




Tierra

holistika.
tulum



Breakfasts

Sweets

Bagel  110 MXN
Served toasted with cream cheese and guava marmalade.

French toast   145 MXN
Brioche fried in butter, served with mixed berry, grand marnier compote and honey.

Pastries

Brownie   70 MXN
Served hot with a mixed berry compote.

Pain au chocolat  50 MXN
Served hot.

Vegan cookie of the day  30 MXN
Ask us for the flavor of the day

Croissant  50 MXN
Served with butter and guava marmalade.


Vegan pastry of the day  50 MXN
Ask us for the flavor of the day.

Extras

Eggs 20 MXN
Goat cheese 30 MXN
Oaxaca cheese 20 MXN
Avocado 30 MXN
Black beans 30 MXN
Yogurt 20 MXN
Granola 30 MXN
Gluten free bread 40 MXN
Roasted potatoes 50 MXN
Vegan chorizo 30 MXN


Warm Bowls


Oatmeal porridge  160 MXN
Cooked in almond milk and vanilla served with bittersweet chocolate shavings, slivered almonds, homemade caramel sauce and cinnamon.


Rice pudding  150 MXN
Cooked in coconut milk, served with homemade caramel sauce, fresh green apple and toasted pecans.


Cold Bowls

Fruit plate 85 MXN
Seasonal fruit served with yogurt and granola.

Chia bowl  130 MXN
Hydrated in coconut milk with agave nectar, served with seasonal fruit, red berries, popped amaranth, and cacao nibs.


Açai bowl  150 MXN
A Mix of frozen apple, banana, strawberry and acai pulp, sweetened with agave nectar. Toppings: mango, kiwi, mixed nut butter, popped amaranth, grated coconut and bee pollen.

Mango/maca bowl  150 MXN
A mix of frozen mango, pineapple and maca powder sweetened with agave nectar. Toppings: mixed nut butter, raspberries, hydrated chia seeds, grated coconut and lemongrass oil.

Cacao Bowl  150 MXN
Blended coconut, banana and cacao powder. Topped with : strawberry, granola, banana, shredded coconut, chia seeds hydrated in coconut milk & agave honey.

Eating smart is an Art!


Breakfast includes the first cup of filtered coffee.

 Take away service + 5 MXN


 Change of milk + 10 MXN

Any modification generates a cost of + 30 MXN . The food in this place includes extra love.

 Vegan

 Gluten free

 dairy

 Eggs

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Main courses

Eggs any style

Served with black beans, salad and hand made tortillas.

  135 MXN

Avocado toast

Topped with cherry tomatoes, sprouts, lemon, olive oil and chilli flakes.

W/ egg

 110 MXN

W/ goat cheese

 130 MXN

 135 MXN

Tofu scramble

Served with black beans, mixed greens and hand made tortillas.

  145 MXN

Vegetable sandwich

Whole wheat & nut bread served with pesto, Dijon mustard, xcatix mayonnaise, arugula, tomato, caramelised onion, roasted zucchini, roasted peppers accompanied by a mixed green salad.

 145 MXN

w/egg

 155 MXN

Chive scrambled egg bun

Served with a Oaxaca cheese crust, lettuce, chipotle dressing and avocado accompanied by roasted potatoes.


  155 MXN

Chickpea "tlacoyo"

Topped with green sauce, served with cactus salad, lettuce, sour cream and "sopero cheese".

  35 MXN

w/egg

 155 MXN

Chilaquiles

Choose between green, red or mole sauce, served with cilantro, parsley, radish, red onion and serrano chili.

  140 MXN

w/egg

 155 MXN

Enchiladas / enmoladas

Choose between red, green or mole sauce filled with roasted vegetables, served with vegan chorizo, cilantro, parsley, radish, pickled onion and serrano chili.

  135 MXN

Black fiore

Two poached eggs served on an English muffin, spinach and black hollandaise sauce made with recado negro, accompanied by roasted potatoes and a mixed green salad.

  160 MXN

Home made pita bread with roasted vegetables

Made with coconut-oil, garlic and zaatar filled with roasted vegetables, served with chili morita dip and toasted pumpkin seeds.

W/egg

 165 MXN

 180 MXN

Quinoa bowl with vegetables and vegan Italian sausage

Served with roasted zucchini, grated carrot, black beans, smoked cherry tomatoes, avocado, tahini, parsley, cilantro.

  230 MXN

Crispy pita with hummus

Served with smoked cherry tomatoes, cucumber and cilantro.

 150 MXN


Cheesy croissant

Filled with spinach, artichoke hearts and a mix of cheeses topped with grated Grana Padano cheese.


 110 MXN

Cream cheese bagel

Served with avocado, cucumber, cappers, tomato and red onion accompanied by a creamy roasted tomato coconut soup.


 145 MXN

w/egg

 165 MXN


Labneh and roasted zucchini bowl

Served with chimichurri, zaatar and warmed focaccia.

 155 MXN

Jocoque con tomates y aceite de albahaca

Tomato seasoned with basil oil, vinegar and pink salt. Served with toasted rye bread.

 120 MXN

Quesadilla Bar



Quesadilla

Our tortillas are made with organic non GMO heirloom corn grown by our sister farm @mestizadeindias served with guacamole, and burnt morita sauce.


  115 MXN

- Mushrooms squash blossoms
- Vegan chorizo cheese
- Grilled seitan
- ChicharroNOT

w/vegan cheese

  145 MXN

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Lunch

Appetizers

- Guacamole**  110 MXN
Served with herbs and chips.
- Naan with babaghanoush**  130 MXN
Made in our wood fired oven with our version of babaghanoush.
- Falafel with tzaziki**   140 MXN
6 pieces of falafel accompanied by tzaziki and labnhe.
- Coconut corn cream**  130 MXN
Hot cream of yellow corn served with toasted corn kernels and baby corn.
- Green pea Hummus with fava bean**  150 MXN
Lemon zest, mint, green peas and yucatan favas served with home made pita with cumin seeds and vegetables.
- Labnhe with zhug and rye bread**  150 MXN
The perfect dip for sharing served with radishes and celery.
- Artichoke, spinach and cheese crostini**  185 MXN
Toasted rye bread served with artichoke hearts, spinach and cheese dip topped with tomato and grated grana padano.
- Nachos nomeat**  200 MXN
Fried tortillas served with our home made vegan cheese.
- Nachos with unmeat**  220 MXN
Al pastor unmeat and chorizonot.
- Cauliflower aguachile, hibiscus and green grapes**  150 MXN
Served with red onion, cucumber, corn tostadas with flaxseeds and sprinkled with onion ash.

Main

- Chipotle Mc and cheese**  180 MXN
Our vegan version served with crunchy onions, bread crumbs and parsley
- Hot dog**  200 MXN
Spicy italian 'sausage' served with pickles, tomato, crunchy onions, yellow vegan cheese and potatoes.
- Hamburger**  250 MXN
Beyond meat, served with lettuce, pickles, tomatoes, caramelized onions and chipotle mayonnaise.
- Crunchy oat-chicken bun & fries**  240 MXN
Served with sweet and sour mayo sauce, pickles and cabbage salad accompanied by lemon-pepper french fries.
- Golden potato tacos with morita sauce**  180 MXN
4 pieces of fried rolled tortillas filled with potato served with hot morita pepper sauce, lettuce, sopero cheese, sour cream, avocado and pickled onion.
- Vegetable curry with crispy pita**  190 MXN
Vegetables served in coconut milk and lemongrass curry accompanied by white rice.
- 'Tuna' tostadas (2)**  195 MXN
Served with cucumber, chipotle mayonnaise, avocado and sesame oil.

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Lunch

Salads

Falafel Salad

Mixed greens served with tahini, tomato, red onion, zaatar and 5 pieces of falafel.

 170 MXN

Quinoa Salad

Mixed greens served with quinoa tomatoes with pesto, seeds, goat cheese and toasted bread.

 190 MXN

Mestiza de indias Capresse

Heirloom tomatoes, balsamic reduction, mozzarella cheese and basil oil.

  180 MXN

Green leaf salad

Mixed greens, onion, grated carrot, green apple, toasted seeds, cherry tomato, raw green beans.

 170 MXN

Choose your dressing:


carrot / soy
herb vinaigrette
tahini and olive oil
honey mustard

Pizzas

All our pizzas are made with sourdough in a wood burning oven.


Arabian

Tomato, arugula, falafel, tahini and zaatar.

 185 MXN


Avocado

Chimichurri, jalapeño, avocado, olive oil and chives.

 160 MXN


4 cheeses

Pomodoro sauce with roquefort, oaxaca, mozzarella and grana padano.

 180 MXN

Vegan Meats

Pomodoro sauce with chorizo, roasted meat, sudadero and pastor with pickled onion.

 200 MXN

With vegan cheese + 20 MXN

Tacos

Portion of tacos (5)


Vegan Pastor
Vegan Tenderloins
Vegan Steak
Vegan Chorizo
Onion mushrooms

 155 MXN

With cheese

 160 MXN

With vegan cheese

 175 MXN

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Dinner

Appetizers

Main

Radishes from @mestiza de indias with chive butter  110 MXN

Because less is more! Freshly picked at our sister farm, served with fried pita bread.

Naan with babaganoush  140 MXN

Made in our wood burning oven with our version of babaganoush.

Naan with muhammara  140 MXN

Made in our wood burning oven served with our roasted red pepper and nut dip.

Big taco of oat-chicken  145 MXN

Served with fermented garlic cream, sun-dried tomatoes, avocado and cabbage salad.

Jocoque with heirloom tomatoes  130 MXN

Tomatoes from our sister farm @mestiza de indias together with basil oil and pesto, served with zaatar and black rye bread.

Guacamole  140 MXN

Served with tortilla chips and herbes.

Carrot curry soup  135 MXN

Prepared with coconut milk and served with croutons, coconut and basil oil.

Hummus  140 MXN



Served with red zhug and toasted garlic. Choose the bread to dip with.

Yucatecan "Causa"  135 MXN


Potato puree with recado negro, pureed purple sweet potato, grilled squash, fermented garlic cream, black olives, avocado and pickled red pepper.


Lambrusco and gold leaf risotto  235 MXN
Prepared with grana padano cheese and lambrusco, served with an edible gold leaf.


Sweet potato gnocchi 250 MXN
Served with lima bean cream, mushrooms and chives.


Vegan oat-lobster roll   210 MXN
Oat-lobster served with crab cake style mayonnaise, and parsley. Accompanied by lemon pepper french fries.

Chilli beans  210 MXN
White rice with chilli beans.

'Tuna' tostadas (2)  195 MXN
Served with cucumber, chipotle mayonnaise, avocado and sesame oil.


Glased Tofu  200 MXN
Glazed with edamames and green pea puree.

Milpa tamal  180 MXN
Bathed in red sauce, accompanied by black beans, nopal salad and pickled baby onions.

Coconut Ceviche  150 MXN
Coconut milk, lime, red onion, cilantro, mango, coconut chips, crunchy sweet potato and habanero oil, served with tortilla chips.

Cous cous and cooked beets  210 MXN
Served with blue cheese vinaigrette, herbed oil and greens.

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Heirloom tomatoes, balsamic reduction, mozzarella cheese and basil oil.

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Green leaf salad

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With vegan cheese + 20 MXN

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Vegan Pastor
Vegan Tenderloins
Vegan Steak
Vegan Chorizo
Onion mushrooms

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Drinks

Shots

- Immune system booster** 55 MXN
Turmeric, ginger, whole lemon, lemon juice, coconut oil, and honey.
- Shot of aloe and lime** 55 MXN
- Apple cider vinegar** 55 MXN
Lemon, honey, cinnamon, and warm water.

Juices

- Pineapple, chaya, orange, spinach** 75 MXN
- Grapefruit, aloe** 75 MXN
- Orange Juice** 75 MXN
- Grapefruit juice** 75 MXN
- Tangerine juice** 75 MXN
- Carrot and passion fruit juice** 75 MXN

Coffee shop

- Americano** 35 MXN
- Cappuccino** 50 MXN
- Espresso** 45 MXN
- Double espresso** 55 MXN
- Latte** 45 MXN
- Tea** 45 MXN

Hot drinks

- Golden milk** 55 MXN
Coconut milk, turmeric powder, ginger, black pepper, agave syrup and cinnamon.
- Matcha latte** 55 MXN
Cococonut milk, agave syrup and matcha powder.

Water of the day

- Ask about our selection!** 50 MXN

Smoothies

- Guava lassi** 100 MXN
Guava, coconut milk, rose water, cardamom and lemon.
- Cocoa banana** 100 MXN
Banana, cocoa powder, coconut milk, peanut butter, vanilla, and cocoa nibs.
- Strawberry and Yucatecan lime** 100 MXN
Strawberry, lavender essential oil, Yucatecan lime, coconut milk, agave honey, vanilla and hydrated chia.
- Mango/banana** 100 MXN
Apple banana, mango, fresh turmeric, cinnamon and lemon.

Kombucha


- Bruja sana**
- Original** 100 MXN
- Ginger** 100 MXN
- Mandolin**
- Blackberry / passion fruit** 100 MXN
- Hibiscus flower** 100 MXN
- Green apple** 100 MXN
- Strawberry / kiwi** 100 MXN
- Ginger** 100 MXN

Buho Sodas

- Tamarind / habanero** 35 MXN
- Hibiscus flower / pomegranate** 35 MXN
- Mandarin / orange** 35 MXN
- Mango / passion fruit** 35 MXN
- Mint / lemon** 35 MXN
- Kola** 35 MXN
- Mineral** 35 MXN

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