

MENÚ



Cuenco Verde

NUTRITIOUS HAS NEVER BEEN SO DELICIOUS

Torres Bodet 139-A,
Santa María la Ribera.

@cuenco_verde

Reservaciones y pedidos:
55 6904 4760

SANDWICHES

Tuna toast (100g) Fresh grilled tuna on bread, with spinach and kale leaves, avocado and tartar dressing	\$175	Roman ciabatta (120g) Pesto chicken, goat cheese, black olives and julienned zucchini	\$195
Parmesan (110g) Crispy ciabatta with tomato sauce, homemade pesto and cheese sauce	\$160	Fantastic Sandwich Turkey ham 50g, mayonnaise, panela cheese 60g, manchego 60g cheese, avocado and green leaves	\$195
Veggie falafel (150g)	\$165	Spanish Club (120g) Ciabatta with grilled chicken breast, serrano ham, manchego cheese and tomato, accompanied by a house salad with black olives	\$240

OAT CUPS

190g

BANANACAO \$75

Oats, yogurt, plant-based milk, banana, peanut butter, and cacao nibs

MORA MORA \$90

Spiced oats with cinnamon and cardamom, yogurt, coconut milk, blackberries, agave honey and house granola

LO FRESCO

Sweet fruit mix 350g \$120

Sweet seasonal fruits: mango, papaya, banana, apple, homemade natural yogurt and granola, and a touch of honey

Fresh Preparation

Enjoy our fresh dishes.

No microwave cooking, just the finest natural ingredients.

THE CONSENTING CONSCIOUS ONES

Whole wheat waffle with toppings \$125 Freshly made with oat flour, a sweet fruit mix, red berries compote, and peanut butter	Green or red chilaquiles \$125 Covered in a delicious home made sauce, panela cheese, sour cream, onion and avocado
Eggs any style \$135 Natural eggs (3pz), Mexican style, or with turkey ham <i>Choose your side dish</i>	With eggs any style (2pz) \$150
Huevos rancheros, divorciados \$120 Fried eggs on a tortilla, turkey ham, Cotija cheese and green or red sauce	Grilled chicken breast (120g) \$190
Country Omelette \$140 Egg omelet (2pz)stuffed with spinach, mushrooms, and goat cheese with pomodoro sauce <i>Choose your side dish</i>	Falafel (70g) \$150
Light omelette \$150 Egg white omelet (4pz) stuffed with kale and panela cheese <i>Choose your side dish</i>	Gratin them +\$20
Omelette citadel (2pz) \$140 Egg omelet stuffed with turkey ham and Manchego cheese. <i>Choose your side dish</i>	Chilaquiles mayas (80g) \$170 With cochinita pibil
	Swiss enchiladas \$160 Fresh out of the oven, blue corn tortillas filled with chicken, bathed in green sauce, au gratin with Manchego cheese, cream and onion
	Molletes \$105 Delicious homemade beans with grandma's recipe on ciabatta bread and topped with melted Manchego cheese
	Roasted breast (120g) +\$65
	Turkey ham (50g) +\$40
	Egg (2pz) +\$35

SIDE DISH

Salad, potatoes or beans

Chilaquiles +\$20.00



Consenting Conscious Ones and Sandwiches add American coffee or tea and juice or fruit

+ 55

Consuming raw products is the consume's responsibility.

Disposable \$6

JUICES AND SMOOTHIES

JUICE THERAPY (340 ml)

Energetic \$70 Grapefruit, apple and beetroot
Pure fiber \$70 Pineapple, parsley, apple and celery
Antioxidant \$78 Strawberry, orange and kiwi
Invigorating \$70 Pineapple, spirulina, honey and apple
Immune \$76 Pineapple, ginger, honey and lemon
Gastro \$70 Papaya, spinach and carrot juice

SMOOTHIES (320 ml)

Berries \$95 Red berries, lactose-free milk and walnuts
Choco coconut \$95 Banana, coconut, cocoa and coconut milk
High protein \$140 Almond milk and vegan protein plus the fruit of your choice
Mango Lassi \$120 Natural yogurt, mango and cardamom
Super power marzipan \$105 With homemade peanutbutter, hemp, and maca

JUICES

ORANGE \$50

CARROT \$50

PINK GRAPEFRUIT \$58

BEETROOT \$55

STARTERS

Green tuna tartare (100g) \$175 Marinated tuna with chimichurri, avocado and tortilla chips	Thai coconut soup (250ml) \$85 Coconut milk, lemon tea, curry, pasta and chicken
Roasted beet carpaccio with goat cheese (100g) \$105 Roasted beet slices with rosemary, accompanied by balsamic vinaigretteand natural goat cheese	Tarasca soup (250ml) \$85 Traditional soup with roasted tomato, pasilla chile, julienned tortilla, cheese, cream and avocado
Patatas bravas (250g) \$75 Sautéed cambray potatoes with chimichurri and chipotle	Tuna carpaccio (100g) \$145 Slices of marinated tuna, capers, cherry tomato and a touch of tartar sauce
With parmesan cheese +\$20	
Guacamole (200g) \$105	Provoleta Cheese (80g) \$95 Grilled cheese on a bed of spinach, homemade chimichurri, agave honey and cherry tomato

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BUILD YOUR OWN BOWL DIRECTLY AT THE BAR



LIGHT BOWL \$160

1 Base
3 Vegetables
1 Protein Base
1 Dressing
1 Crunchy

FIT BOWL \$185

1 Base
5 Vegetables
1 Protein Base +
1 Protein Plus
1 Dressing
1 Crunchy

GOURMET BOWL \$35

1 Base
5 Vegetables
1 Base Protein +
1 Gourmet Protein
1 Dressing
1 Crunchy

CHOOSE

BASE

Rice (basmati or whole grain) / Quinoa - whole grain pasta / Lettuce and/or Spinach and Kale

VEGETABLES	BASE PROTEINS	CRUNCHY
Bell pepper	Turkey ham	Sesame seeds
Cucumber	Panela cheese	Roasted peanuts
Grated Carrot	Hard-boiled egg	Pumpkin seeds
Zucchini	Falafel	Salted granola mix
Alfalfa Sprouts	Extra portion \$35	Crotons
Jicama	PROTEIN PLUS	Nori seaweed
Beets		Extra portion \$20
Olives	Grilled Chicken Breast	DRESSINGS
Cherry Tomatoes	Extra portion \$65	Ginger and Soy Ranch
Rosemary Sweet Potatoes	GOURMET PROTEINS	Caesar with a touch of chipotle
Brussels Sprouts	Marinated Tuna (100 gr)	Cilantro Dressing
Green Beans	Seared Tuna (100 gr)	Balsamic Vinaigrette
Green Onions	Extra portion \$130	Honey Mustard
Strawberry	Marinated Salmon (140g)	Red Berry Vinaigrette
Apple	Seared Salmon (140g)	Extra portion \$20
Mango	Extra portion\$250	
Extra portion \$26		
CHEF'S RECOMMENDATION: Avocado / Goat cheese Portion \$35		

CHEF'S CEREAL BOWL

Pomodoro fusilli (120g) \$155 Whole wheat pasta with roasted chicken breast in homemade pomodoro sauce and parmesan cheese (served hot)	Tonantzín (150g) \$160 Quinoa, falafel, mushrooms, beets, Brussels sprouts,goat cheese, and cilantro dressing
Mediterranean (120g) \$170 Whole-wheat pasta, roasted chicken breast,pesto sauce, olives, zucchini, Parmesan cheese, cherry tomatoes,and walnuts (served hot)	Fiordo (150g) \$335 Brown rice, seared salmon, steamed green beans, olives,roasted sweet potato, mango, cranberries, and tartar sauce
Eastern (100g) \$225 Basmati rice, nori-marinated tuna, cucumber, spinach,avocado, and chipotle dressing	Fenicio (100g) \$220 Brown rice, seared tuna, provolone cheese, olives, tomato,cucumber, gomasio, and chimichurri

HOUSE BOWL SALAD

Russian (100g) \$240 Seared tuna on a bed of lettuce, green beans, carrots,sweet potatoes, boiled egg, avocado, house dressing and croutons	Vale Salad (120g) \$235 Mixed green leaves, berries, apple, panela cheese,chicken breast, croutons, and red berry vinaigrette
Healthy salmon (150g) \$335 Seared salmon, goat cheese, beetroot,beetson a bed of kale, spinach, red cabbage, savory granola, and ginger dressing	Cesar of the house (120g) \$160 Chicken breast on a fresh bed of lettuce, parmesan cheese, croutons, sesame seeds, and house dressing



PIZZAS

Thin and crispy base made from oat flour and whole wheat flour

Tacchino (40g) \$140 With turkey ham	4 cheeses (90g) \$145 With Manchego, provolone, goat cheese and Parmesan cheese
Fungal (75g) \$125 Mushrooms, apple and goat cheese	Margarita de la Ribera (50g) \$135 With cherry tomatoes, pesto and goat cheese
Iberian (35g) \$175 With Serrano ham and olives	

WARM, SPICY AND HEALING

Ancestral Guatemalan Cacao \$145	Chai Latte \$70
American Coffee \$45	Spiced hot water Chocolate \$70
Espresso \$50	Spiced hot milk Chocolate \$80
Cappuccino or Latte \$55	Golden milk \$90
Digestive Herbal and Floral Infusion \$35	Matcha \$65
Green or Chamomile Tea \$35	Mocha \$75
Chai Tea \$50	Plant Milk (extra) +\$20
	*Make it a frappe or chill it +\$15

DESSERTS

Whole-grain seed-based desserts free of butter, refined flours, and trans fats

CAKES AND PANCAKES

Emilia tart \$110 Made with oat sugar and chocolate ganache with passion fruit. Delicious!	Special cake \$60 (Beetroot with fruit in wine or banana with chocolate)
Goat cheese pie with apple and red wine \$110	Cake of the day (sweet potato or carrot) (70 g) \$50

FORTUNE COOKIES

Oatmeal cookie (60 g) \$50	Oatmeal and chocolate cookie (60 g) \$50
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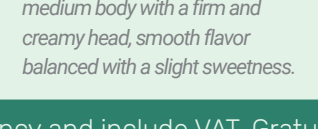
Vegetarian Option



Chef's Recommendation



Availability depends on the season



CLARA \$120
AVB 4% PILSNER STYLE
Brewed in the lager style, fresh and smooth with a delicate bitterness and a pronounced natural aroma

AMBAR \$120
AVB 5% DUSSELDORF ALTBIER STYLE
Dark malt and brown in color, medium body with a firm and creamy head, smooth flavor balanced with a slight sweetness.

OBSCURA \$120
AVB 4.5% SCHWARZBIER STYLE
Dark malt and brown in color, medium body with a firm and creamy head, smooth flavor balanced with a slight sweetness.

Prices are in local currency and include VAT. Gratuity is optional. We accept all major credit cards. The weight listed is the raw weight before preparation. Consumption of raw or undercooked food is at the consumer's own risk.