

# BREAKFAST

 gluten free

 raw vegan

## #FAVORITES

### Tlacolletes

 Tlacoyos (special kind of thick tortilla made out of blue corn) with beans, homemade "cheese", pico de gallo and soy chorizo

65

### Red or Green Chilaquiles

 Corn totopos with special, lightly spicy sauce, "cheese", red onion, beans, cilantro and homemade vegan cream; with soy chorizo or soy beef +15

60

### Chilaquiles with Mole

 Almond Mole (mexican ancient sauce), vegan homemade cream, "cheese", beans, avocado, cilantro, onion and sliced almonds; with soy chorizo or soy beef +15

75

### Hotcakes

3 oatmeal banana pancakes with strawberry, apple, granola VegAmo ©, agave honey and homemade sweet cream; with ice cream +15

70

### Omelette

 Made out of chickpea flour and flaxseed meal, filled with beans, potatoes, mushrooms and onion served with spinach, avocado, cherry tomatoes and slices of bread (with gluten); with "cheese" and soy bacon +15

90

### Bagel Massiosare

Homemade bagel with "cream cheese", avocado, plantain, tomato, cucumber, sprouts and mixed greens

65

### Bagel Bacon&Cheese

Homemade bagel with soy bacon, "cheese", tomato, avocado, black olives, red onion and chipotle mayo

65

### Breakfast Wrap

Wrap filled with tofu scramble, potatoes, avocado, cucumber, and tomatoes, served with special sauce and cream; with soy chorizo and "cheese" +20

90

## #WAFFLES

### MatchaWaffle

Made out of organic matcha powder, oats and sugarfree almond milk, sweetened with natural stevia leaves and served with strawberries, figs, homemade berry jam, sliced almonds, agave honey and homemade sweet cream; with ice cream +15

90

### ChocoWaffle

Made out of organic cocoa powder, banana and peanut butter covered with chocolate, strawberries, caramelized banana, agave honey and homemade granola VegAmo © with ice cream +15

65

### Waffle Sandwich Yoda

Dough made out of avocado and spinach, filled with tomato, pineapple, sweet corn, soy chorizo, shredded cheese, red onion and lightly spicy chipotle sauce

65

### Waffle Sandwich Chewbacca

Dough made out of avocado and spinach, filled with soy bacon, "cheese", spinach, mushrooms, tomato, caramelized onion, basil pesto and homemade mayo

70

Gluten free option +15



Combo with americano,  
green juice and pastry +35  
From Tuesday to Friday

Breakfast is served from  
10:00 a 14 :00

## #BOWLS

### Acai Bowl



Unsweetened almond milk, acai, blueberries, strawberries, cranberries and figs topped with seasonal fruit homemade granola and chia

90

### Matcha Bowl



Unsweetened almond milk, matcha, mango, dates, apple, banana, avocado, topped with hemp hearts, shredded coconut, pumpkin seeds and seasonal fruit

95

### El Todas Mias

Oatmeal with soy milk infused with cinnamon and cardamom, chia pudding with mango and coconut, berry compote, granola VegAmo ©, strawberries, banana, and hemp hearts

80

## #SALADS

### Huerto



beetroot, carrot, zucchini, cucumber, tomato, flaxseeds, sprouts and mixed greens with ginger lemon dressing

50

### VegAmo



figs, strawberries, cranberries, cashews, peanuts, apple slices, avocado, mixed greens with maple mustard dressing

65

### Pop Eye



soy bacon, "cheese", tomato, cucumber, black olives, onion, sweet corn and mixed greens with maple mustard dressing

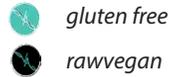
65

Add organic tofu +20

## #AMORPORLAVIDAYLACOMIDA



# LUNCH



## #SALADS

- Huerto**   50  
beetrot, carrots, zucchini, cucumber, tomato, flaxseeds, sprouts, spinach and mixed greens with ginger lime dressing
- Vegamo**   65  
mixed greens, fig, strawberry, cranberry, cashews, peanuts, apple and avocado with maple mustard dressing
- Pop Eye**  65  
mixed greens, "bacon", sliced "cheese", cherry tomatoes, cucumber, olives, onion and sweet corn with maple mustard dressing
- Hercules**  65  
quinoa, red bell pepper, broccoli, alfalfa sprouts, pumpkin seeds, sweet corn, red cabbage- and mixed greens with ginger lime dressing

Add falafel +20  
Add organic tofu +20

## #WAFFLES

- Waffle Sandwich Yoda** 65  
Dough made out of avocado and spinach, filled with tomato, pineapple, sweet corn, soy chorizo, shredded cheese, red onion and lightly spicy chipotle sauce
- Waffle Sandwich Chewbacca** 70  
Dough made out of avocado and spinach, filled with soy bacon, "cheese", spinach, mushrooms, tomato, caramelized onion, basil pesto and homemade mayo

glutenfree waffle +15  
add french fries +15  
add a side salad +20  
add sweet potato fries +30

## #STARTERS

- Las Paperas**  50  
french fries and sweet potato fries with homemade ketchup and mayo
- Sweet Corn Gazpacho**   60  
with cashews and avocado; comes with bread
- Seasonal Soup** 60  
look at our board or ask the handsome waitress/waiter ;)
- Nuggets** 60  
soy nuggets with bbq sauce and salad
- Ceviche Puerto**  65  
mushroom, avocado, cilantro, cucumber, lime, red onion, tomato and peanuts, comes with topos

## #BAGELS

- Bagel Caprese** 60  
cheese, tomato, avocado, sprouts, smoked zucchini, greens, basil pesto and homemade mayo
- Bagel Bacon & Cheese** 65  
Homemade bagel with soy bacon, "cheese", tomato, avocado, black olives, red onion and chipotle mayo

## #BURGERS

- Falafel** 95  
patty made out of chickpeas, habas and spices with hummus, plantain, carrots, zucchini, sprouts and greens; comes with french fries or salad; change your french fries/salad for sweet potato fries +10
- Cheeseburger** 95  
patty made out of black beans, oats, corn and spices with cheese, soy bacon, tomato, lettuce, onion, pickles, chipotle mayo and mustard; comes with french fries or salad; change your french fries/salad for sweet potato fries +10
- BBQ Burger** 100  
patty made out of carrots, flaxseeds and pumpkin seeds with red bell pepper, baby corn, caramelized onion tomato, lettuce, special bbq sauce and mayo; comes with french fries or salad; change your french fries/salad for sweet potato fries +10

**LUNCH DEAL**  
Add soup, pastry and lemonade  
+45  
Tuesday to Friday from 1:00 to 5:00

## #PIZZA

### *Chorizo*

with soy chorizo, pineapple, black beans, almond cheese and sesame seeds 100

### *Veggie*

mushrooms, olives, red bell pepper, sweet corn, onion, zucchini, spinach, tomato and red cabbage 100

### *Pesto*

homemade basil pesto with different nuts and seeds, soy bacon, apple, plantain, almond cheese and pumpkin seeds 120

### *3 Quesos*

a perfect combination of our 3 delicious cheeses with fig and oregano 140

ALL PIZZAS HAVE A DIAMETER OF 28CM AND PREPARATION TAKES ABOUT 25 MINUTES

## #SPECIALS

### *Pasta Napoleon*

90

with soy bacon, broccoli and mushrooms served in our delicious creamy cheese sauce, oregano and homemade cashew parmesan; choose zucchini noodles instead of regular pasta

### *Pasta al Pesto*

90

with cherry tomatoes, black olives, pumpkin seeds and sliced "cheese" served in our delicious homemade basil pesto; choose zucchini noodles instead of regular pasta

### *Pad Thai*

95

asian rice noodles with plantain, carrot, red cabbage, zucchini, broccoli, onion, lime and peanuts in our special homemade sauce; add organic tofu +20

### *Protein Bowl*

90

quinoa with black beans, avocado, sweet corn, tomato, onion, cilantro, lime and topos, in special sauce with nutritional yeast

### *Platillo del Mes*

look at our board or ask the handsome waitress/waiter ;)

### *Burrito de Quinoa*

90

filled with quinoa, red bell pepper, sweet corn, black beans, avocado and lettuce served in a bed of spinach and cherry tomatoes and topped with our special sauce

In VegAmo we try to only utilize local and organic ingredients. We are committed to providing you with the best possible quality of food, which is why we prepare the majority of our dishes at the moment and it can take a little bit. Please let us know if you are allergic to anything. Thanks for your understanding.

# BEVERAGES

## #HOT

Espresso	19/23
Americano	18/22
Cappuccino	29/32
Moccaccino	31/34
<i>with organic cocoa</i>	
Latte	29/32
Chai Latte	33/36
Dirty Chai	35/38
<i>chai latte with an espresso shot</i>	
Bloody Chai	35/38
<i>chai latte with a shot of beetroot juice.</i>	
<i>Rich in antioxidants and helps to purify the blood.</i>	
Morning Tonic	29/32
<i>lemon, turmeric, cayenne and agave honey.</i>	
<i>Activates the digestive system, detoxifies and strengthens the immune system.</i>	

S 295 ml / B 355ml

Matcha Latte	40
<i>organic matcha with soy milk.</i>	
<i>Energizing, detoxifying and rich in vitamins and fiber.</i>	
Cocoa	31/34
<i>mexican organic cocoa with soy milk.</i>	
<i>Energizing, antidepressant and helps brain function.</i>	
Golden Milk	40
<i>soy milk, turmeric, ginger, cayenne and agave honey.</i>	
<i>Antiinflammatory, clears the skin, helps with digestion and strengthens the immune system.</i>	
Green Tea	29/32
<i>with lemon and ginger.</i>	
<i>Detoxifying, relaxing and rich in vitamins.</i>	
Moringa Tea	29/32
<i>naturally sweetened with stevia leaves.</i>	
<i>Relaxing, helps digestion and stomach cramps.</i>	
Infusion Jocotepec	32/35
<i>with strawberry, cherry, blueberry, cranberry and pineapple. Rich in vitamins, antioxidants and fiber.</i>	

## #SMOOTHIES

500 ml

Iron Man	45
<i>organic orange juice, beetroot, acai, chia, banana and mint</i>	
<b>OMEGA 3 AND ANTIOXIDANTS</b>	
Detox	45
<i>avocado, spirulina, apple, spinach, lime and banana</i>	
<b>PURIFYING AND REGENERATIVE</b>	
Tucanazo	45
<i>mango, strawberry, banana and organic fresh orange juice</i>	
<b>VITAMIN BOOST</b>	
Merry Berry	45
<i>blackberries, strawberries, cranberries, chia, mint and banana</i>	
<b>OMEGA 3 AND ANTIOXIDANTS</b>	
Fitness	45
<i>orange juice, pineapple, guava, banana and ginger</i>	
<b>IMMUNIZING AND ANTIINFLAMMATORY</b>	
Superfood Rockstar	60
<i>cacao nibs, dates, hemp hearts, organic cocoa, banana, mint and unsweetened almond milk</i>	
<b>PROTEIN AND CALCIUM</b>	
Mazunte	60
<i>banana, peanut butter, organic cacao, cardamom, dates, cinnamon and oatmilk</i>	
<b>ANTIDEPRESSANT AND ANTIINFLAMMATORY</b>	
Matchalover	60
<i>matcha, avocado, dates, banana, oats and unsweetened almond milk</i>	
<b>ENERGIZING AND RICH IN ANTIOXIDANTS AND CALCIUM</b>	

## #REFRESHING 500 ml

Cucumber Lime & Chia	26
<i>with brown sugar</i>	
Lemonade	26
<i>with spirulina and brown sugar</i>	
Jenginada	28
<i>lemonade with fresh ginger, mint and brown sugar</i>	
Horchata Natural	28
<i>with oats, cinnamon, natural vanilla extract and soy milk</i>	

## #FRAPPES 500 ml

Cafe Frappe	35
Mocca Frappe	38
Chai Latte Frappe	40
Matcha Latte Frappe	55
Chocolatisimo	40
<i>shot of espresso, organic cocoa, peanut butter and banana</i>	

almond milk +5 coconut milk +5 macadamia milk +8 fruit +6  
superfood +8 agave honey +4 natural stevia leaves +4

## #POSTRES

### Raw Cheesecakes and Pies

*ask for prices and cakes/pies of the day*

### Brownies

*raw*

### Sweet Bread

*conchas, doughnuts and more*

### Trufas

*raw with peanuts, dates, cocoa, cranberries and organic coconut*

You can order whole cakes, pies, brownies, doughnuts  
and snickers 1 day in advance  
Ask the waiter/ress for our dessert catalogue