

For the morning



Torres Bodet 139 A, Santa María la Ribera, CDMX 06400

HEALING, HOT AND SPICY

Ancestral cacao from Guatemala	\$88
Spiced water chocolate	\$63
Spiced milk chocolate	\$68
Golden milk	\$65
Matcha.....	\$45
Chai	\$45
Chai Latte.....	\$65
Moca	\$70
Digestive herbal tea	\$35
Floral blend tea	\$35
American coffee	\$35
Espresso	\$35
Capuccino or latte	\$45
Plant-based milk (extra)	\$+15
*Make it cold or frappe	\$+15

DESSERTS

Desserts based on whole grain seeds free of butter, refined flour, trans fats and dairy

Oatmeal cookie (60g).....	\$40
Oatmeal chocolate cookie (60 g)	\$40
Pound cake of the day (banana, sweet potato, or carrot) (70 g).....	\$42
Goat cheesecake with poached apples in red wine.....	\$85
Emilia cake delicious chocolate ganache with passion fruit over oat sucre base.	\$85

Cuenco Verde with our chef Amílcar García Olvera an specialist in conscious eating offers the best quality foods, flavor and nutrition. We limit the use of food preservatives, flours, refined sweeteners and saturated fats. It has never been so delicious to eat that healthy!





JUICE THERAPY (340 ml)

Energetic	\$70
Grapefruit, apple, and beet.		
Just Fiber	\$70
Pineapple, parsley, apple, and celery.		
Antioxidant	\$70
Strawberry, orange, and kiwi.		
Reinvigorating	\$70
Pineapple, spirulina, honey, and apple.		
Immuno	\$70
Pineapple, ginger, honey, and lime.		
Gastro	\$70
Papaya, spinach, and carrot juice.		

JUICES (340 ml)

Orange	\$45
Carrot	\$45
Grapefruit	\$45
Beet	\$45

SMOOTHIES (420 ml)

Berries	\$95
Red berries, lactose free milk and walnuts.		
Choco coco	\$92
Banana, coconut, cocoa and coconut milk		
High Protein	\$100
Almond milk, vegan protein, and the fruit of your choice.		
Mango Lassi	\$95
Plain yogurt, mango, and cardamom.		
Super power Mazapán	\$90
Homemade peanut butter, hemp, and maca.		

• Products may change seasonally



BEVERAGES

Sodas (Coca Cola, light and zero)	\$35
Ciel mineral water	\$35
Topo Chico mineral water	\$40
Alma Quieta ginger soda	\$70
Lemonade / Orangeade	\$45
Agua fresca of the day (350 ml)	\$45
Pitcher of Agua fresca of the day (2L)	\$150

BEERS



National beer <i>Corona Clara</i> and <i>Pacífico</i>	\$45
<i>Negra modelo</i> and <i>Modelo especial</i>	\$50
Craft beer Buscapleitos Scotch	\$90
Craft beer Buscapleitos 420 with CBD	\$90
Craft beer Buscapleitos Indian o Porter	\$80
Craft beer Bourbon Stout, Red Ale, Pale Ale	\$80
(suggested to take at room temperature)		
*Make it Chelada	+\$20

MIXES, WINES AND COCKTAILS

House Clericot (pitcher 2L)	\$385
House Clericot (glass)	\$95
House wine (bottle)	\$385
House wine (glass)	\$85
<i>Tinto de Verano</i> cocktail	\$95
House <i>Mojito</i> with red wine	\$95
Rose Coquette with pink wine and red berries	\$105
Mimosa	\$105
Red wine punch, ginger soda	\$105
and a touch of hibiscus		

FOR BREAKFAST

THE MINDFUL FAVORITES

Wholegrain waffle with toppings 	\$110
Freshly made with oat flour, <i>agave</i> syrup, berries compote, and peanut butter.	
Scrambled eggs any style	\$105
Regular scrambled eggs (3pcs), Mexican Style, or with turkey ham, served with a side garnish.*	
Ranchero-style or Divorciados fried eggs	\$120
Fried eggs over a crunchy blue corn tortilla, cotija cheese, dipped in red or green salsa or half and half.	
Campirano Omelette	\$130
Omelette filled with spinach, mushrooms, and goat cheese over Pomodoro sauce, served with a side garnish.*	
Citadel Omelette	\$110
Omelette filled with turkey ham and manchego cheese, served with a side garnish.*	
Light Omelette	\$150
Egg white omellette filled with kale and panela cheese served with a side garnish.*	
Green or Red Chilaquiles 	\$95
Coated in salsa, panela cheese, red onion, and avocado.	
With eggs (2pcs)	+\$30
Chicken (120g)	+\$55
Falafel (70g)	+\$45
Swiss Enchiladas	\$150
Straight from the oven with blue tortilla, chicken, coated in <i>salsa verde</i> , gratinated with manchego cheese, cream and onion	
Molletes	\$90
Bread with delicious homemade beans gratin with cheese	

Add:
Chicken **+\$55** Ham **+\$30** Egg **+\$30**


* Garnish: salad, potatoes or beans

Extra Add

In The Mindful Favorites and Between Bread Slices **+\$45** add a glass of juice, fruit, tea or coffee to any dish

BETWEEN BREAD SLICES



Tuna or Salmon Toast	\$165
Tuna or salmon on ciabatta bread, spinach and kale leaves, avocado, and tartar dressing.	
Parmigiana	\$135
Tomato sauce, pesto and Three cheeses.	
Veggie Falafel 	\$140
Chickpea falafel with mixed salad and vegan cilantro dressing	
Ciabatta Romana	\$150
Chicken with pesto, goat cheese, black olives and zucchini.	
Magical sandwich	\$140
Turkey ham, mayonnaise, panela cheese, manchego cheese, olives, and green leaves.	
Spanish Club	\$160
Wholegrain bread, chicken, serrano ham, manchego cheese, tomato with side house salad, and black olives.	

• Extra Add

REFRESHING

Citrus cocktail 350 g	
The best mix of vitamin C and antioxidants: Kiwi, berries, grapefruit, and pineapple with homemade granola and honey.	
	\$105
Sweet fruit mix 350 g	
Sweet seasonal fruits: mango, papaya, banana, apple, organic plain yogurt, and homemade granola.	
	\$105

OUTMEAL GLASS

BANANACAO \$75	VERY BERRY \$80	MANGO POWER \$80
Oatmeal, plant-based milk, banana, peanut butter, and cacao nibs.	Oatmeal spiced with cinnamon and cardamom, coconut milk, berries, agave, and homemade granola.	Oatmeal with plant-based milk, fresh and dried mango bits, hemp, and honey (may change seasonally).

For the afternoon

STARTERS


Green Tuna Tartar	\$140
Marinated tuna with chimichurri, avocado and tortilla chips.	
Guacamole	\$80
Guacamole with Chapulines	\$95
Beet Carpaccio roasted with goat cheese 	\$95
Roasted beet slices with rosemary, with balsamic vinaigrette and natural goat cheese.	
Potatoes a la Brava 	\$75
Cambray potatoes with <i>chimichurri</i> and chipotle.	
• With parmesan cheese	+\$20
Thai coconut soup	\$75
Coconut milk, lemon tea, curry, pasta and chicken.	
Tarascan soup Traditional soup with tomato, pasilla chili, tortilla,	\$85
cheese, cream and avocado.	
Tuna carnitas taco with pico de gallo with mango and <i>habanero</i>	\$85
chili.	
Salmon Carpaccio or tuna with capers, cherry tomatoes and tartar.	\$130

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Tomato sauce, pesto and Three cheeses.	
Veggie Falafel	\$140
Chickpea falafel with mixed salad and vegan cilantro dressing	
Ciabatta Romana	\$150
Chicken with pesto, goat cheese, black olives and zucchini.	
Sandwich Mágico	\$140
Turkey ham, mayonnaise, panela cheese, manchego cheese, olives, and green leaves.	
Spanish Club	\$160
Wholegrain bread, chicken, serrano ham, manchego cheese, tomato with side house salad, and black olives.	

PIZZAS

Thin and crunchy base of oats and whole wheat flour

- **Tacchino** with turkey ham. **\$140**
- **Fúngica** mushrooms, apple, and goat cheese.  **\$125**
- **Ibérica** with serrano ham and olives. **\$145**
- **4 quesos** with manchego, provolone, goat and parmesan cheese
- **Margarita de la Ribera** with cherry tomatoes, pesto and **\$125**

CHEF CUENCO CEREAL

WITH PASTA

Fusilli al pomodoro Wholewheat pasta with grilled chicken in artisan tomato fusilli, and parmesan cheese (served hot).	\$155
Mediterranea Wholewheat pasta, grilled chicken breast, pesto, olives, zucchini, parmesan cheese, cherry tomato, and nuts (served hot).	\$170

WITH QUINOA OR RICE

Oriental	White rice, marinated tuna with wakame seaweed, cucumber, spinach, Tampico sauce, avocado, and chipotle dressing.	\$210
Tonantzin	Quinoa, falafel, mushroom, beet, brussels sprouts, goat cheese, germinated, and cilantro dressing.	\$140
Fiordo	Brown rice, seared salmon, steamed green beans, olives, roasted sweet potato, mango, blueberry, and tartar sauce.	\$250
Fenicio	Brown rice, seared tuna fish, provolone, black olives, tomato, cucumber, sesame and chimichurri dressing	\$250

HOUSE GREEN CUENCO

Rusa Seared tuna and lettuce, green beans, carrots, sweet	\$170
potatoes, boiled egg, avocado, house dressing and croutons.	
Salmon sana sana Seared salmon, goat cheese, roasted beet,	\$250
kale, spinach, red cabbage, salty granola, and ginger dressing.	
House Ceasar Chicken breast and lettuce, parmesan cheese,	\$145
croutons, sesame, and house dressing.	
Vale Salad Mix of green leaves, berries, apple, panela cheese,	\$145
chicken breast, croutons and red berry vinaigrette.	
Camino de Santiago Mix of green leaves, marinated salmon and ...	\$325
tuna, hard-boiled egg, pumpkin, green beans, apple, tomato, cucumber, avocado, nori seaweed and sesame seeds.	

SEASON MENU

Ask about our delicious three course menu: starter, main course and delicious dessert

+ \$25 add today's Agua fresca on all cuencos. 200ml



MAKE YOUR OWN CUENCO

VEGGIES

Bell pepper
Cucumber
Shredded carrots
Zucchini
Alfalfa sprouts
Jicama
Beet
Olives
Cherry tomatoes
Rosemary sweet potatoes
Brussels sprouts
Green beans
Green onions
Strawberries
Apples
Mangoes (seasonally)
+ \$22 extra serving

BASE PROTEINS

Turkey ham
Panela cheese
Boiled eggs
Falafel 
+ \$35 extra serving

PLUS PROTEINS

Grilled chicken breast
+ \$55 extra serving



GOURMET PROTEINS

Marinated tuna
marinated salmon
Seasoned tuna
seasoned salmon
(Marinated: soy, red onion, ginger or lemon).
+ \$85 extra serving

CRUNCHIES

Gomashio
Roasted peanut
Pumpkin seeds
Salty granola mix
Croutons
Nori seaweed
+ \$15 extra serving

DRESSINGS

Ginger and soy sauce Ranch
Caesar with a dash of Chipotle
Cilantro dressing
Balsamic vinaigrette 
Honey mustard 
Red berries vinaigrette
+ \$15 extra serving

RECOMENDACIÓN

Avocado
Goat cheese
Roasted almonds
+ \$30 extra serving

CEREAL CUENCO

BASE

- Rice (basmati or brown)
- Quinoa
- Wholewheat pasta

Small cuenco (450 g) \$160

1 Base
3 Veggies
1 Base protein
1 Dressing
1 Crunchy

Large cuenco (650 g) \$185

1 Base
5 Veggies
1 Base protein & 1 plus
1 Dressing
1 Crunchy

Gourmet cuenco (650 g) \$255

1 Base
5 Veggies
1 Dressing
1 Crunchy
1 Base protein & 1 gourmet

GREEN CUENCO

BASE

-Lettuce and/or spinach and kale

Small cuenco (450 g) \$150

1 Base leaves
3 Veggies
1 Base protein
1 Dressing
1 Crunchy

Large cuenco (650 g)

1 Base leaves
5 Veggies
1 Base protein & 1 plus
1 Dressing
1 Crunchy

Gourmet cuenco (650 g)

1 Base
5 Veggies
1 Dressing
1 Crunchy
1 Base protein & 1 gourmet

*All our dishes are prepared at the moment.
*The consumption of raw foods is at your own discretion.
*Subject to seasonal products.



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