

BREAKFAST

GLUTEN-FREE · GRAIN-FREE · DAIRY-FREE · SEED OIL FREE



FRUIT, YOGURT & CEREAL

FRUIT BLISS BOWL v

Seasonal local fruit.

PROBIOTIC COCONUT YOGURT v

Homemade coconut yogurt with seasonal fruit compote.

+ maple syrup · + seasonal fruit · + grain-free cereal

SEASONAL CHIA PARFAIT v

Chia soaked in coconut yogurt, seasonal fruit compote.

APPLE & CINNAMON CEREAL v

Hemp, sunflower and chia seeds, almonds, dried apple and plantain pieces, finished with cinnamon and coconut sugar, served with fresh coconut milk and sliced banana.

PANCAKES

MACHO PANCAKES

Our famous pancakes, made with plantain and organic, pasture-raised eggs, served with banana and maple syrup.

+ chocolate chips

TOASTS

On our grain-free plantain flour bread.

ALMOND BUTTER & BANANA v

House-made almond butter, banana, local whipped honey.

AVOCADO TOAST v

Mashed avocado, chile flakes, lime.

+ organic, pasture-raised egg or vegan 'egg'

EGGS

Always organic and pasture-raised. Our vegan 'egg' is served as a scramble in any of these.

EGGS AS YOU PLEASE

Organic, pasture-raised eggs, poached, scrambled or fried, with plantain flour toast or Real Coconut tortillas, avocado, tomatoes and fresh greens.

RANCHERO EGGS

Organic, pasture-raised eggs, fried or scrambled, on Real Coconut tostadas with ranchero salsa, avocado and cilantro.

OMELETTE

Organic, pasture-raised omelette filled with seasonal vegetables, with fresh greens.

BOWLS

ALL DAY BREAKFAST BOWL v

Sweet potato and plantain hash browns, with leaves and greens, green tomatillo salsa and avocado.

+ organic, pasture-raised egg or vegan 'egg'

DAILY BAKED TREATS

Look out for our daily grain-free baked goods at the counter.

Gluten, grain and dairy free. We avoid soy, corn, peanuts, cashews and refined sugar. We only cook and fry with coconut oil, and use extra virgin olive or coconut oil for baking and dressings. Organic and local wherever possible, from small farmers. Please tell us about any allergy.

V VEGAN OR VEGAN OPTION · PRICES IN MEXICAN PESOS, 16% IVA INCLUDED

@REALCOCONUTKITCHEN