

H A N D C R A F T E D

Breakfast

A V A I L A B L E U N T I L 11 A M



SUNNY D \$8

Egg & cheese sourdough
bagel, fruit parfait
topped with homemade
granola & Love

Huevo con queso derretido en
un bagel de masa madre con
un mini biónico con granola
hecha en casa y Amor



BREAKFAST QUEEN \$10

Quinoa wrap, spinach &
arugula, scrambled eggs
with onion, topped with
feta cheese, balsamic
glaze, served with small
yogurt fruit cup & Love

Tortilla de quinoa, espinaca
y arugula, huevo revuelto
con cebolla, feta, glaseo
basmatico, servido con
mini bionico y Amor



BEEF CHORIZO WRAP OR BAGEL \$8

Quinoa wrap with
scrambled eggs with onion
& beef chorizo, beans,
queso fresco, sour cream,
green salsa & Love

Burrito con huevo revuelto
con chorizo de res, cebolla,
frijoles, queso fresco, crema
y Amor



CHORIZO EGG TORTA \$8

Mexican sub, mayo,
scrambled eggs with onion
& beef chorizo, queso
fresco, beans, jalapeños &
Love

Bolillo, mayonesa, huevo
revuelto con cebolla y
chorizo de res, frijoles,
queso fresco, crema y
Amor



CHILANGA BANDA \$8

Mexican sub, chipotle
mayo, egg omelette, onion,
queso fresco & Love

Bolillo, mayonesa con
chipotle, huevo, queso
fresco, cebolla y Amor



CAKIE \$8

Cinnamon sourdough,
almond butter, banana
slices, hemp seeds, agave,
apple slices on the side &
Love

Pan dulce de masa madre,
mantequilla de almendra,
plátano, semillas de linaza,
agave, y Amor, manzana
rebanada al lado



WALLA WALLA YOGI \$7

Fruit of the day with
vegan yogurt, pecans,
granola, hemp, chia &
flax seed, mint & Love

Fruta del día, yogurt
vegano, nuez, chía y
linaza, menta, agave y
Amor



FRENCH TOAST \$8

Sourdough, homemade
batter, topped with
homemade granola, fresh
fruit, agave, powdered
sugar & Love

Pan de madre
masa, fruta
fresca, granola,
agave y Amor



MR. TOAST \$8

Sourdough dipped
in egg, provolone,
avocado, chipotle
mayo & Love

Pan de madre masa en
huevo, queso
provolone, aguacate y
mayonesa de chipotle y
Amor



AVOCADO TOAST \$8

Sourdough, avocado
spread, seeds, mixed
wild greens, feta,
balsamic glaze,
topped with Love

Pan de madre masa,
aguacate, espinaca,
arugula, perejil, queso
feta, glaseado
balsámico y Amor



BREAKFAST TORTA \$8

Mexican sub, mayo,
egg omelett,
avocado, queso
fresco, fruit parfait on
the side & Love

Bolillo, mayonesa,
huevo, aguacate,
queso fresco y mini
biónico al lado y
Amor

BEBE \$8

Provolone cheese &
avocado omelette
with a fruit parfait &
Love

Omelette con queso
provolone y aguacate
con un mini bionico y
Amor



BEBESOTE \$11

Omelette with onion,
beef chorizo & queso
fresco, sour cream,
jalapeños, Love, chips,
salsa & mini parfait

Omelette con cebolla,
chorizo de res, queso
fresco, crema,
jalapeños, Amor, con
chips, salsa y un mini
bionico



FRESH MADE

Coffee & Juices

WITH LOVE



CANELA HOUSE – Includes refill

Hot brew. Cafe con Amor calentito
With Love: "COMSA" de la marca "COMSA"



TOPAZ

House cold brew in ice, topped with cinnamon & Love Cafe frio con hielo, canela espolvoreada y Amor



FRAPPEE

"COMSA", oatmilk, agave, cinnamon on top & Love Cafe frio con hielo, canela espolvoreada y Amor



MAQUINA

House brew, chocolate vegan protein, oatmilk, agave, cinnamon & Love De la casa, proteina vegana de chocolate, leche de avena, agave, canela y Amor



LAVENDER LATTE

"COMSA", lavender, oatmilk, agave, cinnamon on top & Love "COMSA", lavanda, leche de avena, agave, canela espolvoreada y Amor



ORANGE JUICE

Daily fresh squeezed with Love Exprimido fresco del dia con Amor



CLARK PARK

Lemon, ginger, cucumber, pineapple, celery, celtic salt & Love Limon, gengibre, pepino, pina, apio, sal celtica Y Amor



THE SOURCE

Orange and ginger cold pressed with Love Jugo de naranja con jengibre y Amor



LADY GAGA

Orange, carrot, beet & Love Naranja, zanahoria, betabel y Amor



ROSALIA

Hisbiscus, lemon, ginger, seamoss, celtic salt & Love Jamaica, limon, gengibre, musgo marino, sal celta y Amor



LA TERE PODEROSA

Carrots, pineapple, ginger, lemon & Love Zanahoria, pina, gengibre, limon y Amor



VAMONONS HORCHATA

Oats, cinnamon, vanilla, agave & Love Avena, canela, vainilla, agave y Amor

Tea blends



HOUSE TEA

Roses, hibiscus, chamomille & Love Rosas, jamaica, manzanilla y Amor



LAVENDER LATTE TEA

Chamomille, oatmilk, agave, lavender & Love Te de manzanilla, leche de avena, agave, lavanda y Amor

Wellness Shots



GINGER SHOT

Cold pressed ginger, cayenne pepper, lemon & Love Gengibre presionado en frio, pimenton, limon y Amor



GINGER & SPIRULINA

Ginger, spirulina, lemon, cayenne pepper & Love Gengibre, espirulina, limon, pimenton y Amor



IMMUNITY BADDIE

Cold pressed ginger, lemon, cayenne pepper, spirulina, oregano oil & Love Gengibre presionado en frio, limon, pimenton, espirulina, aceite de oregano y Amor

FRESH FRUIT



BELLE ISLE \$6

Mango, pineapple,
peach, coconut h2o,
agave & Love

Piña, mango, durazno,
agua de coco, agave y
Amor



MANGONADA \$6

Mango explosion, coconut
h2o, agave, Love &
homemade chamoy!!!

Explosion de mangos, agua
de coco, agave, Amor y
chamoy casero!!!



BAILA \$6

Strawberries, blueberries,
pineapple, coconut h2o,
agave & Love

Fresa, arándanos, piña,
agua de coco, agave y
Amor



GALAXY LOVE \$6

Blueberries, banana,
strawberries, oat milk,
agave & Love

Arándanos, fresa, plátano,
leche de avena, agave y
Amor



MOMCAT \$8

Papaya, mango, pink
pitaya, collagen, vegan
yogurt, oat milk, agave,
flax seeds & Love

Papaya, mango, pitaya,
colageno, yougurt vegano,
semillas de lino, leche de
avena, agave y Amor



BENITO \$8

Dragonfruit, mango,
guava, chia, coconut
H2O, agave & Love

Pitaya, mango, guayava,
agua de coco, chía, agave
y Amor



AYAPOPS \$8

Passionfruit, guava,
mango, mint, lemon, chia,
coconut H2o, agave &
Love

Maracuya, mango,
guayava, chia, agua de
coco, agave y Amor!

Smoothies & Lemonades

HAND SHAKEN



DETROIT PRINCESS \$8

(In the summer)

Strawberry,
watermelon, lemon,
mint, agave, coconut
h2o & Love

Fresa, sandía, limón,
agua de coco, agave,
Amor y menta



MELI \$8

Berries, bananas, oat
milk, vegan protein,
collagen, agave &
Love

Fresa, arándanos,
plátano, leche de avena,
proteína vegana,
colageno, agave y Amor



ANGIES POWER \$8

Cold brew coffee, oat
milk, banana, vegan
protein, hemp seeds,
agave & Love

Cafe frio, leche de
avena, plátano, proteína
vegana, semillas de
cáñamo, agave y Amor



CHICA FRESA \$6

Banana, strawberry,
oat milk, agave & Love

Plátano, fresa, leche de
avena, agave y Amor



BANANA BLASTER \$6

Banana overload,
peanut butter, oat
milk agave & Love

Plátano sobrecargado,
mantequilla de maní,
leche de avena, agave y
Amor



MAV 1 \$6

Banana, strawberry,
peanut butter, oat
milk, agave, Love

Plátano, fresa,
mantequilla de maní,
leche de avena, agave y
Amor



BESITO \$8

Pineapple, apple, celery,
kale, cucumber, ginger,
lemon, seamoss,
coconut h2o, agave, Love
& Celtic salt

Piña, manzana, apio,
pepino, kale, jengibre,
limón, sea moss, agua
de coco, agave, Amor y
salt celtica

FRESH LEMONADES \$5

Strawberry, mango, passionfruit,
blueberry or dragon fruit

SOL LEMONADE \$6

Spirulina, ginger, coconut h2o,
agave, lemon, Celtic salt & Love

LUNA CATALINA \$6

Coconut h2o, ginger, lemon, agave, Love,
chia, cayenne pepper

OLI-MONADE \$5

Lemon, blue spirulina, agave & Love

LAVENDER LEMONADE \$5

MAR NRG LEMONADE \$6

Lemon, lavender, agave, clean caffeine, Love

Aguas Frescas \$8

Flavor of choice + collagen, clean
caffeine, agave, topped with Topo Chico
and Love

- Strawberries & Cream (probiotics)
- Mango & Cream (probiotics)
- Pink Dragonfruit, ginger, lemon & Celtic salt
- Passionfruit, ginger, lemon & blue spirulina

HAND CRAFTED

Salads & Botanas

SERVED WITH CHIPS & SALSA



KARI \$8

Spinach, arugula, cilantro, mango, beets, red onion, pepita seeds, avocado, cucumber, chia seeds, Love, house dressing & lemon

Espinaca, arugula, cilantro, aguacate, mango, betabel, chía, cebolla morada, pepitas, limón, Amor & aderezo casero



BIG MAC NACHOS \$8

Chips, spinach, shredded cheese, onions, grilled chicken, drizzled with ranch and buffalo & Love

Chips, queso, espinaca, cebolla, pollito asado, ranch, buffalo y Amor



KAHLO \$10

Spinach, arugula, mint, parsley, grilled chicken, beets, cucumbers, chickpeas, onion, apples, walnuts, feta cheese, Love & house dressing

Espinaca, arugula, menta, perejil, pollito asado, betabel, pepino, garbanzo, cebolla, manzana, nuez, queso feta, Amor y aderezo



BOTANA DRIP \$8

Chips, shredded cheese, spinach, onions, tri color peppers, cilantro, jalapeño, sour cream, salsa (Chicken, Beef or Beans) & Love

Chips, queso, espinaca, cebolla, chile morron, cilantro, jalapeño, crema y salsa (Pollito asado, carne o frijoles) y Amor



TUNA TURNER \$8

Tuna with minced: Ginger, celery, onion, cucumber, cilantro, spinach, jalapeño, with lemon and Celtic salt & Love

Atún, picado fino: Jengibre, apio, cebolla, pepino, cilantro, espinaca, jalapeños con limón y sal celta y Amor



BECKY G SALAD \$10

Spinach, cilantro, avocado, cucumbers, onion, grilled chicken, lemon, ranch, pepper seeds & love

Espinaca, cilantro, cebolla, aguacate, pepino, pollito asado, semillas de pimiento, limon, ranch y Amor



TACO SALAD \$8

Chopped spinach, onion, tri color peppers, jalapeños, chips, shredded cheese, cilantro, sour cream & cilantro (Beef, chicken or beans) & Love

Espinaca, queso rayado, cebolla, chile morron, chips, jalapeños, crema, cilantro y salsa (pollo, carne o frijoles) y Amor



THE PRETTY SALAD \$8

Spinach, arugula, beets, chickpeas, onion, cucumber, feta, house dressing & Love

Espinaca, arugula, remolacha, pepino, garbanzos, cebolla, feta, aderezo y Amor

HAND CRAFTED

Wraps & Portas

SERVED WITH CHIPS & SALSA



LA CHINGONA \$10

Quinoa wrap, spinach, arugula, parsley, mint, onion, avocado, grass fed ground beef, chipotle aioli, feta cheese, balsamic glaze, cucumbers & Love

Tortilla de quinoa, espinaca, arugula, menta, perejil, cebolla, aguacate, carne molida, queso feta, glaseo balsámico, pepinos y Amor



LA GAINZ \$10

Quinoa wrap, spinach, grass fed ground beef, onions, jalapenos, cilantro, cucumbers, avocado, lemon & Love

Tortilla de quinoa, espinaca, carne molida, cebolla, jalapenos, cilantro, pepino, aguacate, limon y Amor



LA REYNA \$8

Quinoa wrap, spinach, arugula, mint, parsley, homemade hummus, beets, avocado, onion, chickpeas, cucumber, walnuts, house dressing & Love

Tortilla de quinoa, espinaca, arugula, menta, perejil, hummus casero, remolacha, aguacate, pepino, cebolla, garbanzo, nuez, adereso casero y Amor



LA BUENA \$8

Quinoa wrap, spinach, grilled chicken, avocado, jalapenos, cilantro, onion, cucumbers, lemon, celtic salt, oregano & Love

Tortilla de quinoa, espinaca, pollo asado, aguacate, jalapenos, cilantro, cebolla, pepino, limon, sal celtica, oregano y Amor



COYOTE \$8

Quinoa wrap, spinach, ground beef, onion, jalapenos, shredded cheese, sour cream & Love

Tortilla de quinoa, espinaca, carne molida, queso rallado, jalapeños, cebolla, crema y Amor



KAROL G \$8

Quinoa wrap, spinach, grilled chicken, ranch, shredded cheese, tri color peppers, cucumbers & Love

Tortilla de quinoa, espinaca, pollito asado, ranch, queso rallado, chile morron, pepino y Amor



TE QUIERO WRAP \$8

Quinoa wrap, spinach, homemade hummus, arugula, mint, parsley, cucumbers, beets, chickpeas, onion, feta, house dressing & Love

Tortilla de quinoa, espinaca, arugula, menta, perejil, pepino, remolacha, cebolla, garbanzo, feta, aderezo casero, hummus y Amor



SOUTHWEST VEGGIE \$8

Quinoa wrap, spinach, cilantro, onion, beans, tri color peppers, avocado, queso fresco, jalapeños, sour cream & Love

Tortilla de quinoa, espinaca, cilantro, frijoles, chile morron, cebolla, queso fresco, aguacate, jalapeños, crema y Amor



LUPITA \$8

Mexican sub, mayo, beans, queso fresco, avocado, onion, jalapeños & Love

Bolillo, mayonesa, frijoles, queso fresco, aguacate, cebolla, y Amor



NITORTA \$8

Mexican sub, mayo, turkey ham, queso fresco, avocado, jalapeños & Love

Bolillo, mayonesa, jamón de pavo, aguacate, queso fresco, jalapeños y Amor



CUMBIA SUB \$8

Mexican sub, mayo, ground beef, avocado, cilantro, cucumbers, onion, jalapeño, lemon & Love

Bolillo, mayonesa, carne molida asada, pepino, aguacate, cilantro, cebolla, jalapeño, limon y Amor

AVOCADO TOAST \$8

Sourdough, avocado spread, seeds, mixed wild greens, feta, balsamic glaze, topped with Love

Pan de madre masa, aguacate, espinaca, arugula, perejil, queso feta, glaseado balsámico y Amor



EL GRILLED CHEESE \$8

Jalapeño sourdough, provolone cheese, turkey ham, chipotle aioli & Love

Pan de madre masa con jalapeño, queso provolone, jamón de pavo, mayonesa con chipotle y Amor



TUNA MELT \$8

Sourdough, homemade tuna, minced celery, minced onion, minced ginger, minced arugula, chipotle mayo, provolone cheese & Love

Pan de madre masa, atún con cebolla, apio, jengibre, mayonesa con chipotle, queso provolone y Amor

