OUR MENU

Healthy cakes

Fluffy cakes made with whole-wheat flour, no sugar added

- **Banana bread**
- **Carrot cake**

Healthy pots & toppings

Served with a variety of toppings.
Available in a self-serve format

- **Overnight oats:** Oats soaked in oat milk with a touch of cinnamon.
- **Chía pudding:** Chia seeds soaked in coconut milk with a hint of cinnamon.
- **Kéfir:** Smooth and creamy kefir
- **Toppings:** Homemade granola, assorted nuts, nut butters, honey, superfoods, seeds, natural jams.
- **Fruit pot or skewers:** Individual bowls of fresh seasonal fruit, combining different varieties. Also available as skewers.

Energy bites

- **Cocoa & almond:** cocoa, almonds, oats, coconut
- **Carrot cake:** oats, carrots, cinnamon, walnuts
- **Matcha & coconut:** matcha, coconut, almonds, oats
- **Date, peanut butter, chocolate, oats, and protein bar**

Sandwiches

All our breads are made with sourdough, and we offer a variety of types.

- Mozzarella, tomato, and homemade pesto sauce.
- Turkey breast, mozzarella, and arugula.
- Roasted chicken breast with roasted red bell pepper.
- Roasted chicken with fine herbs, spinach, tomato, and homemade pesto sauce.
- Hard-boiled egg, tomato, avocado, and extra virgin olive oil
- Bonito belly and roasted bell pepper.
- Iberian ham, grated tomato, and extra virgin olive oil.
- Pastrami, arugula, mustard, and pickles.
- Turkey breast, avocado, and tomato.
- Chicken roasted with fine herbs and roasted bell pepper.
- Roasted chicken with fresh herbs, green sprouts, tomato, and homemade kefir sauce.

Toasts // Mini sandwiches

- Avocado and cottage cheese dip.
- Sardine dip with tomato, hard-boiled egg, and fresh cheese
- Skipjack tuna dip with tomato, hard-boiled egg, and fresh cheese
- Pisto (egg optional)

Bites

- Seasonal hummus with crudités or bread.
- Seasonal gazpacho
- Seasonal cream soup
- Sweet potato purée with a touch of our kefir sauce
- Moroccan-style roasted chicken skewer
- Vegetable skewer
- Skewer with cherry tomatoes, sheep's milk cheese, and our basil oil
- Assorted gildas
- Avocado, smoked salmon, and mango tartare with old-fashioned mustard vinaigrette

Bowls

- **Pesto Power:** Baby spinach, whole-wheat fusilli pasta, roasted cherry tomatoes, roasted mushrooms, roasted onion, chicken with fine herbs, Parmesan cheese, and Habituals pesto sauce.
- **Avo Energy:** Mixed sprouts, tricolor quinoa, roasted cherry tomatoes, herb-seasoned chicken, avocado, pico de gallo, red onion, feta cheese, and Habituals kefir sauce.
- **Create your own bowl:** customize it with your favorite ingredients

DRINKS

Energy shots

60m bottles..

- **Inmunity:** Lemon, apple, ginger, turmeric, and black pepper
- **Digestive:** Lemon, orange, carrot, ginger, turmeric, and black pepper
- **Detox:** Lemon, celery, apple, spinach, ginger
- **Vital:** Beet, carrot, apple, lemon, and ginger

Cold pressed juices

Available in 125ml or 300ml sizes.

- **Rise:** Orange, carrot, and lemon
- **Reset:** Celery, spinach, lemon, and apple
- **Glow**: Lemon, apple, and pineapple
- **Fuel:** Beet, apple, carrot, lemon, and apple

Mineral water
Sparkling mineral water

Natural lemonade
Infused waters (cucumber, lemon, and ginger)
Electrolyte water
Kombucha and soft drinks
Self-service specialty coffee or premium teas

Includes:

-Specialty coffee or selection of premium herbal teas.
-Assorted milks and plant-based beverages.
-Stevia, honey, cinnamon, and sweetener
-Cups and necessary supplies.
-Setup and preparation of the space.

Nespresso capsule coffee machine rental:

*We provide 8-liter containers for serving beverages, refrigerated dispensers with 16-liter buckets, and thermoses for hot beverages.





ADDITIONAL SERVICES

Solutions tailored to each venue, number of guests, and event duration.

- Water jug: included with the beverage.
- Water and/or juice cooler:
- Disposable tableware: included in the price.
- Reusable tableware (trays and glassware).
- Table rental.
- Table linen rental.
- Waitstaff service.
- DJ service.
- Photography service.
- Food station(SALAD BAR, SMOOTHIE BAR, ACAI BAR).
- Venue decoration and ambiance.
- Graphic design and production.
- Transport and delivery