

# BREAKFAST, LUNCH & DINNER

Homemade ingredients prepared with love. For a happy and healthy life.



POTS & BOWLS

## LOCAL TOAST, BAGEL OR TORTILLA (🌱)

**Avocado** (🌱) \$9  
Chili flakes

**Hummus** \$9  
Cucumber & onion

**Scramble** \$9  
Eggs, mushrooms, tomato, mozzarella & pesto  
**Add egg** \$1

## FUN DAY

**Coconut Pancakes** (🌱) \$10  
Coconut flour, coconut oil & strawberries & banana

**Waffles** \$14  
Homemade caramel-fruit syrup,  
cinnamon & homemade whipped cream

**Pinto Breakfast Bowl** (🌱) \$10  
Pinto, avocado, pico de gallo, egg, tortilla, homemade cheese

**Breakfast Burrito** (🌱) \$11  
Scrambled eggs, cheddar cheese, avocado, pico de gallo,  
sour cream chipotle & fries. Side of Pinto

**Potato Hash** (🌱) \$14  
Potatoes, bacon, poached eggs, hollandaise sauce

**French Toast** \$14  
Raspberry cream cheese, berries, almonds, cajeta

## SWEET BOWLS

**Açai** (🌱) \$10  
Banana & OJ  
Top: blackberries, chia, granola & banana

**Choco Banana N'ice Cream** (🌱) \$10  
Banana, cacao, peanut butter, almond milk  
Top: cacao nibs, bee pollen, granola, peanut butter

**Tropical Spirulina** (🌱) \$10  
Mango, pineapple, coconut milk.  
Top: granola, passion fruit, strawberries, coco

**Chia Pudding** (🌱) \$8  
Strawberries, banana, greek yogurt, almond milk, vanilla  
Top: granola, peanut butter, strawberries

## FOR THE SPECIAL GROWING GUESTS

Quesadilla & carrot sticks \$6  
Chicken or Fish & French Fries \$7  
Peanut Butter Banana Toast \$6  
Bagel with cream cheese & homemade jam \$6

## SWEETS & PASTRIES

Cinnamon Roll \$2  
Banana Bread (🌱) \$5  
Peanut Butter Brownie (🌱) \$5  
Oatmeal Cookie (🌱) \$3  
Guañalletas \$3  
Pineapple - Cashew Bites (🌱) \$4  
Coconut Flan (🌱) \$7  
Raspberry Sundae: vanilla ice cream, peanut butter brownie  
crumble, raspberry compote, homemade whipped cream (🌱) \$7

## TO START

**Chips & Dips** (🌱) \$7  
Guacamole, pico de gallo,  
tzatziki & chips

**Edamame** (🌱) \$6  
Plain or spicy

## SALTY BOWLS

**Casado** (🌱) \$7  
Rice, beans, cabbage salad, avocado

**Orzo Caprese** \$9  
Tomato, mozzarella, pesto

**Thai Quinoa** (🌱) \$11  
Edamame, peanuts, carrots,  
cabbage, peanut dressing

**Kale Salad** (🌱) \$12  
Quinoa, mango, cashews, avocado,  
honey mustard dressing, cherry tomato

**Cauliflower Rice** (🌱) \$11  
Hummus, kale, carrots, mushrooms, tahini dressing

**Orzo Miso** \$12  
Mushrooms, spinach, coconut milk, goat cheese

**Add Chicken or Mahi Mahi** \$5  
**Add Farmed Shrimp or Tenderloin** \$7  
**Add Bacon** \$3

**Tuna Poke** (🌱) \$16  
Raw tuna, sushi rice, edamame,  
wakame, mango, avocado

**Fish or Chicken Tacos** (🌱) \$16  
Cabbage salad with mango &  
pico de gallo, avocado, honey mustard

**Organic Caprese Chicken** (🌱) \$11  
Swiss cheese, homemade pesto, cherry tomatoes, basil,  
broccoli, aioli

**Keto Burger** (🌱) \$20  
Avocado, cheddar cheese, bacon, fried egg, prime choice  
angus, arugula.  
Portobello mushroom or avocado to replace bread

**Vegetarian Burger** (🌱) \$17  
Veggie vegan patty cake, avocado sauce, arugula,  
caramelized onions

**Prime Choice Angus Cheese Burger** \$17  
Dehydrated tomato, arugula, caramelized onions, aioli

**Teriyaki Chicken** \$16  
Sushi rice, chives, chinese mustard, peanuts, onion,  
bell pepper, sesame seeds, homemade teriyaki sauce, broccoli

**Catch of the Day** \$17  
Brocoli, cauliflower, carrots, french fries, homemade  
teriyaki reduction

**Skirt Steak & Veggies** (🌱) \$21  
Brocoli, mushrooms, cherry tomato, sweet plantain



Gluten Free



Vegan



Spicy

# DRINKS

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## COLD PRESSED JUICES

### Green Machine **\$8**

Kale, cucumber, green apple, ginger, celery, lime

### Spicy Sandía **\$8**

Watermelon, green apple, beet, jalapeño, mint, lime

### Green Candy **\$8**

Pineapple, green apple, cucumber, mint

### Carrot Wonder **\$8**

Carrot, green apple, red apple, ginger, lime

### Pura Remolacha **\$8**

Beet, kale, cucumber, orange

### Charcoal Lemonade **\$7**

Charcoal, lime, sugar

### Coconut Bliss **\$7**

Coconut water, coconut milk

### Shot of Sunshine **\$4**

Orange, lime, turmeric, ginger

### Glass of Wine **\$7**

### Mimosa - Natural Orange Juice **\$6**

### Bottle of Wine **\$31**

### Artisanal Beer **\$6**

### Bottled Water **\$8**

### Orange Juice - Freshly Squeezed **\$5**

## MIXOLOGY

### Carajillo **\$8**

### Passion Fruit Spicy Margarita **\$10**

### Strawberry Mojito **\$10**

### Blackberry Gin & Tonic **\$10**

### Aperol Spritz **\$10**

### Sangría **\$10**

### Bloody Mary **\$10**

## SMOOTHIES

### Cacao Nut **\$8**

Banana, peanut butter, cacao, almond milk, topped with cacao nibs

### Mango Passion **\$8**

Mango, passion fruit, coconut milk, turmeric, honey

### Coco Chía **\$8**

Mango, chia, coconut milk, vanilla, honey

### Pink Lady **\$8**

Dragon Fruit, mango, honey, coconut milk

### Verde **\$8**

Pineapple, avocado, kale, cucumber, ginger, lemon

### Papaya **\$8**

Milk, cinnamon, honey

### Sunrise **\$8**

Banana, mango, ginger, turmeric, cinnamon, almond milk, honey

### Add Protein **\$4**

### Lemonade **\$7**

Raspberry or mint

## COFFEE & TEA

### Americano Black Coffee **\$2**

### Cold Brew **\$5**

### Cortado **\$3**

### Café con Leche **\$3**

### Cappuccino **\$4**

### Latte **\$4**

### Mochaccino **\$5**

### Matcha **\$5**

### Golden Milk **\$5**

### Chai Tea **\$5**

### Choco Chai Tea **\$5**

### Add Homemade Milk **\$1** (almond or coconut)



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