

The Real COCONUT®

BY DANIELLA HUNTER

LUNCH

PLATES TO SHARE OR SAVOR



Chunky Guacamole 205

Classic guacamole served with pico de gallo, crudites and our original coconut flour tortilla chips.

Mexican Dip Trio 205

A trio of coconut green tomatillo dip, chipotle coconut cheese and Sikil Pak (Mayan pumpkin seed dip). Served with crudites and coconut flour tortilla chips.

The Real Coconut Quesadillas 205

Choose coconut flour tortillas filled with our melted, creamy coconut cheese. Served with guacamole & pico de gallo.

option: add local shrimp 260 | organic chicken 260

Avocado Toast 210

Our homemade grain-free plantain toast, loaded with chunky avocado and seasoned with lime, olive oil, sea salt and chilli flakes. A perfect snack for anytime of the day.

Hemp Plantain Bolitos 275

Toasted hemp tahini mini patties made with local plantain, sweet potato, spinach, and fresh herbs. Served with pickles, salsas and plantain tortillas.

Grilled Local Sardines 275

An abundant, locally-sourced fish, packed full of essential fatty acids. Served delicately grilled and seasoned with fresh organic herbs, salsa and salad. A great source of Vitamin D and B12.

PLANT BOWLS (bases all vegan)



Kale & More 250

Lightly blanched kale leaves or baby kale (seasonal), beetroot & carrot linguine with cubes of avocado, sprinkled with our nutty parmesan crumble, and coated with a creamy tahini dressing.

Super Green 250

A superb tumbled salad of mixed locally-grown leaves, beet & sunflower sprouts, cucumber, broccoli, fennel, coriander & moringa leaves, sprinkled with hemp & toasted seeds, served on a base of avocado gazpacho, with a sweet ginger dressing.

Green Cesar 250

Romaine lettuce, leaves & sprouts, topped with coconut bacon and our gluten-free croutons, with a delectably creamy vegan Cesar dressing.

Broccoli, Pea & Avocado 250

A hearty bowl of broccoli, peas and avocado, intermingled with roasted red onions, cherry tomatoes, toasted seeds, on a bed of leaves and served with a drizzle of extra virgin olive oil and lime.

Protein Options:

hemp plantain falafel 285 | organic, free-range chicken 310
jumbo local shrimp 320 | grass-fed tenderloin strips 320

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.

SOUPS



Cooling Avocado Gazpacho 195

Refreshingly cool avocado, tomato, and classic gazpacho flavours with a healing vegetable, potassium-broth base.

Sopa de Lima 215

A base of our powerful, healing bone broth. Served with shredded organic chicken, cilantro, lime, avocado and strips of our coconut flour tortillas.

PLATES



The Real Coconut Tacos option

Served on our original coconut flour tortillas or protein-style on lettuce, with guacamole and chipotle salsa, leaves & greens.

options: hemp plantain falafel & chipotle roasted vegetables 270
grilled local fish 285 | shrimp at pastor 285 | poc chuc steak 295

Coconut Fish Ceviche 320

Local white fish, marinated in coconut milk and herbs for a fresh and mouth watering delight. Served with coconut flour tostadas.

Shiitake & Oyster Mushroom Ceviche 275

Local mushrooms, marinated in coconut milk and herbs for a fresh and mouth watering delight. Served with coconut flour tostadas.

Nacho Bowl option

A base of spinach and local greens, topped with grain free, coconut flour tostada chips, drizzled with melted chipotle coconut cheese, guacamole, pico de gallo salsa, coconut sour cream and jalapeños. Swap out tostadas for more greens to make a power strong plant bowl.

options: chipotle roasted vegetables & toasted seeds 270
organic, free-range chili chicken 310

Barbecue Chicken 310

Grilled organic, free-range chicken marinated in our special barbecue sauce. Served with malanga or sweet potato fries and coleslaw.

Coconut Shrimp 310

Local jumbo shrimp lightly coated with our very own grain-free coconut flour batter and shredded coconut and gently fried in avocado oil. Served with a chilli dipping sauce, yucca fries and salad.

Little Extras

Hemp Falafel Bolitos 80

Malanga Fries 75

Sweet Potato Fries 75

Mexican Street Coleslaw 75

Don't forget your broth! Add a 4oz mini cup of our organic chicken broth to complete the nutrient profile of any meal
50 MXN



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

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