

### JUICES 9.900\$

### **PURIFY**

CARROT, APPLE, GINGER.

#### YOUNG BLOOD

BEETROOTS, CARROT, APPLE, GINGER.

### LILO'S JUICE

ORANGE, PINEAPPLE, GINGER, CARROT.

### STRESS RELEASE

PINEAPPLE, CUCUMBER, APPLE,

### DETOX

PINEAPPLE, CUCUMBER, LEMON.

### **RESTORE**

CELERY, CUCUMBER.

#### KING'S GREEN

KALE, CELERY, CUCUMBER.

### **GINGER SHOT 5.000\$**

LEMON AND GINGER.

### **SMOOTHIES** 8.900\$

ADD-ONS: WHEY PROTEIN (30g) SOY PROTEIN (30g) 4.900\$

**CHOOSE YOUR MILK:** REGULAR, LACTOSE FREE, ALMOND MILK +2.000\$

### VANILLA DATES

BANANA, AVOCADO, VANILLA, DATES.

### **MIAMI VIBES**

BANANA, AVOCADO, COCOA, PEANUT BUTTER.

#### WELCOME TO COLOMBIA

MANGO, BANANA, AVOCADO, PASSION FRUIT, HONEY.

### **AÇAÍ BOOST**

ACAI, BANANA, BLACKBERRIES, PEANUT BUTTER.

### MORNING GLORY

ESPRESSO, GRANOLA, PEANUT BUTTER, BANANA, CHIA.

### **COFFEES**

CHOOSE YOUR MILK: REGULAR, LACTOSE FREE ALMOND MILK +2.000\$

ESPRESSO......SINGLE \$3.000 | DOUBLE \$4.000 AMERICANO....SINGLE \$3.500 | DOUBLE \$4.500 MACCHIATO....SINGLE \$3.500 | DOUBLE \$4.500 CAPUCCINO....SINGLE \$4.900 | DOUBLE \$5.900 LATTE.....SINGLE \$5.900 | DOUBLE \$6.900 MOCHA.....SINGLE \$5.900 | DOUBLE \$6.900

| HOT CHOCOLATE | \$5.900 |
|---------------|---------|
| MATCHA LATTE  | \$7.900 |
| GOLDEN MILK   | \$7.900 |
| CHAI LATTE    | \$7.900 |
| TEA           | \$4.900 |

### COLD

| ICED COFFEE       | \$6.900 |
|-------------------|---------|
| ICED LATTE        | \$7.900 |
| ICED MOCHA        | \$7.900 |
| ICED CHOCOLATE    | \$6.900 |
| ICED MATCHA LATTE | \$8.900 |
| ICED GOLDEN MILK  | \$8.900 |
| ICED CHAI LATTE   | \$8.900 |

## **OTHER DRINKS**

| ORANGE JUICE    | \$6.900 |
|-----------------|---------|
| MANGO JUICE     | \$6.900 |
| AVOCADO JUICE   | \$8.900 |
| STILL WATER     | \$5.000 |
| SPARKLING WATER | \$4.000 |
| HATSU TEA       | \$6.500 |

### SODAS 5.900\$

LEMONADES 4.900\$

PASSION FRUIT

LEMON I BLACKBERRIES CLASSIC I HIERBABUENA COCONUT

- THINK GLOBAL, BUY LOCAL -



### **BREAKFAST**

### **AVOCADO PANCAKES © 14.900\$**

OUR SIGNATURE AVOCADO AND BANANA PANCAKES, SERVED WITH STRAWBERRIES, BANANA, CHOCOLATE CHIPS, ROASTED ALMONDS AND MAPLE SYRUP.

### **CHOCOLATE PROTEIN** PANCAKES 14.900\$ NEW

COCOA, SOY PROTEIN AND BANANA PANCAKES, SERVED WITH BLUEBERRY. BANANA, CHOCOLATE NIBS, ROASTED ALMONDS AND MAPLE SYRUP.

#### DESAYUNO SMASH 13.900\$ NEW

## CHOOSE YOUR BASE:

- MULTIGRAIN TOAST

- AREPA &

### CHEESE:

- FRESH CHEESE

- PARMESAN 1.900\$

- FETA 1.900\$

GUACAMOLE SI/NO/DOBLE + 1.000\$ - CHILI MAYO

SAUCE:

- FRIED

EGGS:

- VEGAN SPICY - AVO MAYO

- OMELETTE

- SCRAMBLED WITH

ONIONS AND TOMATE

- PESTO

### OATMEAL BOWL © 13.900\$

OATMEAL PREPARED WITH VANILLA. CINNAMON, CRANBERRY AND ALMONDS. SERVED WITH STRAWBERRIES, BANANA, COCONUT AND CHIA SEEDS.

CHOOSE YOUR MILK: REGULAR, LACTOSE FREE ALMOND MILK +2.000\$

### SMOOTHIE BOWLS 13.900\$

CHOCOLATE CHIPS 1.900\$, CHOCOLATE 1.900\$ , HAZELNUTS 1.900\$, WHEY PROTEIN (30g), SOY PROTEIN (30g) 4.900\$

### **ACAI SMOOTHIE BOWL**

AÇAI, BANANA AND BLACKBERRIES BASE, SERVED WITH OUR HOMEMADE VEGAN GRANOLA, STRAWBERRIES, BANANA, COCONUT

### AVO MATCHA SMOOTHIE BOWL WITH

SERVED WITH OUR HOMEMADE CHOCOLATE GRANOLA, STRAWBERRIES, MANGO, CHOCOLATE NIBS, COCONUT AND CHIA SEEDS.

#### **GOLDEN SMOOTHIE BOWL**

MANGO, BANANA AND PASSION FRUIT BASE.

\*ALL OUR BOWLS ARE SUGAR FREE AND LACTOSE FREE.

## **BAGELS**

#### ADD-ONS

FRIED/ HARD BOILED EGG 1.900 (x1) 3.500 (x2), SCRAMBLED EGGS 3.500\$, GRILLED CHICKEN 3.900\$. FETA 3.900\$. **MARINATED SALMON 9.900\$** 

### CLASSIC BAGEL 12.900\$ NEW

OUR HOMEMADE CLASSIC BAGEL SERVED WITH CREAM CHEESE.

#### EGG AND AVO BAGEL 15.900\$ NEW

OUR HOMEMADE BAGEL SERVED WITH FRIED OR HARD BOILED EGG, GUACAMOLE, HALLOUMI CHEESE, TOMATO, LETTUCE AND AVO MAYO.

### **SALMON BAGEL 23.900\$**

OUR HOMEMADE BAGEL SERVED WITH MARINATED SALMON, GUACAMOLE, RED ONIONS, CAPERS, CUCUMBER SLICES AND CHILI MAYO.

### **BANANO AND PEANUT BUTTER BAGEL 14.900\$**

OUR HOMEMADE BAGEL SERVED WITH PEANUT BUTTER, BANANA SLICES, HONEY AND CHIA SEEDS.

**OUR AVOCADOS ARE 100% MADE IN COLOMBIA** 

STAND FOR THE DISHES THAT ARE NATURALLY

# GLUTEN FREE













### TOASTS All day

ADD-ONS: FRIED/ HARD BOILED EGG 1.900 (x1) 3.500 (x2), SCRAMBLED EGGS 3.500\$, GRILLED CHICKEN 3.900\$, FETA 3.900\$, MARINATED SALMON 9.900\$

#### ARGENTINIAN 16.900\$ NEW

MULTIGRAIN TOASTED BREAD WITH AVOCADO, GRILLED CHICKEN AND CHIMICHURRI SAUCE.

#### **CLASSIC 9.900\$**

MULTIGRAIN TOASTED BREAD, AVOCADO, OLIVE OIL, LEMON, SALT AND PEPPER.

#### **SMASH 11.900\$**

MULTIGRAIN TOASTED BREAD, AVOCADO, FETA, MINT AND RED ONIONS.

#### **SALMON 16.900\$**

MULTIGRAIN TOASTED BREAD, AVOCADO, CREAM CHEESE, CUCUMBER SLICES AND MARINATED SALMON

### **GRINGA 14.900\$**

MULTIGRAIN TOASTED BREAD, AVOCADO, BACON, TOMATO SLICES, AND SALTED SPINACH.

### **ROMAN 14.900\$**

MULTIGRAIN TOASTED BREAD, AVOCADO, BLACK OLIVE PASTE, PISTACHIOS, CHERRY TOMATOES AND BASIL.

### **ITALIAN 14.900\$**

MULTIGRAIN TOASTED BREAD, AVOCADO, HALLOUMI CHEESE, PESTO, TOMATO AND BASIL.

### **SNACKS**

### TACOS X3 & NEW

CHOOSE YOUR FLAVOR:

- CHICKEN AND CHIMICHURRI 15.900\$
- SPICY TOFU **14.900\$**
- SALMON AND CHILI MAYO 19.900\$

**HUMUS AND PITA BREAD 11.900\$** HUMUS AND PITA BREAD.

GUACAMORE 11.900\$ 8 NACHOS AND OUR GUACAMOLE.

# **SALADS**BASE 16.900\$

#### PICK YOUR PROTEIN:

| GRILLED CHICKEN  | 5.900\$  |
|------------------|----------|
| MARINATED SALMON | 9.900\$  |
| SALMON GRILLED   | 13.900\$ |
| HALLOUMI CHEESE  | 6.900\$  |
| TOFU             | 5.900\$  |
| FALAFEL X3       | 5.900\$  |
| BEETS BURGER     | 5.900\$  |
| CARROTS BURGER   | 5.900\$  |

### **AVO CESAR**

KALE, SOURDOUGH CROUTONS, AVOCADO, PARMESAN, HOMEMADE CESAR DRESSING WITH YOGURT.

#### **PURA VIDA** &

KALE, AVOCADO, FETA CHEESE, MANGO, STRAWBERRIES, NUTS, AND PASSION FRUIT VINAGRETTE.

### **GIPSY** &

SPINACH, ROASTED PUMPKIN, QUINOA, FETA CHEESE, CRANBERRIES, ALMONDS, CHERRY TOMATOES, RED ONIONS, AVOCADO AND BALSAMIC VINAGRETTE.

### SUPER GREEN &

MIXED GREENS, GREEN APPLE CUBES, CUCUMBER, AVOCADO, MINT, BASIL, CRANBERRIES AND HONEY MUSTARD DRESSING.

### **BURGERS**

### VEGAN SPICY BURGER № 18.900\$ MEW

CARROTS AND CHICKPEAS BURGER, ORGANIC BREAD, KALE, TOMATO, GUACAMOLE, CUCUMBER SERVED WITH ROASTED ROSEMARY POTATOES.

#### **SALMON AVO BURGER 26.900\$**

SALMON AND QUINOA BURGER, ORGANIC BREAD, KALE, PURPLE CABBAGE, TOMATO, GUACAMOLE SERVED WITH ROASTED SWEET POTATOFS.

#### **AVO VEGGIE BURGER 17.900\$**

BEETS AND QUINOA BURGER, ORGANIC BREAD KALE, TOMATO, GUACAMOLE, HUMUS SERVED WITH ROASTED ROSEMARY POTATOES

### **WRAPS**

ADD-ONS: ROASTED POTATOES \$4.900, ROASTED SWEET POTATOES \$5.900

## CHICKEN AND GUACAMOLE WRAP 18.900\$

SPINACH TORTILLA, CHICKEN, YELLOW PEPPER, ZUCCHINI, KALE, HUMMUS, GUACAMOLE AND AVO MAYO.

## CHICKEN AND TZATZIKI WRAP 18.900\$ NEW

WHOLE WHEAT TORTILLA, CHICKEN, CUCUMBER, CABBAGE, RED ONIONS, MIXED GREENS, GUACAMOLE AND YOGURT AND CUCUMBER SAUCE.

# SALMON AND CHILI MAYO WRAP 22.900\$

WHOLE WHEAT TORTILLA, MARINATED SALMON, CREAM CHEESE, MIXED GREENS, CHERRY TOMATOES, CARROTS, GUACAMOLE AND CHILI MAYO.

## SALMON MANGO WRAP 22.900\$ NEW

SPINACH TORTILLA, MARINATED SALMON, CREAM CHEESE, MIXED GREENS, MANGO, STRAWBERRIES, GUACAMOLE AND CHILI MAYO.

## HALLOUMI CHEESE AND PESTO WRAP 18.900\$

SPINACH TORTILLA, HALLOUMI CHEESE, HUMMUS, MIXED GREENS, CHERRY TOMATOES, CARROTS, GUACAMOLE AND PESTO.

### **VEGAN WRAP** 18.900\$

SPINACH TORTILLA, VEGAN PROTEIN, HUMMUS, MIXED GREENS, CHERRY TOMATOES, CARROTS, CABBAGE GUACAMOLE AND PASSION FRUIT VINAGRETTE.

> PICK YOUR PROTEIN: TOFU, FALAFEL X3, BEETS BURGER, CARROTS BURGER.

### **BOWLS**

### **VEGAN BOWL © # 18.900\$**

STIR FRIED RICE WITH CARROTS, ZUCCHINI, YELLOW PEPPER, SESAME OIL, SERVED WITH KALE, CUCUMBER, PURPLE CABBAGE AND AVOCADO.

PICK YOUR PROTEIN: TOFU, FALAFEL X3, BEETS BURGER, CARROTS BURGER.

### **SMASH BOWL** # 19.900\$

STIR FRIED RICE WITH ZUCCHINI, YELLOW PEPPER, AND CHICKEN SERVED WITH MIXED GREENS, CARROTS, CHERRY TOMATOES, GUACAMOLE AND HUMUS.

### SALMON-MANGO BOWL # 26.900\$

STIR FRIED RICE WITH CILANTRO, GRILLED SALMON FILET, SERVED WITH MIXED GREENS, CARROTS, CHERRY TOMATOES, MANGO, STRAWBERRES AND AVOCADO.

### **DESSERTS**

AVO LIME CHEESECAKE 8.900\$ VEGAN CHOCOLATE MOUSSE ∜ 8.900\$

**BROWNIE 7.900**\$

PEANUT AND CHOCOLATE COOKIE # 4.900\$

MINI BOUNTY 6.000\$

MINI SNICKERS \$\inf\$ 5.000\$

healthyrevolution







