



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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 Dairy

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Lunch

Appetizers

Main

Guacamole/Sikil pak

Mix of Avocado, onion, coriander and lemon accompanied by a pumpkin seed dip, tortilla chips and vegetables to dip.

 150 MXN

Naan with babaganoush "Yin Yang"

Our version of babaganoush and classic babaganoush served with naan baked in wood burning oven.

  130 MXN


Nachos with or without "meat"

Tortilla chips served with our vegan cheese, chives and at your request addition of chorizo and pastor.

 200 /
 220 MXN

Yom Yom dip platter

5 dips (inquire about our daily selection) Served with vegetables and chips for dipping.

 160 MXN

Coconut ceviche

Served with red onion, tomato, cucumber and coriander accompanied by tortilla chips.

 150 MXN


Hummus

Beetroot and classic served with crudités and pita bread from our wood burning oven.

  150 MXN

Tomato "Clams"

10 cherry tomatoes in a habanero chili oil with a smoked tomato and Yucatán lime broth.

 120 MXN

Smoked vegetables

Smoked vegetable broth with rice and vegetables Served with onion and coriander.

 80 MXN

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Burger

Beyond meat burger, caramelized onion, lettuce, tomato and raw onion accompanied by french fries.

  250 MXN

Breaded eggplant Torta

Telera served with vegan mayonnaise, mustard, pickles chilies and black beans. Accompanied by French fries or salad.

  145 MXN

Rice "A la tumbada"

Creamy rice Veracruz style with nori seaweed, hearts of palm and lobster fritters (oats).

  155 MXN

Hot Dog

Spicy Italian style sausage from beyond meat Vegan yellow cheese, crunchy onions, pickles and tomato. Served with French fries or salad.

  200 MXN



Thai Zucchini spaghetti

Zucchini spaghetti with peanut, soy and sriracha sauce, served with vegetables, crispy onion and tofu.

 155 MXN


Gyozas

7 pieces filled with cabbage and sweet and sour soy Served with tamarind sauce and Chile de Árbol oil.

  165 MXN


Poke Bowl

Steamed jasmine rice, watermelon "tuna", edamames, cucumber, avocado, red onion, fried onion, sesame seeds, chipotle mayonnaise, nori seaweed and ponzu sauce.

 180 MXN

"Tuna" tostadas

3 fried tortillas served with a "tuna" paté (chickpea) Cucumber, fried leek, chipotle mayonnaise, sriracha, sprouts and lemon.

 170 MXN

Golden potato tacos with morita sauce

4 oieces of fried rolled tortillas filled with potato served with hot morita pepper sauce, lettuce, vegan sour cream, avocado and pickled onion.

 170 MXN

 Vegan

 Contain gluten

 dairy

 Eggs

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Lunch

Salads

Green Salad

Lettuce, endive, radicchio, toasted pumpkin seeds, avocado and roasted beetroot with an herb dressing (you can add goat cheese).

 145/
 160 MXN

Tomato Salad

Tomato, radish and rosemary focaccia served with a side of clarified tomato broth.

  155 MXN

Pesto Salad


Jicama, chayote, green grapes and pistachios with pesto.

 160 MXN

Tacos

Love is written with four letters: T A C O

Serving of 5 tacos

 140 MXN

- Pastor (seitan) 
- Steak (seitan)
- Brisket (contains soy)
- "Lomitos" (soy and mushrooms)
- Chorizo (soy)
- Portobello carnitas (mushrooms)

With cheese

 160 MXN

Vegan cheese

 165 MXN

Pizzas

Made in wood burning oven with sourdough starter


4 cheeses

Pomodoro sauce, blue cheese, grana padano, Oaxaca cheese and mozzarella.

 180 MXN


Pesto and broccolini

Pesto, roasted broccolini, vegan cheese, mushrooms and fresh herbs.

 175 MXN

Vegan meats

Pomodoro sauce, vegan chorizo seitan pastor, soy brisket and pickled red onions.


 185 MXN

Avocado

Avocado, chimichurri, jalapeño chili, fresh herbs and vegan cheese.

 180 MXN

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Dinner

Appetizers

Main


Cauliflower Nuggets

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

 150 MXN

Naan with babaganoush

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

 140 MXN


Big taco of oat-chicken

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

 145 MXN

Jocoque with heirloom tomatoes

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

 130 MXN


Guacamole

Served with tortilla chips and herbes.

 140 MXN


Carrot curry soup

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

 165 MXN

Hummus

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

 140 MXN

Yucatecan "Causa"

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

 135 MXN

Lambrusco and gold leaf risotto

Prepared with grana padano cheese and lambrusco, served with an edible gold leaf.

 235 MXN

Sweet potato gnocchi

Served with pesto and parmesan.

 250 MXN

Vegan oat-lobster roll

Oat-lobster served with crab cake style mayonnaise, and parsley. Accompanied by lemon pepper french fries.

  210 MXN

Chilli beans

White rice with chilli beans.

 210 MXN

'Tuna' tostadas (2)

Served with cucumber, chipotle mayonnaise, avocado and sesame oil.

 195 MXN

Glased Tofu

Glazed with edamames and green pea puree.

 200 MXN

Gyosas

Stuffed with vegetables and sweet and sour soy bathed in tamarind sauce and chili oil with peanuts

 165 MXN

Coconut Ceviche

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

 150 MXN

Fried broccoli

Served with black sauces and lemon.

 150 MXN

"Chicken" (cauliflower) Thai

Cauliflower breaded with tempura and panko bathed with sweet and sour sauce, soy and garlic served with white rice

 175 MXN

Bean Shawarma

Pita bread stuffed with bean croquettes with lettuce, tomato, parsley dressing, garlic cream and red onion accompanied by French fries

 180 MXN

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Dinner

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, 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

Ttomoato, 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

Jacos

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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Postres

Café, caramelo y especias

Mousse de Café con bizcocho de chocolate y ron, crumble de especias, gelato de palomitas de caramelo, palomitas acarameladas y puré de piel de limón .

  160 MXN


Tarta de plátano y chocolate amargo

Cremoso de plátano, mousse de crema de cacahuete, puré de piel de limón eureka, toffe salado, gelato de cacahuete y tapioca hidrata en café.

  150 MXN


Matcha, chocolate blanco y pistache

Bizcocho de pistache, mousse de chocolate blanco con matcha, jalea de frambuesa, crumble de pistache y gelato de matcha.

 165 MXN

New York vegan cheesecake

Cheesecake sin azúcar, sin lácteos, sin gluten. Servido con mermelada de frutos rojos.

 160 MXN

Desserts

Coffee, caramel and spices

Coffee mousse, caramelized popcorn, chocolate rum cake, spice crumble, lemon peeled pure served with popcorn gelato.

  160 MXN

Banana and bitter chocolate cake

Banana cream, peanut butter mousse, eureka lemon zest purée, salted toffee, coffee hydrated tapioca and peanut butter gelato.

  150 MXN


Matcha, white chocolate and pistachio

Pistachio cake, white chocolate and matcha mousse, raspberry jelly, pistachio crumble and matcha gelato.


  165 MXN

New York vegan cheesecake

Cheesecake sugar free, dairy free, gluten free. Served with red fruits jam.

 160 MXN

 para llevar + 5 MXN

 Cambio de leche + 10 MXN

Cualquier modificación genera un costo de + 30 MXN

La comida en este lugar incluye extra de amor.

 Vegan

 Contain gluten

 dairy

 Eggs

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Drinks

Shots

Immune system booster

Turmeric, ginger, whole lemon, lemon juice, coconut oil, and honey.

55 MXN

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

Coconut milk, turmeric powder, ginger, black pepper, agave syrup and cinnamon.

55 MXN

Matcha latte

Coconut milk, agave syrup and matcha powder.

55 MXN

Water of the day

Ask about our selection!

50 MXN

Smoothies

Guava lassi

Guava, coconut milk, rose water, cardamom and lemon.

100 MXN

Cocoa banana

Banana, cocoa powder, coconut milk, peanut butter, vanilla and cocoa nibs.

100 MXN

Strawberry and Yucatecan lime

Strawberry, lavender essential oil, Yucatecan lime, coconut milk, agave honey, vanilla and hydrated chia.

100 MXN

Mango/banana

Apple banana, mango, fresh turmeric, cinnamon and lemon.

100 MXN

indigo

Banana, strawberries, blueberries, peanut butter, coconut milk and granola.

100 MXN

Kombucha

Bruja sana

100 MXN

Original

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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Vegan



Gluten free



Dairy



Egg