

BUILD YOUR FAVORITE

INCLUDES TODAY'S WATER



Healthy Burrito

Made with whole Wheat Tortilla.

\$155



Small Salad

Base to choose from Lettuce, Spinach or Zucchini Noodles.

\$165



Medium Salad

Base to choose from Lettuce, Spinach or Zucchini Noodles.

\$179



Big Salad

Base to choose from Lettuce, Spinach or Zucchini Noodles.

\$195



Super Bowl

Base to choose from Brown Rice or Wheat Fusilli

\$199



PROTEINS



- Low Sodium Tuna
- Chickpea
- Organic Boiled Egg
- Grilled Chicken
- Buffalo Chicken
- Cooked Portobello
- Almond Cheese
- Goat Cheese
- Feta Cheese
- Panela Cheese

CARBS & DIPS



- Brown rice
- Beans
- Wheat Fusilli
- Hummus
- Lentils
- Tzatziki (jocoque with cucumber)
- Quinoa
- Tahini

COMPLEMENTS



- Black Olives
- Celery
- Beets
- Broccoli
- Italian Pumpkin
- Cooked Sweet Potato
- Tanned Onion
- Red Onion
- Jalapeños
- Cilantro
- Baby Spinach
- Seasonal Fruit
- Alfalfa Germ
- Corn Kernels
- Jicama
- Lettuce
- Green Apple
- Mushroom Mix
- Radish
- Cherry Tomatoes
- Green Grapes
- Carrots
- Zucchini Noodles

TOPPING



- Black Sesame Seeds
- Dried Cranberries
- Peanuts
- Rye Croutons
- Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Baked Tortilla

DRESSINGS & VINAGRETTES



LOW CARB

- Olive Oil
- Blue Cheese
- Buffalo Dressing
- Chipotle Dresseing
- Cilantro Dressing
- Healthy Caesar Dressing
- Honey Mustard
- Japanese Dressing
- Garlic Vinaigrette
- Balsamic Vinegar
- Chili Vinaigrette
- Tomato Vinaigrette

EXTRAS

- Proteins **+\$30**
- Baked Salmon **+\$75**
- Carbs & Dips **+\$15**
- Complements **+\$10**
- Avocado 1/2 **+\$30**
- Toppings **+\$15**
- Dressings & Vinagrettes **+\$15**



Change your Today's Water
Lemonade + \$29
Coldpressed Juice + \$49



Share your experience with us
in instagram @vitology_mx

COLDPRESS JUICES

WITHOUT ADDED SUGAR · WITHOUT PRESERVATIVES ·
WITHOUT DILUTING WITH WATER NO ARTIFICIAL FLAVORINGS

370 ML

- Antioxidante \$89**
Ginger, kiwi, green apple and cucumber.
- C Boost \$89**
Echinacea, orange and pineapple
- Detox It \$89**
Spinach, kale, green apple, lemon and cucumber.
- Fatburn Energy \$89**
Pineapple and grapefruit
- Happy Orange \$89**
Oranje juice.
- Power Orange \$89**
Celery, orange and carrots
- Pressed Vegetal Juice \$89**
Cucumber, chard, ginger, celery and lemon.
- Super Green \$89**
Chard, celery, spinach, green apple, lemon, parsley and pineapple.
- Upbeat \$89**
Beetroot, ginger, orange, lemon and carrot



COLDPRESS SHOTS 70 ML

- Antiflu Shot \$49**
Turmeric, ginger, lemon and cayenne pepper.
- Digestive Shot \$49**
Ginger and green apple.
- Fat Burner Shot \$49**
Chia, ginger and pineapple.
- Pure Ginger Shot \$69**
Ginger concentrate.
- Vitamin C Shot \$49**
Ginger and orange.



LEMONADES 370 ML

- Black Lemonade \$65**
Alkaline water, activated carbon, lemon and natural stevia.
- Cayenada \$69**
Alkaline water, lemon, cayenne pepper and agave honey.



ALMOND MYLKS, COFFEES & LATTES 350 ML 470 ML

WITH HOMEMADE ALMOND MILK, CHANGE IT TO OAT, COCONUT OR ORGANIC COW'S MILK. MADE WITH ORGANIC COFFEE.

- Golden Mylk \$89** 370 ML
Alkaline water, almonds, cinnamon, cardamom, ground cloves, turmeric, dates, ginger and black pepper.
- Coco Mylk \$89** 370 ML
Alkaline water, almonds, date, coconut pulp.
- Cacao Mylk \$89** 370 ML
Alkaline water, almonds, dates, cocoa, vanilla and cinnamon.
- American Coffee \$45**
- Capuccino \$59**
- Chai Latte \$65**
- Cold Brew Coffee \$69**
- Cold Brew Latte \$69**
- Double Espresso \$35**
- Iced Matcha Latte \$75**
Orgánico Matcha tea y agave honey.
- Latte \$59**

PROTEIN SMOOTHIES 470 ML

WITH HOMEMADE ALMOND MILK, CHANGE IT TO OAT, COCONUT OR ORGANIC COW'S MILK. MORE THAN 2 SCOOPS PER SMOOTHIE IS NOT RECOMMENDED.

- | | BIRDMAN | HABITS PROBIOTIC | SASCHA FITNESS |
|---|--------------|------------------|----------------|
| Protein Smoothie | \$99 | \$114 | \$129 |
| Smoothie with protein to choose. | | | |
| Banana Cacao Protein | \$115 | \$130 | \$145 |
| Peanut butter, banana and a touch of cocoa nibs. | | | |
| Black Berry Protein | \$125 | \$140 | \$155 |
| Chocolate protein, strawberry, blueberries, raspberries, almonds, chia and agave honey. | | | |
| Big Cookie Protein | \$115 | \$130 | \$145 |
| Protein of your choice, topped with our Big Cookie. | | | |
| Peanut Butter Vainilla Protein | \$115 | \$130 | \$145 |
| Banana, peanut butter and a touch of cinnamon. | | | |
| Snickers Protein | \$119 | \$134 | \$149 |
| Chocolate protein base, vegan chocolate chips, with house-made peanut butter and peanut pieces. | | | |

DRINKS

- Alkaline Water \$35**
- Today's Water \$39**
- Jamaica Water \$39**
with green tea.



SMOOTHIES 470 ML

WITH HOMEMADE ALMOND MILK, CHANGE IT TO OAT, COCONUT OR ORGANIC COW'S MILK.

- Cacao Power \$85**
Banana, cocoa nibs and cinnamon.
- El Padrino \$99**
Fresas, plátano, polen de abeja y miel de agave.
- Pick Me Up \$99**
Blueberries, banana and natural coconut zest.
- Pink Berry \$85**
Strawberry, blueberries, raspberries, almonds, chia and agave honey.

FRAPPES 470 ML

- Slushie de Fresas \$69**
Lemon, strawberries, natural stevia and alkaline water.
- Pressed Ginger Tonic \$99**
Coldpressed orange and ginger, pineapple and alkaline water.
- Pressed Tropical \$99**
Coldpressed orange, pineapple, strawberries and natural coconut zest.

CONVERT YOUR COLDPRESSED JUICE TO FRAPPÉ +\$10

EXTRA TOPPINGS

- Maca • Chia • Cocoa nibs • Gojis +\$15
- Healthy Chamoy • Peanut Butter
- Hempseed • Almond Butter
- Green Spirulina Algae +\$30
- Coldbrew Shot • Bee Pollen



ALL DAY CASUAL FOOD



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



SUPER FOOD

VITOLOGY[®]
The Power of Nature



Acai Bowl **\$159**

Acai, blueberries, banana, homemade almond milk, granola, kiwi, strawberries, grapes, natural coconut zest and almonds.



Blue Spirulina Bowl **\$165**

Blue spirulina seaweed, homemade almond milk, dried fruit, banana, shredded coconut and red berries.



Cacao Bowl **\$120**

Banana, cocoa, our house peanut butter and homemade almond milk. Amaranth, tresa, gojis, cocoa nibs and coconut.



Green or Red Chilaquiles **\$119**

Baked corn tortilla chips, with our delicious green chile or guajillo chiles sauce, oaxaca cheese, avocado, greek yogurt and a touch of cilantro.



Vitology Hot Cakes **\$115**

Vegan and delicious made with oatmeal, chia, banana, homemade almond milk and natural stevia, garnished with fruit and accompanied with agave honey.



Kids Hot Cakes **\$89**

Oatmeal hotcakes with homemade almond milk, banana and organic egg. Accompanied by fruit and agave honey.



Vitology Organic Omelette **\$139**

Organic egg whites, mushroom filling, goat cheese, spinach and mint leaves.



Sándwich To Go **\$139**

Lightly toasted rye bread, turkey ham, panela cheese, lettuce, dried tomato and chipotle dressing.



Vegan Oatmeal **\$119**

Delicious bowl of oatmeal and chia based on coconut milk, accompanied with vegan chocolate chips, strawberries, banana, blueberries and our house almond cream.



Vegetarian Waffles **\$159**

Made with almond flour, banana, organic egg and natural almond milk. Accompanied by fruit and agave honey.



Avocado Toast **\$125** +30

Based on avocado, roasted corn, onions and cilantro. 2 pieces.



Strawberry Toast **\$125**

Based on our house almond cream, strawberries, amaranth and natural coconut zest. 2 pieces.



Mediterranean Toast **\$129**

Hummus, mushrooms, baby spinach, basil, dressed with extra virgin olive oil, low sodium salt, lemon and oregano. 2 pieces.

SALADS



Balsamic \$155

Lettuce or spinach base, grilled chicken breast, tomato, sesame seeds, beets, goat cheese and blueberries. Served with balsamic dressing.



Healthy César \$165

Lettuce or spinach base, grilled chicken, parmesan cheese, baked rye, croutons and low carb caesar dressin.



Omega \$185

Lettuce or spinach base, with baked salmon, carrot, zucchini, broccoli, peanuts and cilantro. Includes Japanese dressing.



Rainforest \$155

Lettuce or spinach base, grilled chicken, italian squash, panela cheese, tomato, beet, black olive, avocado, sesame seeds and fusilli. Served with garlic vinaigrette and cilantro dressing.

PANINIS & WRAPS



Parmesan Panini \$175

Sourdough bread stuffed with grilled chicken breast, baby spinach, goat cheese, Italian squash and sun-dried tomato, dressed with our house vinaigrette.



Porto Panini \$175

Sourdough bread stuffed with roasted portobello, feta cheese, tomato, spinach, black olives, on an avocado base, garnished with our honey mustard dressing.



Buffalo Wrap \$149

Grilled buffalo chicken, spinach, avocado and cucumber. Accompanied by salad and blue cheese dressing.



Santa Fe Wrap \$149

Grilled buffalo chicken, spinach, avocado and cucumber. Accompanied by salad and blue cheese dressing.



Vegan Wrap \$149

Portobello marinated with spices, spinach, avocado cucumber and garlic dressing. Accompanied by salad.

DESSERTS VITOLOGY

Big Cookie \$35

Made from whole wheat flour, vegan chocolate chips and sweetened with brown sugar.



Blueberry Cupcake \$59

Delicious keto recipe based on almond flour, tapioca flour, blueberries and sweetened with monk fruit.



Carrot Cupcake \$59

Delicious recipe based on almond flour, organic egg and sweetened with brown sugar.



Chocolate Cake \$99

Vegan fudge chocolate cake, made from almond flour and oats, sweetened with agave honey.



Vegan Banana Cupcake \$45

Made with oatmeal and tapioca flour, vegan chocolate chips and banana. Sweetened with agave honey.



Vegan Brownie \$55

Based on oatmeal and sweetened with brown sugar.



Vegansito \$55

Delicious house recipe made from almond flour and oats, sweetened with agave honey, filled with natural strawberry jam and vegan cream.

