



CHIRRIPO ECO-MERCADO Y CAFE

## BREAKFAST

SERVED UNTIL 2PM

<b>EGGS ANYWAY</b>	<b>GF</b>	<b>3,600</b>
<i>2 eggs with sourdough or gluten-free toast. Scrambled with peppers, onions, kale</i>		
<b>EGGS BENNY</b>	<b>GF</b>	<b>4,600</b>
<i>two eggs over smoked salmon lox with fresh dairy-free hollandaise on reg or gluten-free English muffin</i>		
<b>THREE EGG OMLETTE</b>	<b>GF</b>	
• cheese		<b>3,000</b>
• veggie		<b>3,800</b>
• pesto spinach with local goat cheese		<b>4,800</b>
• smoked trout with local goat cheese		<b>5,800</b>
<b>4 CHEESE PAN FRITTATA</b>	<b>GF</b>	<b>4,800</b>
<i>local mozzarella, parmesan, swiss and goat cheese with mix of vegetables served in a pan with toast and jam</i>		
<b>TOFU SCRAMBLE</b>	<b>✓ GF</b>	<b>4,600</b>
<i>organic tofu with veggies, turmeric, Indian black salt, served with pan fried potatoes</i>		
<b>SMOOTHIE BOWLS</b>	<b>✓ GF</b>	<b>+1200</b>
<i>organic granola, fresh organic fruit and hemp seeds added to smoothie of your choice in a bowl</i>		
<b>FRENCH TOAST</b>	<b>FULL</b>	<b>4,600</b>
<i>sourdough cinnamon bread served with fresh fruit, berry compote and maple syrup</i>		
	<b>KIDS</b>	<b>3,000</b>
<b>PLANTAIN WAFFLES</b>	<b>✓ GF FULL</b>	<b>4,600</b>
<i>two gluten-free waffles served with fresh fruit, maple syrup &amp; berry compote</i>		
	<b>KIDS</b>	<b>3,000</b>

## CASUAL FARE

<b>AVOCADO TOAST</b>	<b>✓ GF</b>	<b>3,600</b>
<i>avocado, tomato, nutritional yeast, fresh sprouts or lettuce on sourdough or GF toast</i>		
<b>LOX &amp; BAGEL</b>		<b>4,200</b>
<i>a fresh artisan bagel with local goat cheese, smoked salmon lox, red onion and capers</i>		
<b>GRILLED CHEESE</b>	<b>✓ GF</b>	<b>3,600</b>
<i>fresh mozzarella and tomato on sourdough or gluten-free bread. vegan cheddar +1200</i>		
<b>TOFU CHIPOTLE SANDWICH</b>		<b>4,600</b>
<i>organic tofu and chipotle veganise on your choice of sourdough or gluten free bread</i>		
<b>GRILLED BRIE SANDWICH</b>		<b>4,600</b>
<i>organic grilled zucchini, eggplant, pepers, carmalized onions and ripe brie on ciabatta</i>		
<b>TUNA QUINOA POKE BOWL</b>	<b>GF</b>	<b>6,000</b>
<i>raw tuna steak, organic quinoa, medly of fresh and cooked vegetables, asian sauce</i>		
<b>BEYOND BURGER</b>	<b>✓ GF</b>	<b>SINGLE 5,500</b>
<i>veganise, onion, tomato, ketchup, vegan cheddar cheese. GF bread option.</i>		
<b>ADD side salad, potato or camote fries</b>		<b>+2,000</b>
<b>BEYOND SAUSAGE</b>	<b>✓ GF</b>	<b>5,500</b>
<i>with veganise, onion, tomato, kraut, mustard on regular or GF bun</i>		
<b>ADD side salad, potato or camote fries</b>		<b>7,500</b>
<b>FILLET OF TROUT BURGER</b>	<b>GF</b>	<b>6,500</b>
<i>4oz local trout fillet, tomato, lettuce, fried onion rings with non-dairy tarter sauce</i>		
<b>ADD side salad, potato or camote fries</b>		<b>8,500</b>

WE USE PRIMARILY ORGANIC INGREDIENTS, LOCAL WHEN POSSIBLE

## NIBBLES

<b>PATACONES TOSTADOS</b>	<b>GF</b>	<b>4,200</b>
<i>3 fried green plantain tostados filled with organic black beans, local cheese, tomato salsa and guacamole</i>		
<b>FRIES</b>	<b>V GF</b>	<b>3,000</b>
<i>organic potato fries served with organic ketchup and vegan mayo or spicy papaya</i>		
<b>CAMOTE OR YAM FRIES</b>		<b>3,600</b>
<i>with vegan chipotle</i>		
<b>GUACAMOLE &amp; PEJIBEYE CHIPS</b>	<b>V GF</b>	<b>4,200</b>
<i>house guacamole with handmade fried pejibeye tortilla chips to dip</i>		
<b>HUMMUS PLATE</b>	<b>V GF</b>	<b>4,800</b>
<i>reg ular or extra garlic organic hummus with selection of organic veggies and mix vegetable chips.</i>		

## SOUP & SALAD

<b>MISO SOUP</b>	<b>V GF</b>	<b>4,200</b>
<i>shiitake, organic tofu, spring onion with organic Aka miso</i>		
<b>KAPI KAPI SALAD</b>	<b>V GF</b>	
<i>mixed organic greens, avocado,</i>	<b>FULL</b>	<b>4,500</b>
<i>cucumber, tomato, kimchi, house dressing</i>	<b>HALF</b>	<b>3,500</b>
<b>TOUCAN SALAD</b>	<b>V GF</b>	
<i>organic greens, onion, strawberry, cherry</i>	<b>FULL</b>	<b>4,500</b>
<i>tomato, uchua, avocado, fried green</i>	<b>HALF</b>	<b>3,500</b>
<i>plantain crisps, blackberry vinaigrette</i>		
<b>GREEK SALAD</b>	<b>GF</b>	
<i>organic romanie, local goat feta,</i>	<b>FULL</b>	<b>5,600</b>
<i>kalamata olives, cucumber, cherry</i>	<b>HALF</b>	<b>4,200</b>
<i>tomato, red onion, house Greek dressing</i>		
<b>ARUGULA SALAD W/TOAST</b>	<b>V GF</b>	
<i>organic arugula, cherry tomatoes, olives,</i>	<b>FULL</b>	<b>5,600</b>
<i>slivered roasted almonds, house</i>	<b>HALF</b>	<b>4,200</b>
<i>vinaigrette and oyster mushroom toast</i>		

## CHEF'S SPECIAL PLATES

<b>TERIYAKI TOFU LOVE BOWL</b>	<b>V GF</b>	<b>7,200</b>
<i>organic tofu with house made teriyaki marinade with curried vegetables over bed of cauliflower rice, avocado flower. Keta Friendly</i>		
<b>LINGUINE MARINARA</b>	<b>V GF</b>	<b>6,500</b>
<i>house made garbanzo bean linguine with fresh made organic marinara sauce, served with garlic toast</i>		

## PIZZA

<b>ORGANIC KAMUT OR GLUTEN FREE FRESH YUCA CRUST</b>		<b>1,200</b>
<b>SUBSTITUTE WITH VEGAN CHEESE</b>		<b>7,300</b>
<b>CHEESE</b>	<i>local Quesos Canaan</i>	<b>7,300</b>
<b>VEGGIE DELUXE</b>	<i>peppers, onion, tomato, mushrooms, zucchini</i>	<b>8,500</b>
<b>MUSHROOM</b>	<i>local shiitake, oyster, champignon, crimini</i>	<b>9,100</b>
<b>MARGHERITA CLASSIC</b>	<i>local mozzarella and tomato topped with fresh basil, oregano and olive oil</i>	<b>9,100</b>
<b>PESTO PARMESAN</b>	<i>tomato, red peper, onion with mozzarella and parmesan cheese on pesto, topped with fresh parmesan,</i>	<b>9,100</b>
<b>PESTO SPINACH</b>	<i>spinach, zucchini with pesto spinach Tofurky sausage on homemade pesto base</i>	<b>10,000</b>
<b>BEYOND ITALIAN</b>	<i>red pepper, onion, zucchini, Hot Italian Beyond Sausage, hot chiles on tomato sauce</i>	<b>10,000</b>
<b>HAWAIIAN BARBECUE</b>	<i>organic tofu and pineapple on BBQ sauce</i>	<b>10,000</b>
<b>MEDITERRANEAN GOAT CHEESE</b>	<i>artichokes, sun-dried tomatoes, black olives, arugula with local goat cheese</i>	<b>12,000</b>
<b>SMOKED TROUT/GOAT CHEESE</b>	<i>garlic cream base, local smoked trout, local goat cheese, capers, red onions</i>	<b>12,000</b>

<b>TROUT WITH PLUM</b>	<b>GF</b>	<b>ONE</b>	<b>6,800</b>
<i>local fryer trout, sauteed organic</i>		<b>TWO</b>	<b>9,000</b>
<i>asparagus and green bean, camote mash, organic sweet &amp; savoury plum sauce</i>			
<b>SAFFRON TROUT FILLET</b>	<b>GF</b>		<b>11,000</b>
<i>8oz of local trout fillet in white wine saffron sauce, rosemary baby potatoes, sauteed organic asparagus and green bean,</i>			

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## SMOOTHIES

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<b>VERY BERRY</b> <i>Banana, Strawberry, Mora</i>	2,500
<b>TROPICAL BLISS</b> <i>Fresh pipa, pineapple, passionfruit</i>	2,500
<b>NUTTY MONKEY</b> <i>Organic peanut butter, cocoa, banana</i>	3,000
<b>GREEN DREAM</b> <i>Pineapple, Cucumber, Cilantro, Kale, Spirulina</i>	3,000
<b>SPIDER MONKEY</b> <i>Banana, Tahini, Raw Cacao, Honey, nut milk</i>	3,000
<b>SUPER MONKEY</b> <i>Banana, maca, mucuna, almond butter, organic dates, raw cacao, nut milk</i>	4,000

## SUPERFOOD WARM DRINKS

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<b>GOLDEN MOON MILK</b> <i>reishi, ashwagandha, lavender, blue lotus</i>	3,000
<b>GOLDEN SUN MILK</b> <i>maca, cordyceps, mucuna, cinnamon, cardamom, vanilla</i>	3,000
<b>DIRTY ROSE CHAI</b> <i>horsetail, nettle, gynostemma, cinnamon, vanilla, cardamom, vanilla, shot of espresso</i>	3,000
<b>MUSHROOM MOCHA</b> <i>medicinal mushroom mix with coconut cream, and cacao</i>	3,200
<b>CHAGA CACAO</b> <i>chaga mushroom, organic cacao,</i>	3,200
<b>KAVA KAVA COCONUT</b> <i>medicinal kava kava root from Fiji or Vanatu in warm coconut milk &amp; honey</i>	4,000

## HOT DRINKS

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*DAIRY, GOAT or ORGANIC COCONUT, SOY, ALMOND*

<b>AMERICANO</b>	1,200
<b>ESPRESSO</b>	1,200
<b>LATTE /CAPUCCINO</b>	1,800
<b>CHAI LATTE</b>	2,500
<b>CAFE MOCHA</b>	2,500
<b>AZTEC MOCHA</b>	2,500
<b>MATCHA LATTE</b>	2,500
<b>ORGANIC LOOSE TEA</b> <i>Earl Grey, Jasmine or Gunpowder Green, Chai, Rooibos, Yerba Mate</i>	1,800
<b>SIPPING CHOCOLATE</b> <i>Three Kings, Heat Wave, 85%</i>	2,000

## FRESH PRESSED JUICE

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<b>GINGER GREEN</b>	3,000
<b>DEEP ROOTS</b>	3,000
<b>TURMERIC ELIXIR</b>	3,000

## COLD DRINKS

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<b>KOMBUCHA CULTURE ON TAP</b>	2,500
<b>KOMBUCHA CULTURE HARD</b>	2,800
<b>PELLIGRINO SPARKING WATER</b>	1,500
<b>BOTANICA SODAS</b> <i>Hibiscus, Limonada, Bubble Chai, Ginger Beer</i>	2,500

**WE USE ORGANIC COFFEE, ORGANIC AND LOCAL INGREDIENTS WHENEVER POSSIBLE**



## DESSERTS

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### ICE CREAM SANDWICH 4,000

*Two of our home made organic, gluten-free cookies with vanilla Coconut Bliss ice cream filing, and special toppings*

### COCONUT BLISS + ONE SCOOP 2,500

*Choose from Vanilla, Salted Caramel or Peanut Butter, with yummy embellishments*

### RAW VEGAN PIE 4,200

*Organic nut and date crust, raw vegan filling and topped with fresh fruit. Ask server for details.*

### GF APPLE PIE A LA MODE 4,200

*Organic gluten free crust, organic apples and cinnamon with one scoop of Coconut Bliss vanilla ice cream.*

### TROPICAL FRUIT FLAMBE

*organic banana, papaya, pineapple prepared flambe (with vodka), vanilla* FOR ONE 4,000

*Coconut Bliss ice cream, topped with our house made chocolate sauce & berry sauce* FOR TWO 6,000

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