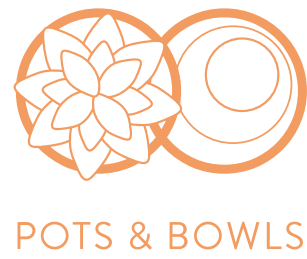


BREAKFAST, LUNCH & DINNER

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



TOAST, BAGEL OR TORTILLA (🌾🥚)

Scramble Eggs, mushrooms, tomato, mozzarella, pesto	\$9
Avocado 🌿 Chili flakes	\$9
Hummus Cucumber & onion	\$9
Add egg	\$1

FUN DAY

Coconut Pancakes 🌿 Coconut flour, coconut oil & strawberries, banana	\$10
Shakshouka Homemade tomato sauce, eggs, bread with olive oil	\$10
Costarican Breakfast 🌿 Gallo pinto, avocado, pico de gallo, egg, tortilla, sour cream, farm cheese, sweet plantains	\$10
Breakfast Burrito 🌿 Scrambled eggs, cheddar cheese, avocado, pico de gallo, sour cream chipotle, fries. Side of gallo pinto	\$11
Potato Hash 🌿 Potatoes, bacon, poached eggs, hollandaise sauce	\$14
French Toast Strawberries with lime, honey and basil, almonds and cashew crisps, foamed yogurt, homemade cajeta	\$14
Fruit Plate 🌿 Papaya, pineapple, strawberries, gooseberries with foamed yogurt, granola	\$9
Waffles Caramel-fruit syrup, cinnamon, homemade whipped cream	\$14

SWEET BOWLS

Açaí 🌿🌿 Banana & OJ. Top: blackberries, chia, granola, banana	\$10
Choco Banana N'ice Cream 🌿🌿 Banana, cacao, peanut butter, almond milk Top: cacao nibs, bee pollen, granola, peanut butter	\$10
Tropical Spirulina 🌿🌿 Mango, pineapple, coconut milk Top: granola, passion fruit, strawberries, coconut	\$10
Chia Pudding 🌿 Strawberries, banana, greek yogurt, almond milk, vanilla Top: granola, peanut butter, strawberries	\$8

FOR THE SPECIAL GROWING GUESTS

Quesadilla & carrot sticks	\$6
Chicken fingers or fish sticks, 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
Pineapple - cashew bites 🌿	\$4
Coconut flan 🌿	\$7
Raspberry sundae: vanilla ice cream, peanut butter brownie crumble, raspberry compote, homenade whipped cream 🌿	\$7

TO START

Chips & Dips 🌿 Guacamole, pico de gallo, tzatziki, chips	\$7
Edamame 🌿🌿 Plain or spicy	\$6
Ceviche 🌿🌿 Catch of the day, passion fruit, avocado, ginger, panamenian pepper, green plantain chips	\$11

SALTY

Skirt Steak & Veggies 🌿 Broccoli, mushrooms, cherry tomatoes, sweet plantain, chimichurri, teriyaki reduction	\$21
Catch of the Day Broccoli, cauliflower, carrots, avocado sauce, french fries	\$17
Prime Choice Angus Cheese Burger Dehydrated tomato, arugula, caramelized onions, aioli	\$17
Chicken Burger Breaded chicken, coleslaw, pickled cucumbers	\$15
Vegetarian Burger 🌿 Veggie vegan patty cake, avocado sauce, arugula, caramelized onions	\$15
Keto Burger 🌿🌿 Avocado, cheddar cheese, bacon, fried egg, prime choice angus, arugula. Portobello mushroom or avocado to replace bread	\$20
Tuna Poke 🌿 Raw tuna, sushi rice, edamame, wakame, mango, avocado	\$16
Fish or Chicken Tacos 🌿 Cabbage salad with mango, pico de gallo, avocado, honey mustard	\$12
Teriyaki Chicken Sushi rice, chives, chinese mustard, peanuts, onion, bell pepper, sesame seeds, homemade teriyaki sauce, broccoli	\$16
Orzo Miso Bowl Mushrooms, spinach, coconut milk, goat cheese	\$12
Orzo Caprese Bowl Tomato, mozzarella, pesto	\$9
Kale Salad 🌿 Quinoa, mango, cashews, avocado, honey mustard dressing, cherry tomato	\$12
Organic Caprese Chicken 🌿🌿 Swiss cheese, homemade pesto, cherry tomatoes, basil, broccoli, aioli	\$11
Thai Quinoa Bowl 🌿🌿 Edamame, peanuts, carrots, cabbage, peanut dressing	\$11
Cauliflower Rice Bowl 🌿🌿 Hummus, kale, carrots, mushrooms, tahini dressing	\$11
Casado 🌿🌿 Rice, beans, squash picadillo, cabbage salad, avocado, sweet plantains	\$7
Add Chicken or Fish	\$5
Add Farmed Shrimp or Tenderloin	\$7
Add Bacon	\$3



Gluten Free



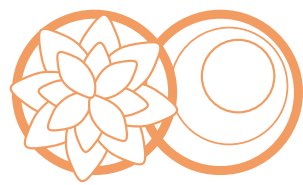
Vegan



Spicy


DRINKS

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POTS & BOWLS

COLD PRESSED JUICES

Green Machine Kale, cucumber, green apple, ginger, celery, lime	\$8
Spicy Sandía  Watermelon, green apple, beet, jalapeño, mint, lime	\$8
Green Candy Pineapple, green apple, cucumber, mint	\$8
Carrot Wonder Carrot, green apple, red apple, ginger, lime	\$8
Pura Remolacha Beet, kale, cucumber, orange	\$8
Charcoal Lemonade Charcoal, lime, sugar	\$7
Coconut Bliss Coconut water, coconut milk	\$7
Shot of Sunshine Orange, lime, turmeric, ginger	\$4
Glass of Wine	\$8
Mimosa - Natural Orange Juice	\$6
Bottle of Wine	\$31
Artisanal Beer	\$7
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 Banana, peanut butter, cacao, almond milk, topped with cacao nibs	\$8
Mango Passion Mango, passion fruit, coconut milk, turmeric, honey	\$8
Coco Chía Mango, chia, coconut milk, vanilla, honey	\$8
Pink Lady Dragon Fruit, mango, honey, coconut milk	\$8
Verde Pineapple, avocado, kale, cucumber, ginger, lemon	\$8
Papaya Milk, cinnamon, honey	\$8
Sunrise Banana, mango, ginger, turmeric, cinnamon, almond milk, honey	\$8
Add Protein	\$4
Lemonade Raspberry or mint	\$7

COFFEE & TEA

Americano Black Coffee	\$2
Cortado	\$3
Café con Leche	\$3
Cappuccino	\$4
Latte	\$4
Cold Brew	\$5
Mochaccino	\$5
Matcha	\$5
Golden Milk	\$5
Chai Tea	\$5
Choco Chai Tea	\$5
Add Homemade Milk (almond, coconut or oatmeal)	\$1



Gluten Free



Vegan



Spicy