



WINES

		glass	bottle
WHITE			
Terrapura Chardonnay	Chile 2013	150	680
Estampa Sauvignon Blanc	Chile 2013	150	680
Austum Verdejo	Spain 2013	180	845
Alois Lageder Pinot Grigio	Italy 2014	190	875
Colome Torrontes	Argentina 2012	710	
Hess Select Chardonnay	California 2013	780	
ROSE			
Whispering Angel Cotes de Provence	France 2014	960	
RED			
Chakana Malbec	Argentina 2014	150	680
Gnarly Head Pinot Noir	California 2012	150	680
Tenuta Rapitalan Nero d'avola	Sicily 2012	190	870
Koyle Royal Carmenerere	Chile 2011	205	980
Casa Baloyan Cabernet	Mexico 2011	785	
Austum Rubera del Duero Organic	Spain 2013	990	
Silver Oak Cabernet	California 2010	3050	
BUBBLES			
Prosecco Brut	Italy 2013	160	660
Moet & Chandon Brut Imperial	France 2013	2100	
Moet & Chandon Rosé	France 2013	2400	



COCKTAILS, WINE & BEER



We welcome guests to share their favorites with us on
instagram, twitter, and facebook

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www.therealcoconut.com



WIFI: Sanara Tulum | **PASSWORD:** tulum2015

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



ORGANIC HERBAL COCKTAILS

Mexicana 185

Tequila José Cuervo, grapefruit juice, fresh green basil and ginger.

Jardin de Mezcal 185

Mezcal Reposado from Oaxaca, cucumber, ginger, fresh cilantro, lime juice and sparkling water.

Cristotini 185

Vodka Stolichnaya, lime juice, brown sugar, cucumber juice, cloves and rosemary.

Eros 200

Calvados, Pisco, fresh green basil, sambuca blanca and lime juice.

Pablo 200

Ron Zacapa, Cognac Martel, tobacco liquor, vermouth and bitter.

Figaro 185

Gin Bombay, Sambuca negro, lime and cucumber juice, ginger fresh fennel leaves and mint.

French Mule 185

Tanqueray Gin, lime juice, ginger, sugar, thyme, and angostura bitter

Purple Basil Mojito 185

Ron Havana Anejo, fresh purple basil, lime juice, brown sugar and sparkling water.

Special Gold Margarita 185

Tequila Don Julio Reposado, Controy, lime juice, ginger and serrano chili.

Wake Up Call 185

Warm espresso, Mescal Reposado, cacao, brown sugar and a cinnamon slide.



HOUSE MARTINI

175

Habanero

Tequila José Cuervo, Dry Martini, mango, pineapple and habanero pepper.

Lychee

Vodka Smirnoff, Vermouth, lychee and red wine.

Blush

Vodka Smirnoff, Chambord, raspberry and ginger water.

Neon

Vodka Smirnoff, Midori, Triple Sec, lemon and sparkling water.

Espresso

Vodka Smirnoff, Espresso, Kalhua, Baileys and brown sugar.

If you have any special requests, please ask and our mixologist will be happy to concoct a drink of your fancy.



BEER

Corona	45
Coronaire light	45
Montejo	45
Victoria	45
Léon	45
Modelo especial	65
Negra Modelo	65

'Our philosophy of health at The Real Coconut transcends through all of our menu, including our drinks. We have carefully created and curated our ingredients, juices, smoothies, shots and drinks with the same care as a great wine list, offering pure creations to optimize health while providing an exquisite taste experience.'

Daniella Hunter

Our team of Juiceologists, skilfully prepare each beverage to perfection. At the Real Coconut we pride ourselves on creating a drink especially made for you, please feel free to customize as you desire.

All of our juices, smoothies, shots and drinks are freshly created at the time of order with only the finest of ingredients and using organic and local produce wherever possible. Freshly prepared goodness can take a little longer than a pre-bottled drink so please be patient while we prepare your order with all the care you deserve.



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DRINKS MENU



COLD PRESSED GREEN JUICES



Healing Green

A handful of celery, cucumber and bunches of spinach greens mixed with sweet orange and sour lime for a light curative refreshment.

Super Kale

Bundles of kale, cucumber and celery perfectly mingled with orange, lemon, ginger and parsley. A wonderfully powerful energy enhanced juice.

Lime & Mint Zinger

Heaps of fresh mint, celery, cucumber, spinach, and a dash of lime makes this a tingling green delight.

Purple Basil Bloom

Spinach, cucumber, celery, orange, beetroot and lemon carefully mixed with fresh purple basil for a light yet handsome full bodied enhancer.

Coriander & Jalapeño

Spinach, cucumber, celery, orange, lime, coriander and a mildly picante jalapeno chile, make for a Mexican healing refreshment.

Aloe Aloha Digestif

Fresh aloe from our beach garden, fennel bulb, fresh coconut water, spinach, cucumber, celery, orange, and lime makes for a very happy tummy, glowing skin and oodles of energy.

Super Cleanse

Spinach, celery, cucumber, orange, lime, mint, ginger, turmeric. Vibrant greens, turmeric and ginger make this a potent healing beverage.

GREEN SMOOTHIES



Berry Green

A blueberry treat mixed with spinach and frozen bananas blended with fresh coconut milk and ice.

Easy Green

A carefully selected bundle of celery, cucumber, and spinach mixed with pineapple, frozen bananas, and fresh coconut milk, thoroughly blended with ice for a deliciously refreshing green smoothie.

Deep Green

A hearty selection of celery, cucumber, parsley, romaine lettuce and spinach, joyfully balanced with pineapple and blended with fresh coconut milk and ice for the ultimate power smoothie.

Melon Mint Cooler

Frozen green melon, grapes, and fresh mint leaves, blended with ice and lime juice, this sweet yet fresh drink is the perfect cooling refreshment on warm days.

All smoothies and juices 170 MXN

WARM SERVINGS



Our hot drinks are served or made with homemade coconut milk for a local, sustainable option, or if you would prefer, your choice of homemade almond or organic cow's milk.

The Real Coconut Chai Tea Latte

100

Our house blend of black tea, ginger juice, cardamom and other spices blended with fresh coconut milk.

Buyah Cafe

110

The Real Coconut's take on bulletproof or butter coffee. Organic espresso americano blended with homemade coconut cream and locally produced raw coconut oil to make a creamy delight, full of healthy natural fats to help keep your energy levels stable. Available natural, or sweetened with coconut sugar.

Super 'Fun Guy' Cafe

130

Our medicinal mushroom and adaptogen blend (Cordyceps, Reishi, Shitake & Chaga, Ashwaganda), is combined with espresso, and blended with fresh coconut milk, coconut oil and a touch of raw, local honey. Or replace the espresso with cacao for a naturally uplifting, caffeine free alternative. Available natural, or sweetened with coconut sugar.

Turmeric & Ginger Coconut Milk Latte

120

Fresh turmeric and ginger root pieces blended with fresh coconut milk, a little coconut oil, black pepper, and local honey. A warming, soothing delight for the day, or perfect as a bedtime treat.

Rich Cacao Milk

130

Warmed fresh coconut milk blended with 'Ah Cacao' full bean cacao paste, coconut oil, vanilla pod and sweetened with coconut sugar.

Bone Broth

120

Our organic, free range, 12 hour slow simmered chicken broth can be enjoyed at any time of the day for a powerful healing beverage.

Super Bone Broth Blend

175

Our chicken broth is blended with coconut oil, grass-fed collagen powder, turmeric, ginger, black pepper, ashwaganda and our 14 mushroom blend.

Add Grass Fed Collagen Protein to any hot drink 50 MXN

ORGANIC CUBAN COFFEE: Available caffeinated or decaffeinated

Individual French Press	75
Espresso/Double Espresso	55/85
Espresso Americano	65
Cafe Latte	75
Cappuccino	75
Iced Latte	75

ORGANIC TEAS all 65 MXN

Caffeinated

English Breakfast, Earl Grey, Green, Yerba Mate

Caffeine free

Fresh: mint, sage, ginger, hibiscus, fennel, neem, moringa
Dry: rooibos, vanilla rooibos, chamomile, rose petal, dandelion & nettle

ADD A LITTLE SOMETHING EXTRA TO YOUR JUICE OR SMOOTHIE



Extras: no charge

turmeric
cayenne pepper

Extras: 10 MXN

ginger

Extras: 50 MXN

Marine Phytoplankton powder
moringa leaves, harvested from our garden
fresh aloe vera
fresh nopal cactus

apple cider vinegar
extra virgin cold pressed coconut oil
chia seeds
hemp seeds
hemp protein powder
maca powder
grass-fed collagen powder

Extras: 45 MXN

melipona honey from the Mayan stingless bee
melipona royal jelly

WELLNESS SHOTS, REMEDIES & TONICS



Phyto Shot 2oz

Marine phytoplankton powder, fresh lime and a dash of orange juice. The best possible daily tonic.

Supergreen 2oz

Marine phytoplankton powder, lime, turmeric, ginger, with droplets of Mayan Melipona honey

Gin-zing 2oz

Fresh ginger and turmeric juice with a splash of fresh orange and cucumber, and a teaspoon of powerful Mayan Melipona honey, makes for a powerful anti-inflammatory immunity boost.

Probiotic Coconut Water 2oz

Our delicious, mildly effervescent probiotic coconut water will give your digestive system a boost of beneficial bacteria to replenish gut flora and support optimum health.

Bionic Blast 2oz

Apple cider vinegar, ginger, lemon, cayenne pepper, oregano oil drops, coconut oil, raw Mayan Melipona honey and colloidal silver. A super boost if you are feeling under the weather.

Alka-Soother 4oz

Bicarbonate of soda, apple cider vinegar, and reverse osmosis water, alkalizes the body and helps to ease digestive discomfort.

Settle Down 2oz

Reverse osmosis water, a good dose of activated charcoal powder from coconut shells, colloidal silver, Mayan Melipona honey and apple cider vinegar, helps to settle an upset tummy.

All remedies & tonics 85 MXN

MILKS & SPECIALITY BLENDS



Cocada

A Venezuelan favorite: coconut milk, coconut meat, cinnamon bark and maple syrup blended with ice.

Mint Passion

Coconut milk muddled with fresh mint, passion fruit, a touch of ginger and a dash of maple syrup.

Mango & Pineapple Lassi

Fresh coconut milk, our homemade probiotic coconut yogurt, mango, pineapple, and ice make a tropical dream.

Hemp Coconut Milk

Our house blend of coconut and hemp milk blended with dates and vanilla, served chilled.

All milks & speciality blends 120 MXN

Our Juiceology team are always happy to try new ideas so please feel free to customize your juices, drinks & smoothies as you desire.

HEALTHFUL HYDRATION



Agua de Piedra Mineral Water 650ml	90
Sparkling Natural	
Fresh Coconut Water	80
As pure as it comes, from the tree to your table.	
Rosemary Lemonade	70
Fresh local lime and rosemary infused muscovado syrup mixed with sparkling or still water.	
Mindful Mojito	70
Keep focused and hydrated with lime juice, mint and rosemary infused muscovado syrup, and sparkling water.	
House Ginger Ale	70
Fresh ginger juice, ginger infused muscovado syrup, lime, sparkling water and a sprig of rosemary. Choose your level of ginger-ness spice... gentle or fiery.	
Purple Basil & Watermelon Muddle	75
Local watermelon, organic purple basil, passionfruit and a splash of grapefruit	
Pineapple & Basil Refresher	75
Fresh local pineapple & cucumber, muddled with organic basil.	
Phyto Green Mojito	110
Our hero, marine phytoplankton powder, is combined with lemon, orange, mint and sparkling water to make a delightful healthful 'cocktail' to refresh and restore.	
Citrus Electrolyte	75
Fresh orange & lime juice, a sprinkle of pink Himalayan salt and water of choice, with a dash of maple syrup, to hydrate and replace lost minerals.	
Charcoal Lemonade	100
Activated charcoal powder from coconut shells, lime juice and Mayan Melipona Honey, served with still or sparkling water, makes for a soothing and detoxifying drink.	

SPECIALITY ICE CREAM SMOOTHIES



Vanilla Almond Bliss

Delicious medjool dates mixed with our house stone-ground almond butter and fresh vanilla pod, adrift in a refreshing home-pressed coconut milk base and blended with ice to perfection.

Frappuccino

A shot of espresso and vanilla pod blended with ice and coconut milk along with our house stone-ground almond butter and medjool dates for the perfect full-bodied caffeinated infusion. A decaffeinated version is also available.

Banana Split

Frozen bananas, medjool dates and fresh vanilla pod and dark chocolate chips, blended with home pressed coconut milk and ice for a healthy, yet tasty take on an old classic.

Choco Nutty

Mexican 'Ah Cacao' cacao powder, medjool dates, frozen bananas, vanilla pod and a scoop of our house stone-ground almond butter, blended with our very own home-pressed coconut milk and ice for a chillingly refreshing indulgence.

Mint Choc

A charming blend of 'Ah Cacao' cacao powder, fresh mint leaves, medjool dates and frozen bananas blended with ice in coconut milk for a yummy delight.

Strawberries & Cream

A dreamy mixture of home-pressed coconut milk, tasty medjool dates, vanilla pod, complete with frozen strawberries and bananas blended with ice for a tasteful berry delight.

Sanara Piñada

Frozen pineapple, medjool dates and bananas blended with coconut milk and ice for a smoothie as pleasing as paradise.

All smoothies and juices 170 MXN