

MORNING FUEL

SEASONAL FRUIT BOWL 🌿 \$240

Seasonal fruit served with hemp seeds, goji berries, sprouts, and edible flowers.

ANTIOXIDANT AND REVITALIZING. RICH IN VITAMINS, MINERALS, AND GOOD FATS FOR NATURAL ENERGY AND HEALTHY SKIN.

AÇAÍ & MANGO SMOOTHIE BOWL 🌿 \$320

Banana, kiwi, mango, coconut flakes, house made granola, and almond butter.

CLEAN ENERGY AND RECOVERY. HIGH IN ANTIOXIDANTS, FIBER, AND HEALTHY FATS TO SUPPORT LONGER LASTING ENERGY.

OVERNIGHT CHIA 🌿 \$240

Chia seeds soaked in coconut milk and mango, passion fruit pulp, mixed berries, shredded coconut, and nuts.

DIGESTIVE HEALTH AND SATIETY. RICH IN FIBER AND OMEGA 3, IT SUPPORTS DIGESTION AND HELPS MAINTAIN STEADY ENERGY.

HOMEMADE COCONUT YOGURT 🌿 \$240

House made coconut yogurt with probiotics, served with red berries and granola.

PROBIOTICS AND GUT HEALTH. SUPPORTS THE INTESTINAL MICROBIOME, STRENGTHENS THE IMMUNE SYSTEM, AND PROMOTES HEALTHY DIGESTION.

PROTEIN WAFFLES 🌿 \$340

Made with quinoa, oats, wheat, and Birdman protein. Served with red berry compote.

PLANT BASED PROTEIN AND SUSTAINED ENERGY. IDEAL FOR MUSCLE RECOVERY AND KEEPING ACTIVE.

TOMATO TARTAR 🌿 \$380

Marinated tomatoes, red onion, avocado, cucumber, watermelon radish, and cilantro.

LIGHT AND ANTI INFLAMMATORY. HYDRATING, RICH IN ANTIOXIDANTS, AND PERFECT FOR GENTLE DIGESTION.

CRISPY SHROOMS SALAD 🌿 \$380

Mixed greens, roasted mushrooms, cashew dressing, capers, croutons, radish, and cucumber.

FIBER AND MICRONUTRIENTS. SUPPORTS DIGESTION, PROVIDES MINERALS, AND CREATES A SENSE OF FULLNESS WITHOUT HEAVINESS.

BREAKFAST WRAP \$420

Filled with hash browns, beans, cashew cheese, tofu scramble, avocado, pico de gallo, and cilantro.

COMPLETE BALANCE. PLANT BASED PROTEIN, CARBOHYDRATES, AND GOOD FATS FOR STEADY ENERGY AND PERFORMANCE.

MUSHROOM PASTOR WRAP \$420

Filled with hash browns, beans, cashew cheese, al pastor mushrooms, avocado, onion, pineapple, and cilantro.

ENERGY AND FUNCTIONAL FLAVOR. RICH IN FIBER AND ANTIOXIDANTS, WITH A LIGHT AND SATISFYING DIGESTIVE PROFILE.

VEGGIE WRAP \$390

Filled with hash browns, beans, cashew cheese, bell peppers, avocado, zucchini, eggplant, pico de gallo, and cilantro.

A COMPLETE PLANT BASED OPTION. HIGH IN FIBER, VITAMINS, AND HEALTHY FATS FOR CLEAN ENERGY AND EFFICIENT DIGESTION.

BIOME SHOTS \$140

ELIXIRS DESIGNED TO CARE FOR THE INTESTINAL MICROBIOME WITH SUPERFOODS, PROBIOTICS, AND FUNCTIONAL SPICES, SUPPORTING DIGESTION, IMMUNE DEFENSES, AND NATURAL ENERGY FROM WITHIN.

GINGER 🌿

Cold pressed ginger extract.

AN ANTI INFLAMMATORY AND DIGESTIVE SHOT. ACTIVATES CIRCULATION, HELPS RELIEVE INFLAMMATION, AND SUPPORTS DIGESTION INSTANTLY.

IMMUNE BOOST 🌿

Ginger, lemon, turmeric, and pepper.

A POWERFUL IMMUNE BOOST. HELPS FIGHT INFLAMMATION, STRENGTHEN THE BODY'S DEFENSES, AND SUPPORT OVERALL WELLNESS.

GREEN DETOX 🌿

Celery, parsley, kale, spirulina, lemon, and ginger.

DEEP DETOX AND ALKALIZING SUPPORT. HELPS CLEANSE THE SYSTEM, SUPPORT THE LIVER, AND PROVIDE CHLOROPHYLL AND ESSENTIAL MINERALS.

ALKALINE 🌿

Coconut water, chlorophyll, and lemon.

CELLULAR HYDRATION AND INTERNAL BALANCE. REHYDRATES, ALKALIZES THE BODY, AND RESTORES NATURAL ELECTROLYTES.

SPICY BEET 🌿

Pineapple, beetroot, and cayenne pepper.

ENERGY AND CIRCULATION. SUPPORTS BLOOD FLOW, INCREASES ENDURANCE, AND ACTIVATES THE METABOLISM.

CAFFEINE KICK 🌿

Cold brew extract, cardamom, and coconut oil.

CLEAN ENERGY AND MENTAL FOCUS. STIMULATES WITHOUT SHARP SPIKES, WHILE SUPPORTING CONCENTRATION AND PERFORMANCE.

APPLE CIDER BOOST 🌿

House made apple cider vinegar, cinnamon, and cardamom.

DIGESTION AND METABOLISM. HELPS REGULATE BLOOD SUGAR, SUPPORTS DIGESTION, AND PROMOTES FAT BURNING.

AMAZONIAN FUEL 🌿

Camu camu, ginger, and pineapple.

NATURAL VITAMIN C AND RECOVERY. SUPPORTS THE IMMUNE SYSTEM, HYDRATES, AND HELPS FIGHT FATIGUE.



FORESTA

POWER BLENDS \$290

Soy | Almond | Flaxseed & Oats | Whole Milk | Lactose Free Milk

\$70 Add plant based protein scoop

\$70 Add whey protein scoop

Switch to peanut butter

BERRY FRESH 🌱

Grapefruit juice and mixed berries.

ANTIOXIDANT AND LIGHT DETOX. SUPPORTS THE IMMUNE SYSTEM, HELPS FIGHT FREE RADICALS, AND PROMOTES DIGESTION.

SUNSET BLISS 🌱

Peach, mango, ginger, and agave honey.

TROPICAL AND DIGESTIVE ENERGY. ACTIVATES THE METABOLISM, SUPPORTS DIGESTION, AND PROVIDES QUICK, CLEAN ENERGY.

AVOHOLIC 🌱

Avocado, kale, almond butter, hemp seeds, plant based milk, agave honey, and protein scoop.

GOOD FATS AND DEEP NOURISHMENT. HIGH IN OMEGAS AND MICRONUTRIENTS, IDEAL FOR SATIETY AND SUSTAINED ENERGY.

DONKEY KONG'S 🌱

Banana, cacao, spices, almond butter, plant based milk, and protein scoop.

ENERGY AND FUNCTIONAL COMFORT. RICH IN MAGNESIUM AND CARBOHYDRATES, IT SUPPORTS MOOD AND MUSCLE RECOVERY.

CAFFEINE MONKEY 🌱

Banana, cacao, spices, almond butter, plant based milk, cold brew shot, and protein scoop.

FOCUS AND PERFORMANCE. SUSTAINED ENERGY WITH NATURAL CAFFEINE TO SUPPORT CONCENTRATION AND PERFORMANCE.

BLUE KARMA 🌱

Coconut yogurt, blue spirulina, almond butter, agave syrup, plant based milk, and protein scoop.

ANTIOXIDANT AND RECOVERY. RICH IN PHYCOCYANIN, IT HELPS REDUCE INFLAMMATION AND OXIDATIVE STRESS.

PURPLE KARMA 🌱

Banana, mixed berries, almond butter, agave syrup, plant based milk, and protein scoop.

ANTIOXIDANT AND DIGESTIVE SUPPORT. RICH IN FIBER AND NATURAL NUTRIENTS TO SUPPORT ENERGY, DIGESTION, AND RECOVERY.

PINK KARMA 🌱

Coconut yogurt, pink pitaya, almond butter, agave honey, plant based milk, and protein scoop.

HYDRATION AND GUT HEALTH. RICH IN PREBIOTIC FIBER, IT SUPPORTS DIGESTION AND INTESTINAL BALANCE.

🌱 GLUTEN FREE

We cook with all types of plant based foods including nuts and seeds, if you have any type of allergy or dietary restrictions, we will gladly help you when ordering.

All prices are in Mexican pesos and include 16% VAT.

COLD ELIXIRS \$220

Plant Based Milk

Soy | Almond | Oat

LEMONADE

GINGER LEMONADE

PITAYA LEMONADE

BLUE LEMONADE

CITRUS CHLORELLA

BERRY ME TONIC

SPICED HIBISCUS

ORANGE COLD BREW

SWEETS

OMG MUFFINS 🌱

Chocolate - Blueberry

\$160

COOKIES 🌱

Chocolate Chip - Macadamia & Dates

\$120

POWERBALLS 🌱

Made With Nuts, Seeds, and Dates

\$120

CARROT CAKE 🌱

\$160

NICE CREAMS 🌱

Date and Vanilla Ice Cream
Oaxacan Chocolate Ice Cream

\$80

BY CHEF MAURICIO ALVAREZ

MAURICIO ALVAREZ IS A PLANT BASED CHEF AND ENTREPRENEUR, RECOGNIZED FOR APPLYING MICHELIN LEVEL TECHNIQUES TO VEGAN CUISINE. WITH MORE THAN EIGHT YEARS OF EXPERIENCE IN A PLANT BASED LIFESTYLE, HE IS INVOLVED IN SEVERAL HIGH IMPACT CULINARY PROJECTS ACROSS BAJA CALIFORNIA, FOCUSED ON SUSTAINABILITY, FLAVOR, AND ELEVATED GASTRONOMY.

