETABLES – Kale, spinach, tomatoes, cucumbers, red onions, carrots, beet, corn, celery.

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

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

ADD ORGANICS – Humus or avocado paste.

PANINIS

SIMPLE PARMA – Prosciutto di Parma, fresh mozzarella, basil salt and olive oil.

12.50

CLASSIC – Ham, Muenster cheese, lettuce, tomatoes, mayonnaise and Dijon mustard.

9.95

CHICKEN – Chicken, Swiss cheese, spinach, tomatoes, mayonnaise and Dijon mustard.

10.95

MATAHAMBRE – Matambre, Muenster cheese, lettuce, tomatoes and mayonnaise.

12.50

SALMON – Smoke 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 humus and organic avocado paste.

11.95

TUNA SALAD – Tuna salad, lettuce and tomatoes.

9.95

ADDITIONAL – Organic avocado paste.

1.50

ADDITIONAL – Organic humus.

1.50

ADDITIONAL – Homemade pesto.

1.50

WRAPS

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| SMOKE SALMON – Spinach, tomatoes, cucumber and red onions. | 10.50 |
| TUNA SALAD – Spinach, tomatoes, cucumber and red onions. | 8.50 |
| QUINOA – Spinach, tomatoes, cucumber and red onions. | 8.50 |
| CHICKEN – Spinach, tomatoes, cucumber and red onions. | 8.50 |

FRESH JUICES

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| ORANGE | S 4.50 L 6.00 |
| ORANGE AND CARROT | S 5.00 L 6.50 |
| SUNRISE JUICE – Orange, pineapple and carrot. | S 6.00 L 7.50 |
| MORNING IN THE TROPIC – Orange, beet, carrot and ginger. | S 6.50 L 8.00 |
| ENERGY JUICE – Red apple, pineapple, carrot and ginger. | S 6.50 L 8.00 |
| GREEN DETOX – Celery, kale, spinach, cucumber and green apple. | S 7.00 L 8.50 |

SMOOTHIES/SHAKES

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| BOSSA NOVA – Organic açai juice, banana and strawberry. | S 6.00 L 7.50 |
| POPEYE – Banana, spinach, pineapple and coconut. | S 6.00 L 7.50 |
| SOUTH BEACH – Banana, strawberry, yogurt or almond milk. | S 6.00 L 7.50 |
| DRAGON FLY – Dragon fruit, banana, pineapple and organic agave. | S 6.00 L 7.50 |
| SIMPLE COLADA – Banana, pineapple and coconut. | S 6.00 L 7.50 |
| SAMBA – Organic açai juice, almond milk, banana, strawberries and mix berries. | S 6.00 L 7.50 |

SUPERFOOD SMOOTHIES

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| FUNKY MONKEY – Banana, almond milk, organic peanut butter, and almonds. | S 7.00 | L 8.50 |
| CHOCOMATCHA – Banana, organic cacao powder, organic maca, organic matcha and almond milk. | S 7.00 | L 8.50 |
| SUPER TARO – Banana, strawberries and powder Taro. | S 6.00 | L 7.50 |
| MANGO - TURMERIC – Banana, mango, coconut and Turmeric. | S 6.50 | L 8.00 |
| SUPER POWER SMOOTHIE – Banana, mango and chocolate or vanilla organic vegan protein. | S 7.00 | L 8.50 |
| SUPERFOOD SMOOTHIE – Banana, Strawberry and quinoamino super food. | S 8.00 | L 9.50 |

AÇAÍ BOWLS

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| ORGANIC BRAZILIAN AÇAÍ BOWL – Organic Açaí blended with banana and strawberry topped with granola, chia seeds, banana, blueberries and strawberries. | 9.00 |
| GUARANA ORGANIC AÇAÍ BOWL – Organic Açaí infused with guarana blended with banana and strawberries topped with granola, chia, banana, blueberries and strawberries. | 9.00 |
| ALMON AÇAÍ BOWL – Organic Açaí blended with banana, organic almond butter topped with granola, almonds, cacao nibs, banana, strawberries and season fruits. | 10.50 |
| GREEN ORGANIC AÇAÍ BOWL – Organic Açaí blended with banana, spinach, spirulina topped with granola, Hemp seeds, coconut flakes, local honey, banana and season fruits. | 10.50 |
| DRAGON FRUIT BOWL – Raw organic dragon fruit blended with banana and strawberries topped with granola, chia seeds, coconut, banana, raspberry and blueberries. | 10.00 |

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~ **1.00**

HANDMADE PASTRIES & DESSERTS

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| ALFAJORES DE MAIZENA | 1.60 |
| COCONUT DULCE DE LECHE CAKE » Whole Cake available if ordered two days before. | 3.50 |
| ALMOND CAKE » Whole Cake available if ordered two days before. | 3.00 |
| CROISSANT | 2.00 |

COFFEE

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

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| ADD FLAVOR TO ANY COFFEE - | 0.50 |
| Mocha ~ Vanilla ~ Caramel | |

BREAKFAST

WHOLE WEAT TOASTS

CREAM CHEESE & JAM – Two whole wheat toasts with cream cheese & jam. 2.00

SUPER FOOD WHOLE WEAT TOASTS

CREAM CHEESE & BERRIES – Two whole wheat toasts with cream cheese, sliced strawberries, blueberries and chia seeds. 5.50

ORGANIC ALMOND BUTTER – Two whole wheat toasts with organic almond butter, sliced strawberries and almonds. 5.50

ORGANIC AVOCADO PASTE – Two whole wheat toasts with organic avocado paste, honey and hemp seeds. 5.50

ORGANIC PEANUT BUTTER – Two whole wheat toasts with organic peanut butter, sliced bananas and cacao nibs. 5.50

SPECIAL BEAKFAST

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

– Served Monday to Friday From 7:30am to 11:30am -
- Saturday and Sunday From 9:00am to 11:30am –

HAM & CHEESE CROISSANT. 6.50
» Includes a cup of coffee or organic hot tea.

CREAM CHEESE & JAM TOAST – Two whole wheat toasts with cream cheese & jam. 7.00
» Includes Fresh Squiced Orange juice and a cup of coffee or organic hot tea.

OATMEAL WITH GRANOLA & SEASON FRUIT. 7.00
» Includes a cup of coffee or organic hot tea.

ORGANIC PEANUT BUTTER TOASTS – Two whole wheat toasts with organic peanut butter, sliced banana & almond. 7.00
» Includes a cup of coffee or organic hot tea.

CREAM CHEESE TOASTS – Two whole wheat toasts with cream cheese, sliced strawberries, blueberries & chia seeds. 7.00
» Includes a cup of coffee or organic hot tea.

ORGANIC AVOCADO TOASTS – Two whole wheat toast with organic avocado paste, honey & hemp seed. 7.00
» Includes a cup of coffee or organic hot tea.

BEVERAGES

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| 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 | 3.00 |
| SODAS | 2.00 |