

# The Real COCONUT<sup>®</sup>

BY DANIELLA HUNTER

## BREAKFAST

### BOWLS OF GOODNESS



#### Fruit Bliss Bowl 160

Prepared from the freshest fruits and berries, our delicious bowls can also be ordered with our signature supersprinkles, an ultra boost of ingredients including: chia seeds, chopped nuts, cacao nibs & coconut flakes. **option:** add supersprinkles **185**

#### Simply Coconut Milk Yogurt 170

A homemade probiotic coconut milk yogurt, light in flavor, is drizzled with fruit compote and finished with a topping of fresh berries. add our signature supersprinkles for an ultra boost of ingredients, including: chia, chopped nuts, cacao nibs & coconut flakes. **option:** add supersprinkles **185**

#### Very Berry Chia Parfait 180

Chia seeds soaked overnight in creamy vanilla coconut milk, layered with our homemade probiotic coconut yogurt, berry compote and topped with berries.

#### Chocolate Chia Pudding 180

Superpower chia seeds are soaked in our creamy date & fresh vanilla coconut milk base, whisked with Mexican 'Ah Cacao' cacao powder, chilled to perfection and served layers of berries and topped with crushed cacao nibs and coconut shavings.

#### Apple & Cinnamon Chia Cereal 185

A homemade cereal base of chia, sunflower and hemp seeds, mixed with dried apple and plantain pieces, raisins, chopped almonds & cinnamon. Served with chilled coconut milk and a topping of sliced bananas.

### EXTRAS



half a sliced avocado **50**

side of fruit or berries **60**

homemade coconut milk yogurt **70**

2 slices of homemade grain-free plantain paleo toast **70**

homemade spreads, individual: chocolate, almond butter,

honey, chia jam **40**

organic, free range eggs cooked as you choose - **40 each**



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www.therealcoconut.com

Our menus are GLUTEN, GRAIN, DAIRY, and REFINED SUGAR FREE.

We only cook with organic extra virgin coconut and avocado oil, and use extra virgin olive oil for dressings. Wherever possible our produce is organic and locally sourced and everything is homemade from scratch.

If you have a food allergy, please advise your server and we will be happy to accommodate you.

### TOASTS



#### Toast and Spreads 205

Homemade gluten and grain-free plantain bread, toasted with our sumptuous homemade spreads: raw chocolate hazelnut spread; almond butter; blueberry chia jam; local raw whipped honey. Served with sliced bananas.

#### Avocado Toast 210

Choose homemade gluten and grain-free plantain bread, toasted and covered in chunky avocado, finished with lime and a light dash of chilli flakes. Served with salsa and leaves.

#### Cheesy Toasties 210

Homemade coconut spread served melted on grain-free plantain toast, with gently wilted spinach, roasted avocado and tomatoes.

### EGGS



#### Eggs As You Please 215

Scrambled, poached, soft boiled or fried free-range, organic eggs served with homemade grain-free plantain toast, avocado, cherry tomatoes and fresh leaves on the side.

#### Sanara Omelette 215

Our organic egg omelette is packed full of green peas and spinach, dressed in a lightly spiced chilli chipotle sauce. Paired with baked roma tomatoes, grilled tomatillos and roasted red onion, sprouts and avocado.

#### Ranchero Eggs 215

Organic eggs lightly fried with a touch of coconut oil, served over crispy homemade coconut flour tostadas, a smidgen of our original coconut cheese and smashed avocado. Complete with sprouts and a tangy tomato based ranchero sauce.

#### Eggs Benedict with House Cured Snook 250

Two poached organic eggs sit atop our grain-free, plantain muffins, covered with hollandaise sauce, and finished with slices of house cured local fish. Served with avocado, organic sprouts, asparagus and cherry tomatoes.

### PANCAKES



#### Macho Pancakes 205

Divinely fluffed, our plantain pancakes are grain-free and prepared from the freshest free-range organic eggs and served with berries & sliced bananas, maple syrup and berry coulis.

All prices are in Mexican Pesos and include 16% IVA (Federal Sales Tax)