Strawberry, and Chia seeds

GREEN ENERGY Pineapple, Orange and Spirulina	**$3.000**
ORANGE POWER Orange and Carrot	**$3.000**
VITAMANÍA Orange, Strawberry, Pineapple and Lemon	**$3.000**
TROPIC Mango, Passion Fruit and Orange	**$3.000**
LIMONADA Basil, Mint, Ginger or Traditional	**$3.000**
NARANJA Freshly Squeezed Orange Juice	**$3.500**
PROTEIN SMOOTHIE Choose your base, protein source and fruit	**$3.200**

Extra fruit: $300
Extra scoop: $600

COFFEE

NESPRESSO

ESPRESSO	**$2.300**
DOUBLE ESPRESSO	**$2.600**
AMERICANO	**$2.300**
REGULAR MACCHIATO	**$2.400**
DOUBLE MACCHIATO	**$2.600**
CAPPUCCINO	**$2.700**
LATTE	**$2.900**
Extra shot	$600

TEA

TEAPOT	**$3.200**

BREAKFAST

7 A 12 H | 17 A 21 H

EGGS Scrambled or Omelet with two add-ons of choice: tomato, turkey ham, cheese, spinach, or mushroom. Accompanied with wholegrain toast.	**$4.700**
POACHED / AVOCADO Two slices of multi-seeded, whole grain bread accompanied with sliced avocado and two poached eggs.	**$5.500**
HAM BENEDICT Two slices of toast with turkey ham, tomatoes, poached eggs, and hollandaise sauce.	**$5.900**
SALMON BENEDICT Two slices of toast with smoked salmon, spinach, poached eggs, and hollandaise sauce.	**$6.500**
BAGEL DUO One bagel is with smoked salmon,	**$6.800**

ricotta, and arugula; the other is topped with grilled chicken breast and sliced avocado.

Ⓥ **4-IN-ONE** **$5.700**

Chickpea hummus, diced tomatoes, sliced avocado, and cheese inside a grilled tortilla wrap.

Ⓥ **GLOW BOWL** **$4.900**

Plain yogurt, homemade granola, seasonal fruit, chia seeds, and peanut butter.

Ⓥ **ACAÍ BOWL** **$4.900**

Oat pancakes with fruit, mint, coconut, almonds, pumpkin seeds, and honey.

Ⓥ **DELI PANCAKES** **$4.700**

Oat pancakes with fruit, mint, coconut, almonds, pumpkin seeds, and honey.

DELI CLASSICS

SALMÓN COUS COUS **$13.900**

Grilled salmon filet, accompanied with couscous, grilled bell pepper, and a mix of sauteed vegetables with soy sauce.

ATÚN SÉSAMO **$12.900**

Seared sesame-crusted tuna with a soy-honey reduction, accompanied by lemon, poppy-seed brown rice, and grilled vegetables.

POLLO QUINOA **$11.900**

Diced sauteed chicken with turmeric and oyster sauce, accompanied with a timbale of tricolor quinoa, flavored with mint, olives, tomatoes, zucchini, grilled carrot, and avocado.

FILETE DELI **$14.900**

Grilled beef filet accompanied by a burgol dome with dehydrated tomatoes, cilantro, and toasted almonds with sautéed asparagus.

PAD THAI CAMARÓN **$9.900**

Stir-fried wok rice noodles with soy sauce, shrimp, egg, and a mix of vegetables: dragon tooth, zucchini, carrot, chives, paprika, sesame oil, and roasted peanuts.

PAD THAI POLLO **$9.900**

Stir-fried wok rice noodles with soy sauce, diced chicken, egg, and a mix of vegetables: dragon tooth, zucchini, carrot, chives, paprika, sesame oil, and roasted peanuts.

TÁRTARO DE SALMÓN **$12.900**

Diced salmon with mustard, purple onion, chives, and capers. Served with avocado and crackers.

TÁRTARO DE ATÚN **$12.900**

Diced tuna, marinated in soy sauce, oyster sauce, and ginger and garnished with sesame and avocado. Served with crackers.

Ⓥ **NON-SPAGHETTI** **$8.900**

Sautéed zucchini noodles with basil pesto, olive oil, and cherry tomatoes.

SALADS

MIX DE LECHUGA Y HOJAS VERDES

POLLO GRILL **$9.900**

Grilled chicken strips, cherry tomato, sliced avocado, carrot slices, yellow paprika, and toasted hazelnuts.

TUNA SALAD **$10.900**

Seared sesame-crusted tuna, watercress, red bell pepper, grilled asparagus, and orange slices.

SALMÓN AHUMADO **$10.500**

Sliced smoked salmon, cherry tomato, caramelized pear, sliced cucumber, purple olives, and pumpkin seeds.

SHRIMP BOWL **$9.900**

Grilled shrimp, roasted corn, paprika strips, cherry tomato, watercress, and marigold seeds. With coriander dressing.

ROAST BEEF SALAD **$11.900**

Roast beef slices, sprouts, burgol, sautéed mushrooms, radishes, and walnuts.

DELI CAPRESSE **$10.900**

Arugula lettuce base, slices of Serrano ham, cubes of fresh cheese, confit tomatoes, and basil pesto.

FISH TACO BOWL **$11.900**

Grilled salmon, quinoa mix, arugula, pickled purple cabbage, diced avocado, and tortilla chips. Accompanied by an Asian dressing.

SÁNDWICHES

CROISSANT DE SALMÓN **$9.900**

Whole grain croissant with sliced smoked salmon, arugula, avocado, and olives.

PANINI TUNA **$8.900**

Whole grain panini with tuna

salad, made with mayonnaise, celery, chives, tomato, lettuce, olives, and grilled zucchini.

WRAP DE POLLO **$8.900**

Grilled chicken breast with a mix of grilled vegetables, ricotta, lettuce, and avocado in a wheat tortilla.

CLUB SÁNDWICH **$10.900**

Grilled chicken breast, cheese, turkey ham, egg, lettuce, and tomato, with a mayonnaise and turmeric-based sauce inside a whole wheat bread.

Ⓥ **MUSHROOM PANINI** **$9.900**

Sauteed mushrooms with melted cheese, roasted paprika, and caramelized onions inside whole wheat panini bread.

Ⓥ **VEGGIE BURGER** **$9.900**

Homemade quinoa, chickpea, and mushroom burger with melted cheese, lettuce, tomato, and a special sauce.

Ⓥ

VEGETARIANO

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