

OUR Food

"We must give our body through food all the nutrients it needs and to the extent required; so that each organ develops and remains healthy, strong and resistant"



PR  SALUD
ZONA 100% NATURAL



BREAKFASTS

Breakfasts

BOWLS

Bowls

OAT AND CHIA BOWL

Oatmeal and chia, vegan milk, banana and spices. Jam and seasonal fruits, homemade granola and nut cream.

\$20.000



FRUIT COCKTAIL BOWL

Seasonal fruits, coconut yogurt, walnut cream and homemade granola..

\$16.000



WAFFLES

Waffles

PLANTAIN WAFFLE

Plantain, rice flour, coconut oil, garlic and oregano. Sunflower sour cream, tomato jam, avocado and arugula.

\$16.000



OATMEAL WAFFLE

Oatmeal waffle, rice flour, bananas, vanilla and spices. Coconut yogurt, jam and seasonal fruit, granola, and honey.

\$18.000



AREPA CORN

*Arepa with vegan
butter and tofu*

\$7.000



TRADITIONAL VEGAN

*Corn arepa with vegan
butter, scramble tofu, stew
and sweet corn, avocado.*

\$12.000

CHICKPEA OMELETE

*Chickpea omelet, stuff with
vegetables, sunflower and spinach
sour cream. Toasted bread and
avocado.*

\$17.000





LUNCHES
AND *Meals*

SPROUTED LENTIL BURGER

Artesian bread with sesame. Quinoa and sprouted lentil protein, dip in homemade tomato sauce, vegan mozzarella cheese, mushroom, caramelized onion, tomato, lettuce and sprouts.

\$24.000



BOLOGNESE PASTA

Spaghetti with Bolognese sauce, vegetables, soy protein, cherry tomato, fresh basil and vegan parmesan cheese. Artesian garlic bread.

\$21.000



CARAOTA BEAN AND QUINOA BOWL

Quinoa and caraota, green leaves, sautéed mushrooms, plantain, caramelized onion, cherry tomato, sauerkraut(chucrut), avocado, sunflower seeds and orange vinaigrette.

\$20.000





VEGAN PAISA CASSEROLE

Traditional paisa beans, vegan sausage, soy protein, plantain, arepa, stew, avocado and arracacha gravel. Brown rice and salad

\$21.000

NACHOS

Nachos, guacamole, refried beans, sunflower sour cream, pico de gallo and cheddar cheese, hot sauce.

\$17.000



ASIAN RICE

Brown rice with vegetables and protein of your choice, sauteed with soy sauce. Served with pumpkin seeds, cilantro and sprouts.

TOFU \$22.000

SOY FAJITA \$21.000



COMBOS

Combos



POCKET BURRITO

Wholemeal tortilla, cheddar cheese sauce, sauteed vegetables, soy fajitas, avocado, lettuce and tomato. Served with rustic potatoes, cilantro, Mexican sauce and drink of choice.

\$19.500

GRILL BURRITO

Wholemeal tortilla, refried beans, soy ground meat, guacamole, lettuce, tomato. Served with rustic potatoes, chipotle sauce

\$19.500



PANINI

Artesian bread with sesame, grill tofu, caramelized onion, tomato, lettuce, alfalfa sprouts and avocado. Served with rustic potatoes, cilantro and drink of choice.

\$19.500





PIZZAS

Pizzas

SMOKED PAPRIKA AND SOY PROTEIN

Artesian dough, homemade tomato paste, vegan mozzarella cheese, soy protein, smoked paprika, caramelized onion, confit garlic, avocado and fresh rugula.

\$23.000

MUSHROOMS AND PUMPKIN

Artesian dough, homemade tomato paste, vegan mozzarella cheese, pumpkin, mushrooms, onion and fresh basil.

\$22.000





SMOOTHIES

Bowls

PR SALUD
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PINK

Red fruit smoothie, cantaloupe and banana. Served with seasonal fruits, homemade granola, flaxseeds, coconut and tahini.

\$22.000

TROPICAL

Pineapple, mango and banana smoothie. Served with seasonal fruits, homemade granola, coconut, peanut butter(almond butter) and pollen.

\$21.000



ACAI

Acai, bananas, red fruits and papaya smoothie. Served with seasonal fruits, homemade granola, coconut and peanut butter(almond butter)

\$25.000





DRINKS

drinks

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SMOOTHIES

Smoothies



PINK SMOOTHIE

*Pineapple, strawberry,
banana, oatmeal, peanut
butter and non-dairy milk*

\$ 15.000

YELLOW SMOOTHIE

*Pineapple, banana, basil,
strawberry, coconut, chia,
orange juice, ginger and
turmeric.*

\$ 15.000



GREEN SMOOTHIE

*Banana, mango, spirulina,
peanut butter, non- dairy
milk, and pollen.*

\$ 15.000



DRINKS

drinks

**HOT
INFUSIONS** \$8.000

hot infusion based on dehydrated seasonal fruit with aromatic herbs and spices.

**CHOCOCAROB
DRINK** IN WATER: \$5.000
IN MILK: \$9.000

**CEREAL
COFFEE** IN WATER: \$3.000
IN MILK: \$8.000

CAPUCHINO \$10.000

**MAZAMORRA WITH
MILK AND PANELA**..... \$8.000

JUICES IN WATER: \$8.000

Pineapple, blackberry, passion fruit, mango, guandolo

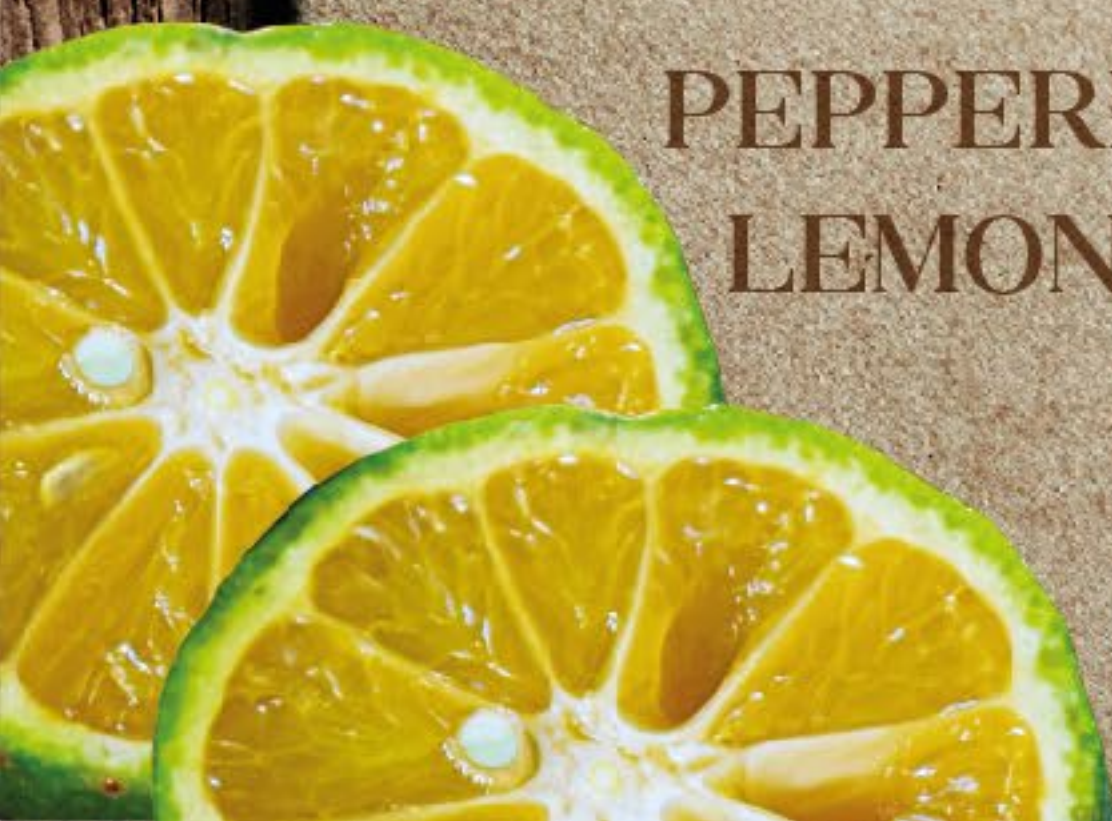
IN MILK: \$10.000

**MIX OF FRUITS
AND PLANTS** \$8.000

**NATURAL
LEMONADE** \$7.000

**PEPPERMINT
LEMONADE** IN WATER: \$8.000
WITH COCONUT: \$9.000

**all drinks are with vegetable milk*





DESSERTS

Desserts

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8000

DESSERTS

Desserts

HOMEMADE

CAKES :\$6.000

*Carrot, banana, apple *depending on availability*

COOKIES \$2.500

Peanut and oatmeal cookie.

ICE CREAMS

Chococarob ice cream \$7.000

Vanilla and banana ice cream \$8.000

Tropical ice cream \$9.000

