



Umami is created through the search of a harmonious balance between our inner and outer environment, creating a proposal that searches to work with seasonal and local products.

We work hand by hand with agricultures, fishermen and committed producers with our food and we try to transform it in the same way. With the intention of bringing the flavors to a pleasant sensation, altering their energy and nutritional values as little as possible.

\*Our ingredients are fresh and seasonal, therefor they are subjected to availability

\*Please mention if you are allergic to any ingredient

\*In tables bigger to six people a 10% will be included corresponding to service.

# ESPRESSO bar

espresso

machiatto (cortado)

american

capuccino

flat white

latte

moka

bulletproof

cold brew

black tea

hot chocolate

chai tea

chai latte

matcha tea

matcha latte

add whole milk+

add or change to vegetable  
milk+

make your beverage cold+

## BEVERAGES

water of the day  
jug of water (2lts)  
half jug  
lemonade  
mineral water  
house soda  
kombucha Aurora Boreal  
ginger beer KO

## BEERS

national beer  
craft beer

## medicinal SHOTS

### shot 1:

ginger·lemon·honey

### shot 2:

ginger·garlic·  
turmeric·honey·polen

## WINES

ask for our selection.

## DIGESTIF

### cafe chère:

cold brew·ron·cherry tomato  
syrop

### carajillo:

espresso·licor 43

# JUICES

orange  
out of season  
grapefruit  
out of season

## COLDPRESS JUICES

(prepared at the moment  
with slow extraction)

Good things take time

### **pacífico:**

pineapple·mint·cucumber·  
ginger·lemon·honey

### **détox 1:**

apple·celery·spinach and/or  
kale\*·carrot

### **détox 2:**

cucumber·celery·spinach  
and/or kale\*·parsley·  
ginger·lemon

### **sunrise:**

carrot·beet·spinach·  
ginger·lemon

### **cangrejo:**

apple·celery·carrot·  
ginger

### **sol:**

apple·beet·orange·lemon

### **anti covid:**

orange·pineapple·  
spinach·lemon·honey·  
polen·camu camu·ginger

# SMOOTHIES

## jungla:

vegetable milk·banana·  
vanilla·peanut butter·maca

## tarzán:

vegetable milk·banana·  
organic vegetable protein·  
cacao·strawberry

## desayuno de campeones:

strawberry·banana·  
apple·honey·yogurt·oats

## levanta ánimo:

strawberry·pineapple·  
mango·honey

## fresitas:

strawberry·orange·mango·  
banana·almonds

## golfinas:

mango·spinach·vegetable  
milk·avocado·banana

# **SMOOTHIE bowls**

## **açaí bowl:**

organic açai puree·

strawberry·mango·

banana·vegetable milk

topping: cacao·pollen·

berries·banana·granola

## **wonder bowl:**

berries·banana·strawberry·

organic vegetable

protein·peanut butter·

vegetable milk

topping: coconut flakes·

granola·almond·apple·ba

nana

## **super bowl:**

spinach and/or kale\*·

banana·mango·chia·

flax seed·ginger·tumeric

topping: coconut flakes·

berries·banana·apple·

granola

## **cacao bowl:**

cacao·banana·maca·

dates·peanut butter·

vegetable milk

topping: strawberry·

almonds·coconut flakes·

banana·granola

# BREAKFAST

## omelettes

### popeye:

farm eggs · filled with  
spinach · leek · requesón (ri-  
cotta like fresh cheese) ·  
topped with tomato sauce ·  
roasted sweet potatoes

### napolitano:

farm eggs mixed with  
Oaxaca string cheese ·  
served opened with tomato  
slices · pesto · roasted sweet  
potatoes

## chilaquiles:

morita chile sauce  
cream · avocado  
fresh cheese

+farm egg ·  
cooked with ghee

# **SWEET toasties**

## **invierno:**

slice of artisanal bread.  
requeson·sauteed apple.  
caramelized nuts

## **verano:**

slice of artisanal bread.  
peanut butter or tahini.  
honey·banana or apple.  
caramelized nuts

## **de la casa:**

two slices of artisanal  
bread·homemade seasonal  
fruit jam·ghee

# **SALTY tosties**

(slice of artisanal bread.  
avocado)

## **rancho:**

grilled fresh cheese.  
ginger cream·sauerkraut

## **oaxpresse:**

oaxaca stringy cheese.  
tomato·pesto·

## **avotoast:**

mix of leafy greens.  
seasoned with a berry  
vinaigrette

\*add farm egg.  
cooked with ghee



# STARTERS

tiradito de curado:  
(limited production, ask  
previously for availability)

cured fish carpaccio·  
sprinkled with cilantro and  
umami's sauce

individual:

to share:

## **falafel:**

six pieces accompanied with  
hummus·dill vegan mayonnaise  
ginger dressing·pita bread  
mix of leafy greens

## **fish fingers:**

breaded fish in panko  
accompanied with dill  
chipotle vegan mayonnaise

4pz:

8pz:

## **guacamole:**

traditional style  
onion·tomato·cilantro

# **VEGAN quiche**

**tofu and leek:**

accompanied with a mix  
of leafy greens · seasoned  
with a berry vinaigrette

# **PITA falafel:**

hummus · tzatziki · leafy  
greens · tomato · cucumber  
preserved onion

# **TACOS**

**breaded fish:**

avocado base · purple cabbage  
& carrot · chipotle dressing

**grilled fish:**

quinoa & dill dressing base ·  
chopped avocado

**seitan al pastor:**

avocado base · jicama ·  
chipotle dressing

# **HAMBURGUESA**

**de pescado:**

tomato · lettuce · vegan dill  
mayonaisse · dijon mustard  
aged fresh cheese · onion confit  
sweet and sour peppers  
sweet pickles · avocado

# BOWLS

all of our bowls include:

raw: leafy greens mix·avocado·cucumber·zucchini·red purple cabbage·carrot

cooked: quinoa·brócoli champignon

preserved: cherry tomatoes in wine·sweet and sour peppers·purple onion

**plant based:**

roasted sweet potatoes·pesto eggplant·accompanied with a berry vinaigrette

**nahmed:**

falafel·accompanied with a vegan mayonnaise dressing

**pastor:**

seitan marinated in achiote with a vegan chipotle mayonnaise dressing

**crispy:**

breaded fish in panko with herb soy dressing

**umami:**

(limited production, ask  
previously for availability)

cured fish carpaccio  
with umamís vinagrette

**day's catch:**

grilled fish  
accompanied with  
ginger dressing

**add to any of our bowls**

**farm egg:**

cooked in ghee

**vegetable protein:**

pastor·seitan or falafel

**fish:**

breaded in panko or grilled

**cured fish:**

umamís carpaccio cured fish

**dressing:**

# DESSERT

## RAW VEGAN tarts

pecan and dates base with a  
creamy cashew and cacao  
filling

cacao:

matcha & zarzamora:

mango & maracuyá:

## BAKED goods

ask for today's delicacy

