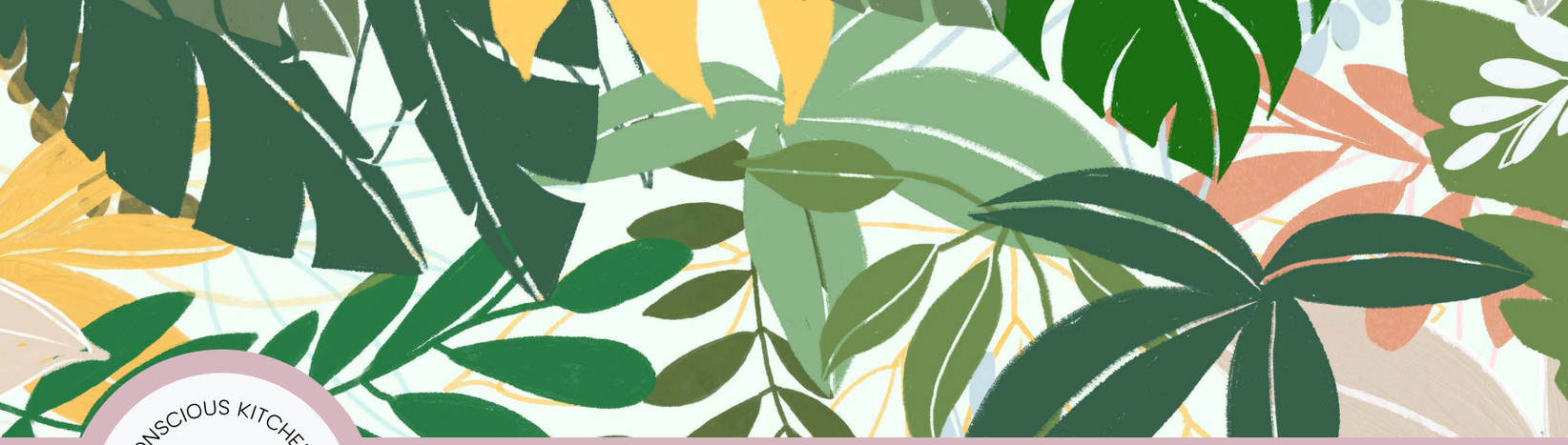

CONSCIOUS KITCHENS
Real COCONUT
FOR YOU & OUR WORLD

MENU

HEALTHFUL EATS TO NOURISH YOURSELF
& NURTURE OUR WORLD

GLUTEN-FREE · GRAIN-FREE · DAIRY-FREE · SOY-FREE · CORN-FREE · COOKED WITH AVOCADO OIL

WELCOME TO THE REAL COCONUT KITCHEN

From the beaches of Tulum, to the beaches of Malibu, our plant-focused, **100% gluten, grain & dairy free** recipes are redefining what it means to be a conscious kitchen and we're so grateful you're on this journey with us.

ALL DAY BREAKFAST

FRUIT, YOGURT & CEREAL

FRUIT BLISS BOWL $12
Seasonal & tropical fruits. **Option:** Add our Super Sprinkles for a nutrient boost +1.50

APPLE & CINNAMON CEREAL $10
Hemp & chia seeds, almonds, dried apple & plantain pieces, with cinnamon and coconut sugar, served with fresh coconut milk

COCONUT MILK YOGURT $10
Homemade coconut yogurt, drizzled with seasonal fruit coulis, topped with berries

SEASONAL CHIA PARFAIT $10
Layers of chia, soaked overnight in fresh coconut milk, seasonal chia jam, and coconut yogurt

BLENDED CHOCOLATE CHIA PUDDING $10
Chia, cacao, dates, maple syrup, and fresh coconut milk, blended and chilled. Like pudding for breakfast or any time of the day

EGGS & BOWLS

RANCHERO EGGS $18
Our coconut flour tostadas topped with two organic, pasture-raised eggs, guacamole, pico de gallo, and house ranchero sauce

PANCAKES

MACHO PANCAKES $15
Fresh plantains and organic, pasture-raised, eggs form the base of the fluffiest pancakes. Served with berry coulis, maple syrup, berries, and bananas

TOAST & BAGELS

AVOCADO TOAST $15
Plantain flour bread, toasted and loaded with smashed avocado, a squeeze of lime, chile flakes, and fresh microgreens.
Option: Add organic egg(s) of your choice $2 or hemp-fu scramble +3

BREAKFAST BAGEL
Grain-free cassava and pumpkin seed bagel. Topped with:
1. Probiotic coconut cream cheese & seasonal jams $12
2. Probiotic coconut cream cheese, cucumber, & radish $12
   Option: add wild caught smoked salmon +6 or avocado +2
3. Avocado with organic, pasture-raised egg or hemp-fu scramble $16

BREAKFAST SIDES

SUPER SPRINKLES $1.50

BREAKFAST BURRITO/BOWL $18
Our coconut flour wrap, filled with scrambled organic, pasture-raised eggs or hemp-fu scramble, cilantro cauliflower rice, sweet potato hash, pico de gallo, avocado, and onions. Or choose a burrito bowl, lose the wrap and gain leaves & greens for a lighter option

coconut, chia seeds, hemp seeds, almonds, cacao nibs
SEASONAL FRUIT $7
COCONUT MILK YOGURT $5
ORGANIC, PASTURE-RAISED EGG $2
HEMP-FU SCRAMBLE $3
WILD CAUGHT SALMON $6

PLATES & BITES

LITE BITES

CHIPS & SALSA $7
Our house tomatillo salsa served with our original coconut flour tostadas or plantain chips

GUACAMOLE & PICO DE GALLO $12
Classic chunky guacamole and pico de gallo. Choose our original coconut flour tostadas or plantain chips

REAL COCONUT QUESADILLAS $10
Coconut flour tortillas filled with our melted coconut cheese, served with tomatillo salsa. **Option:** add organic chicken+$4 or shrimp+$6 or spinach & mushroom +4

BURRITOS & BOWLS

All made with our signature grain free wraps OR on a bed of organic leaves

CLASSIC BURRITO $16
Sweet potato hash, cilantro-lime cauliflower rice, leaves and greens, pico de gallo, guacamole

CHICKEN TINGA BURRITO $20
The Classic with shredded organic, pasture raised chicken and a smokey guajillo/tomato sauce

MUSHROOM TINGA BURRITO $20
The Classic with organic mushrooms and a smokey tomato and guajillo sauce

AL PASTOR BURRITO $24
Wild-caught shrimp, cilantro-lime cauliflower rice, red cabbage, romaine, pico de gallo, guacamole. **Option:** Add mushrooms

LOBSTER BURRITO $34
Mexican lobster in a garlic herb oil, cilantro-lime cauliflower rice, shredded cabbage, romaine, pico de gallo, guacamole

NACHO BOWL $16
A base of spinach and local greens, topped with our original coconut flour chips, drizzled with melted chipotle coconut cheese, guacamole, pico de gallo salsa, coconut sour cream and jalapeños. Swap out tortilla chips for more greens to make a power strong plant bowl

1. Organic, pasture-raised chicken tinga +$4
2. Mushroom tinga +4
3. Veggie sliders $4
4. Avocado $2.50

TACOS

Served on our coconut flour tortillas or protein style with lettuce

FISH TACOS $18
Wild caught fish, jalapeno radish salsa, and cilantro aioli

AL PASTOR $18
Served with red onion, pineapple, and cilantro. Choose sustainably sourced wild shrimp or organic mushroom

BAJA CALIFORNIA TACOS $18
Coated in our grain free batter, with red cabbage, & our Baja mayo. Choose wild caught fish or vegetables

TINGA TACOS $17
Our tinga sauce coats organic, pasture-raised chicken or local organic mushrooms

Option: Add avocado +2.50

SALADS

GREEN CAESAR $15
Romaine lettuce, leaves & sprouts, coconut bacon, and plantain croutons, served with our vegan Caesar dressing

BABY KALE $15
Organic baby kale, leaves & sprouts, pickled beets, cucumber, topped with our nutty parmesan crumble, and tahini dressing

SEASONAL SUPER GREEN $16
Locally grown organic leaves, greens, and seasonal vegetables, sprinkled with toasted seeds, and a honey mustard vinaigrette

RADISH & ARUGULA SALAD $15
Arugula, leaves & sprouts, avocado, tumbled with radishes, pickled shallots, and a pickled onion dressing

BROCCOLI, PEA & AVOCADO SALAD $15
Warm broccoli, peas, cherry tomatoes, and red onion, on a bed of fresh leaves, topped with avocado, toasted seeds, lime, and extra virgin olive oil

BURGERS & BITES

VEGGIE BURGER $15
Plantain & sweet potato patty base, with pumpkin seed, hemp tahini, & spinach on lettuce with chipotle coconut cheese, avocado, red onion, & tomato

AVOCADO BITES $13
Coated with our grain free batter

FRIED CHICKEN BITES $15
Organic, pasture-raised chicken pieces, marinated in a coconut buttermilk, coated with our grain-free batter. Option: Choose cauliflower florets

FISH & CHIPS $19
Wild-caught cod pieces, coated in our grain free batter & served with yucca fries

BROTH BAR

BROTH $12
Choose a chicken or vegetable broth base, pick up to five accompaniments and any premium additions

Accompaniments:

- Scallions
- Cilantro
- Jalapeno
- Red onion
- Baby kale
- Sweet potato cubes
- Tostada strips
- Mushrooms
- Pickles
- Coconut milk
- Lime juice

Premium additions +2 each

- Avocado
- Organic pasture raised chicken
- Organic pasture raised egg

CHARRED SWEET POTATO SALAD $15
Charred sweet potato and onions, served on a bed of leaves, with a cilantro and lime vinaigrette

Boost your salad with these protein options:

1. Organic, pasture-raised chicken kebab $6
2. Wild-caught shrimp kebab $8
3. Marinated fish $6
4. Veggie sliders $6
5. Avocado $2.50
6. Toasted seeds $2

WRAPS

All made with our signature Real Coconut Grain Free wraps

EGG SALAD $13
Organic, pasture-raised eggs, mayonnaise, layered with romaine lettuce, tomato

CURRIED CHICKEN W/MANGO CHUTNEY $13
Organic, pasture-raised chicken, curried mayo, mango chutney, romaine, tomato

TAHINI VEGGIE WRAP $13
Our own veggie sliders, baby kale, tomato, red onion, avocado, tahini dressing

SIDES

GUACAMOLE $4
LEAVES & GREENS $4
YUCCA FRIES $7
SWEET POTATO FRIES $7
CILANTRO CAULIFLOWER RICE $7

SWEET TREATS

GIANT SKILLET COOKIE $14
with our vegan Vanilla Ice Cream

SCONES $4

FUDGE BROWNIE $4
Our rich chocolate fudge brownie is a go-to favorite

BANANA BREAD WITH CHOCOLATE CHIPS $5

DONUTS $4
Apple Cider or Buttermilk, topped with a turbinado glaze

VICTORIA SPONGE CAKE WITH STRAWBERRY JAM $8/slice

ICE CREAM BAR

Vegan & dairy free, made fresh from Organic coconut cream.

ICE CREAM $5.50 per scoop

- VanillaKai (taste our vanilla beans)
- ChocoCharlie (rich chocolate fudge experience)
- MochaLuca (coffee fudge swirl!)
- Strawbella (unbeatable strawberries & our coconut cream!)

SORBET $5.50 per scoop

- BlueBerrySahana (so many blueberries)
- MangoJames (clean & fresh)

ICE CREAM TOPPINGS +0.50 each

- Chocolate Drizzle
- Almonds
- Toasted Coconut
- Cacao Nibs
- Strawberries
- Blueberries
- Bananas
- Toasted Hemp
- Dulce de Leche Drizzle

SYMBOLS KEY

Vegan/Vegan Option

Contains Egg

Contains Nuts

DELIVERY, PICK UP & CATERING

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'My personal health journey brought me, somewhat accidentally, to create the menu at our original 'Real Coconut' restaurant within Sanara Tulum. The recipes which originated from my own plant-focused, grain, gluten & dairy-free kitchen were enormously personal, but it turned out that people couldn't get enough of my favorite dishes.'
Daniella Hunter, Founder

DANIELLA HUNTER CO
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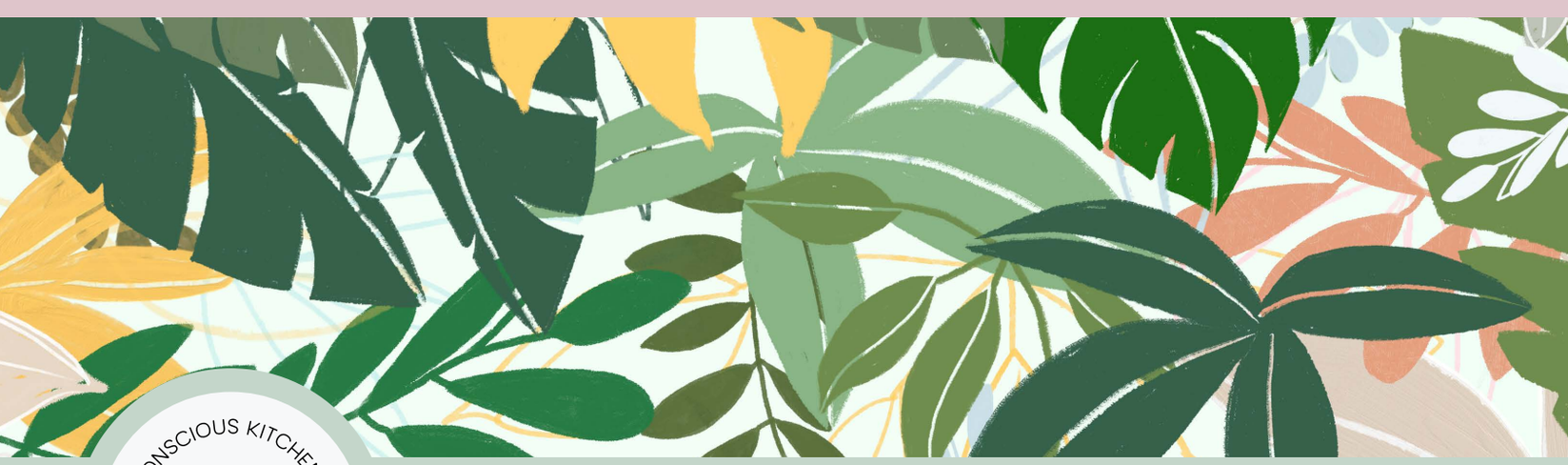

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DRINKS

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HEALTHFUL HYDRATION

MOUNTAIN VALLEY WATER $4
Choose still or sparkling water from Mountain Valley

BLUEBERRY LEMONADE $7
Our house lemonade, blueberries, lemon juice, maple syrup, and filtered water

CLASSIC LEMONADE $5
Our house lemonade made with fresh lemons, maple syrup, and filtered water

CITRUS ELECTROLYTE $7
Fresh orange and lime juice, reverse osmosis water, a pinch of pink Himalayan salt and a dash of maple syrup, to hydrate and replace lost minerals

HOUSE GINGER ALE $7
A super refresher made with fresh ginger juice, ginger infused muscovado syrup, lime, and reverse osmosis water

ICED TEA $5
Unsweetened infusion of our black, green, or fresh teas

PHYTO JUICES

Did you know that marine phytoplankton provides us with 50-80% of our oxygen? The basis, of the food chain, and one of our five hero ingredients, this single cell organism is cultivated for us in the Netherlands in a pristeen water source. The only known form of vegan EPA (an important Omega 3 fatty acid), we strongly suggest adding phytoplankton into your daily routines. Available for purchase in powder and capsules in our Pantry.

PHYTO GREEN $7
Marine phytoplankton powder, pineapple, & lime juice

PHYTO CLEANSE $7
Marine phytoplankton powder, apple, celery, lime juice

DANIELLA'S DAILY DOSE $8
A double dose of marine phytoplankton, lime, a splash of orange juice, and reverse osmosis water, on the rocks.
Option: add marine collagen +1.50

SIGNATURE SMOOTHIES

You'll think you're having an ice cream treat, but our whole food smoothies are blended with housemaid coconut milk and sweetened with dates and fruit.

VANILLA ALMOND BLISS $12.95
Coconut milk, Medjool dates, almond butter, vanilla pod, ice

COCOCCINO $12.95
A shot of espresso, coconut milk, Medjool dates, almond butter, vanilla pod, ice

BANANA SPLIT $12.95
Coconut milk, frozen bananas, Medjool dates, almond butter, vanilla pod, chocolate chips, ice

CHOCO NUTTY $12.95
Coconut milk, frozen bananas, Mexican cacao powder, Medjool dates, almond butter, vanilla pod, ice

WELLNESS SHOTS

COCONUT WATER KEFIR $6
Coconut water, fermented with probiotics for a powerful microbiome boost

GIN-ZING $6
Fresh ginger and turmeric juice with a splash of fresh orange and lime juice, and a drop of local honey for an anti-inflammatory immune boost

BIONIC BLAST $6
Apple cider vinegar, ginger, lemon, cayenne pepper, oregano oil drops, coconut oil, local honey and reverse osmosis water. For the days you need a super boost

ALOE-ALO $6
Fresh aloe blended with local honey. Soothing & healing for the digestion

ALKA-SOOTHER $6
Baking soda, apple cider vinegar, and reverse osmosis water, alkalizes the body and helps to ease digestive discomfort

MINT CHOCO CHIP $12.95
Coconut milk, fresh mint, Mexican cacao powder, Medjool dates, ice

STRAWBERRIES & CREAM $12.95
Coconut milk, frozen strawberries & bananas, Medjool dates, vanilla pod, ice

PINADA $12.95
Coconut milk, frozen pineapple & bananas, Medjool dates, ice

MANGO PINEAPPLE LASSI $12.95
Coconut milk, coconut yogurt, frozen mango, pineapple, ice
Super Indulgent Smoothies

COOKIES & CREAM $14.95
Our fudge brownie, blended with coconut milk, Medjool dates, almond butter, vanilla pod, and ice, topped with more brownie crumbles

EXTRAS

DULCE DE LECHE +$2
SHOT OF ESPRESSO +$2
CACAO POWDER +$2

Contains nuts

GREEN SMOOTHIES

BERRY GREEN $12.95
Blueberries, spinach, frozen bananas, fresh coconut milk, and ice

EASY GREEN $12.95
Celery, cucumber, and spinach mixed with pineapple, frozen bananas, fresh coconut milk, and ice

DEEP GREEN $12.95
Celery, cucumber, parsley, romaine lettuce, spinach, pineapple, fresh coconut milk, and ice

MELON MINT COOLER $12.95
Frozen green melon, grapes, and fresh mint leaves, blended with ice and lime juice

SPECIALITY BLENDS

Available hot or iced
Choose fresh-pressed coconut or almond milk

CARDAMOM GINGER CHAI LATTE $6.5
House blend of black tea, ginger juice, cardamom, clove, and star anise
Option: Add a shot of espresso for a 'dirty' chai +1.50

MATCHA LATTE $7.5
Antoxidant boosting Matcha latte, with organic matcha powder

TURMERIC & GINGER LATTE $8
Anti-flammatory turmeric and ginger root juice blended with homemade coconut or almond milk, coconut oil, black pepper, and local honey

BUYAH CAFE $7
Organic espresso blended with coconut cream and coconut oil, makes a creamy delight, full of healthy fats to keep energy levels stable

FUN GUY $8
Our adaptogenic mushroom blend (Cordyceps, Reishi, Lion's Mane, & Chaga) blended with espresso, coconut cream, and coconut oil. Replace espresso with cacao for a caffeine free alternative

RICH CACAO MILK $7
Mexican cacao, blended with homemade coconut or almond milk coconut oil, vanilla pod, and sweetened with coconut sugar

HOUSE BROTH $9
Our organic, pasture-raised chicken or vegetable broth can be enjoyed at any time of the day for a powerful healing beverage

SUPER BLENDED BROTH $12.95
Our house chicken broth, blended with coconut oil, grass-fed collagen powder, turmeric, ginger, black pepper and our adaptogenic mushroom blend (Cordyceps, Reishi, Lion's Mane & Chaga)

TEAS & COFFEES

ORGANIC COFFEE

Available caffeinated or decaffeinated
Served with homemade coconut or almond milk

ESPRESSO/DOUBLE ESPRESSO $3.50 / $5
AMERICANO $5
LATTE $6

ORGANIC TEAS

DRIED $5
Dried: English Breakfast, Earl Grey, Green Tea or Chamomile

FRESH $5
Mint, Ginger Root or Sage

CAPPUCCINO $6

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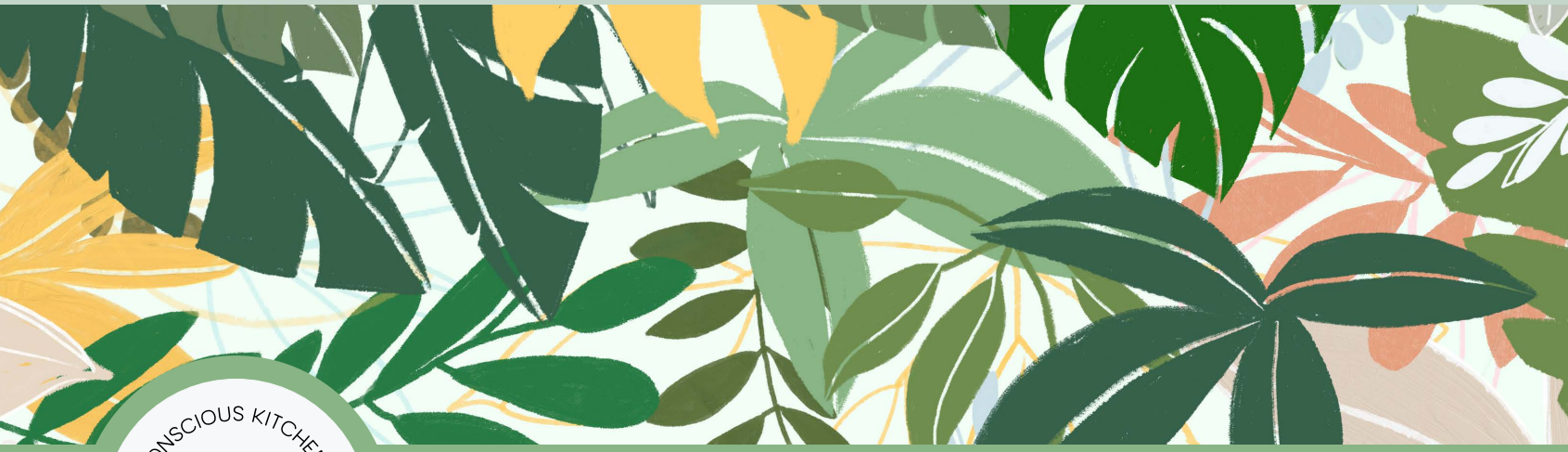

WINES & BEERS

WINE LIST

BUBBLES

ADAMI "GARBEL" 12 / 32
Prosecco Brut

LELARGE-PUGEOT 80
Premier Cru Tradition Brut

ROSÉ

KITA 12 / 34
Grenache Rose 2019, Santa Rita Hills

WHITE

TWOMEY 15 / 50
Sauvignon Blanc 2020, Napa / Sonoma

NAGY 13 / 40
Chardonnay 2018, Santa Maria Valley

GASPARD 12 / 38
Chenin Blanc 2018

BEERS

310 BLONDE ALE 6
Santa Monica Brew Works - 12 oz

HEAD IN THE CLOUDS DOUBLE IPA 9
Santa Monica Brew Works - 16 oz

IPA 7
Stone - 12 oz

ORGANIC AMBER ALE 7
Eel River - 12 oz

COCONUT HIWA PORTER 9
Maui Brewing Co. - 12 oz

GLUTEN FREE ORGANIC HARD KOMBUCHA 22
Boochcraft - 22 oz
OPTION: Grapefruit Hibiscus or Ginger Lime

RED

STRANGE 18 / 40
Family Vineyards Pinot Noir 2019, Santa Rita Hills

DIRTY AND ROWDY 56
Mouvedre 2019

CAMINS2DREAMS 75
Zotovich Syrah 2018

SILVER OAK 98
Cabernet 2017, Alexander Valley

Organic
Biodynamic
Unfiltered / Unrefined
Sustainable Farming

COCKTAILS & MOCKTAILS

KOMBUCHA SUNRISE
Grapefruit hibiscus hard kombucha, orange juice, vanilla syrup, sage

MALIBREW
Ginger hard kombucha, blueberry lemonade, pineapple juice, melipona honey, habanero salt

CIDER CAR
Ginger hard kombucha, apple juice, melipona honey, mint, sparkling water

BEE'S KNEES CAFE
Espresso, orange juice, bee propolis, cacao, vanilla syrup, mint

MIMOSA BERRIES
Sparkling wine, bee propolis, strawberry, bluberry

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