

TASTY BEET®
JUICE BAR & HEALTHY FOOD

menu

Breakfast

ALL DAY
LET'S HAVE A FRESH START

TS TOP SELLER

K KETO

V VEGAN

TS HUEVOS TASTY

Poached eggs with grated chihuahua cheese, turkey breast ham and dried tomato, on a handmade bread, served with bean-chipotle hummus, and chipotle sauce.

HUEVOS KATE

Sunny side up eggs mounted on spinach, sweet peppers and mushrooms sautéed in garlic. Served with whole wheat bread toast with avocado and pepper.

TS CHILAQUILES

Sunny side up eggs mounted on baked prickly pear tortilla chips, dipped in red homemade sauce, grated chihuahua cheese, onion and cilantro. Served with bean-chipotle hummus.

TS CHILEAQUILES VERDES

Sunny side up eggs mounted on prickly pear tortilla chips, dipped in a homemade green sauce, grated panela cheese, green onion, cilantro, avocado and a greek yogurt dip side.

MOLLETES

Toast whole wheat bread with bean hummus, served with panela cheese and radish.

OMELET TASTY

Omelet stuffed with spinach, panela cheese, toast and turkey breast ham. Accompanied by toasted multigrain bread.

MEXICAN

Omelet with green onion, crushed red pepper, bell peppers and mushrooms, mounted on a mirror of our homemade bean hummus, accompanied with purple onion and cilantro.

TS SHO SHO RIZO

Scrambled egg with mushrooms and our delicious homemade vegan sausage, served on top of blue corn tortillas, avocado and bean-chipotle hummus.

K KETO BOWL

Sunny side up eggs mounted on cauliflower rice with parsley pesto, served with avocado and sautéed bell peppers.

TS COMBEET

Half order of Chileaques (choice of red or green sauce), omelet with spinach, served with bean hummus and whole wheat bread.

BEETKINGOS

Poached eggs mounted on chickpea hummus and peppers with matcha sauce, arugula, hemp seeds and handmade toast.

HUEVOS AHUMADOS

Sunny side up eggs on artisan bread, avocado and smoked salmon. served with cilantro -jalapeño sauce.

SALMON TOAST

Greek yogurt dip with kale, spinach and artichoke, smoked salmon, cherry tomato and broken chili, on a slice of Ezekiel bread.

OMELET BELLO

Egg white omelet stuffed with portobello mushrooms, avocado, arugula and a touch of parmesan, served with a slice of toasted whole wheat bread.

K AVOKETO

Poached eggs with kale chips and avocado, on top of a homemade sauce with peanuts and sunflower seeds.

MACHAQUEÑO

Sunny side up eggs with dried meat and green onion on top of blue corn tortillas. Dipped in dark homemade poblano pepper sauce and our green sauce.

DARK CHILEAQUILES

Sunny side up eggs mounted on prickly pear tortilla chips, dipped in our dark homemade poblano pepper sauce, grated chihuahua cheese, onion and avocado.

V DELI CAKES

Vegan and whole wheat pan cakes. Toppings: toasted coconut, blueberries, pecan nut and strawberries.

V FRENCH PINUTS

French Ezekiel bread with flaxseed, banana, almond milk and chia seeds. Served with homemade peanut butter, berries, banana, coconut and date-almond cream.



Salads

EAT YOUR GREENS

*All salads include organic lettuce mix and spinach.

Add protein to your dish: Chicken (100 gr.), Turkey breast ham (45 gr.),
Meat (100 gr.), Serrano ham (30 gr.), Salmon (100gr.)

Fresh

TASTY BEET

Beet, red onion, cranberries, pecan nut, goat cheese and sweet lemongrass dressing.

GRIEGA

Lentils, red onion, cucumber, black olives, tomato, cilantro, celery, goat cheese and balsamic vinaigrette.

KINOYA

Quinoa, blueberries, almonds, strawberry, goat cheese and blueberries vinaigrette.

AGUACACHOFA

Artichokes, black olives, avocado and sweet peppers mounted in a mix of lettuce and kale, accompanied with avocado vinaigrette.

Baked

MONUDA

Pasta, broccoli, cranberries, pecan nut, apple and chipotle sauce.

PESTINI

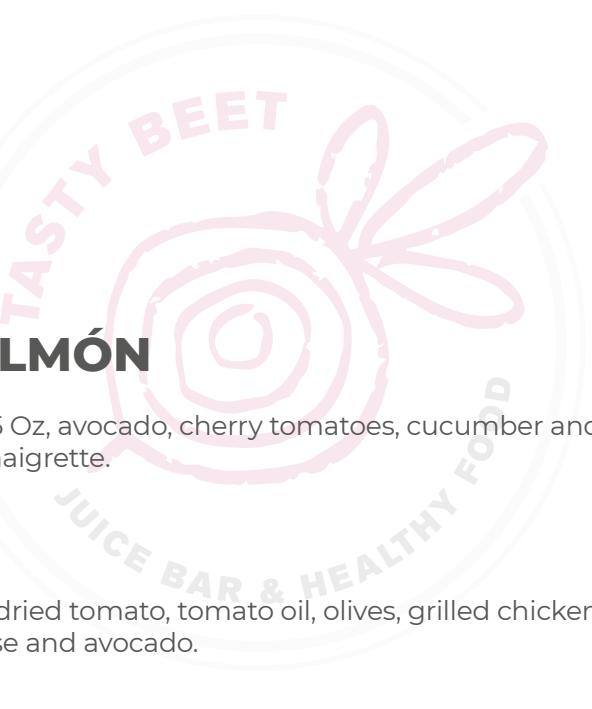
Zucchini noodles with pecan nut pesto, 3.5 Oz of grilled chicken, cherry tomatoes and parmesan cheese.

ROSA SALMÓN

Sealed salmon 3.5 Oz, avocado, cherry tomatoes, cucumber and lemon pepper vinaigrette.

LA ROJA

Quinoa, broccoli, dried tomato, tomato oil, olives, grilled chicken 3.5 Oz, goat cheese and avocado.



Bowls

SWEET AND HEALTHY



BEST SELLER

AÇAI BOWL

Açaí ice cream accompanied with coconut, mango, banana, peanut butter bites, oats, cocoa and granola.

REESES

Frozen banana bowl with peanut butter, chia seeds, coconut and organic cocoa powder.

MATCHA BOWL

Yogurt and matcha ice cream, served with blueberries, strawberries, coconut and cacao nibs.

CACAO BOWL

Chia pudding hydrated in almond milk and organic cocoa, with grated coconut, banana and strawberry.

YOGURT BOWL

Yogurt ice cream served with granola, hemp seeds, strawberry, banana, peanut butter bites and oats.

OWIS BOWL

Overnight oat prepared with almond milk, cranberries, grated coconut, brown sugar and banana.

FRUTA DE TEMPORADA

Ask for our seasonal fruit, it can be served with yogurt and granola. Greek yogurt +\$15 pesos.

BS SUPER VASO

Yogurt layers, hydrated chia seeds, granola, three fruits to choose and two super foods.

Vegan Toasts

WITH EZEKIEL BREAD

CACAHUATÓN

Peanut butter, apple, agave honey and cocoa nibs.

ÑOM

Chickpea hummus, garlic mushrooms, alfalfa, zucchini and olive oil.

BETA

Beet hummus, avocado and sunflower seeds.



Paninis

EAT YOUT GREENS



BEST SELLER



VEGETARIAN



VEGAN

Cold

PARCERO

Turkey breast ham, panela cheese, cucumber, avocado, peppers and cilantro sauce.

TUNA

Tuna, avocado, celery, pecan nut, red onion, apple and cilantro sauce.

VG VAINA LOCA

Beet, cayenne pepper, goat cheese, cranberries, pecan nut and cilantro sauce.

BS BOCATA

Serrano ham, tomato, black olives, chihuahua cheese and chipotle sauce.

VG RALLADO

Carrot, avocado, cucumber, beet and mustard.

BS PAPATZUL

Meat, bean-chipotle hummus, bell peppers and chihuahua cheese.

MAÑANERO

Omelet with onion, garlic mushrooms and chipotle sauce.

Baked

BS I DO

Chicken grilled fajitas, panela cheese and chipotle sauce.

BS V SAND-LUDABLE

Sliced zucchini, mushrooms, chickpea hummus, avocado, fresh tomato, dried tomato, olives and organic lettuce mix served on Ezekiel bread.



Waffles

MADE WITH OATS AND LOVE



NAPOLITANO

Strawberry, banana, organic cacao sauce and agave honey.

COTTAGE

Strawberry, blueberries, cottage cheese, granola and agave honey.

COCOSTADO

Strawberry, homemade peanut butter, yogurt, toasted coconut and agave honey.

CHOCOAMARANTO

Banana, amaranth grain, peanut butter, organic cocoa sauce and agave honey.

WATCHA

Blueberries, banana, coconut, matcha and agave honey.

CANELAZO

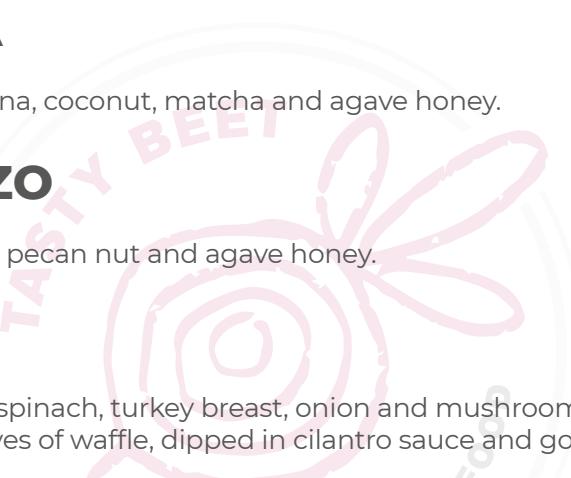
Apple, cinnamon, pecan nut and agave honey.

SALADO

Egg omelet with spinach, turkey breast, onion and mushrooms; between two halves of waffle, dipped in cilantro sauce and goat cheese.

SHOBIE

Scrambled egg with onion. Served with serrano ham, dried tomatoes and avocado on salted waffle with chipotle sauce and parsley.



Main Dishes

REAL FOOD

PERUANA*

Whole meal pita bread with chicken fajitas, bean-chipotle hummus, tomato, onion, chihuahua cheese and spices.

VALENCIANA*

Fresh sealed tuna 9.2 Oz with a touch of spiced-citric juice, onion and alfalfa, accompanied with a chipotle-avocado dressing on hard tortilla.

DUBAI*

Lightly quinoa-breaded chicken accompanied by homemade beet hummus.

EL CHINO*

Meat rolls stuffed with vegetables mounted on zucchini and carrot noodles salted with a sweet-sour dressing and peanuts.

TUN-TUN*

Fresh tuna burger (4.4 Oz.) sealed in lemon-pepper, in whole grain garlic and parmesan bread, with chipotle dressing, avocado, onion, alfalfa sprouts and cayenne pepper.

CHICK N' ROLL*

Chicken breast rolls stuffed with asparagus, wrapped in slices of serrano ham, on top of a whole oatmeal risotto and our delicious pecan nut pesto.

SUPREME TASTY

Prime sandwich with 7 Oz medium well Rib-eye; served in a spiced bread with organic lettuce, avocado, tomato, served with a mixture of soy, onion and mushrooms.

GREEN BURGER

Vegan burger made with chickpea, mushrooms, oatmeal and garlic. With avocado, zucchini noodles, mustard and organic lettuce mix. Served with sautéed asparagus.

ZANAHORIA Y PORO

Roasted carrot, leek and spices.

MISOUP

Miso soup-style with zucchini noodles, asparagus and green onion.

*Served with side salad
Organic lettuce mix, cherry tomato, cucumber and avocado with balsamic dressing and spices.

PITA AHUMADA*

Whole meal pita bread, with smoked salmon, beet hummus, arugula, avocado and cheese.

WRAP

Ezequiel tortilla wrap with 5.3 Oz of chicken, peppers, organic lettuce mix, cherry tomato and avocado. Served with an organic lettuce mix salad with fresh mushrooms, grated carrot and lemongrass.

EL OOM BOWL

Poke bowl of fresh tuna marinated in soy sauce and lemon, over cauliflower rice. Accompanied with cucumber and carrot noodles, avocado, green onion, sesame seeds, green beans and siracha sauce.

NORUEGO

7 Oz of sealed salmon accompanied with a lemongrass dressing with herbs. Kale chips and whole oatmeal risotto and dried tomato.

ITALIANO

Mini portobello mushrooms stuffed with quinoa, chickpea, dried tomato, peppers, broccoli, parmesan cheese, goat cheese and balsamic dressing.

PANINI ROSTBEET

Roastbeef, grilled portobello mushrooms and tomato with arugula, grated chihuahua cheese and chipotle dressing. Your choice of sides: taro chips or salad.

PESTINO

Chicken panini with basil pesto, spinach, arugula, chihuahua cheese and cilantro dressing. Your choice of sides: taro chips or salad.

CHICK N' BURGUER

Grilled chicken Burger, organic lettuce, avocado, chipotle dressing, red cabbage relish, carrots and tzatziki sauce. Your choice of sides: taro chips or salad.

Soups

UNA INDI

Cashew nut cream served with portobello mushrooms marinated in tahini and sautéed asparagus.

SOUP OF THE DAY

Ask your waiter for it!



Kids

WAFFLE WITH HONEY

EGGS

Scrambled eggs with turkey breast ham, accompanied served with toast and chickpea hummus.

CUP O FRUIT

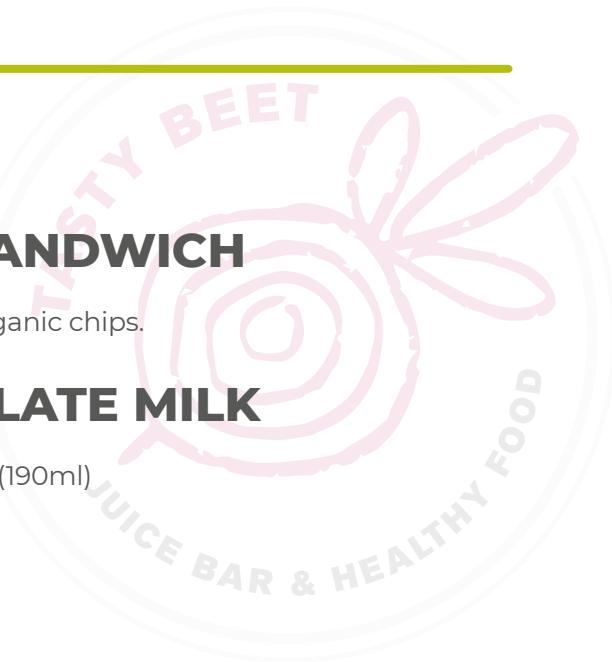
Choose from our seasonal options.

CLUB SANDWICH

Served with organic chips.

CHOCOLATE MILK

SILK ALMOND (190ml)



Desserts

SWEET AND HEALTHY

MAT-CHO

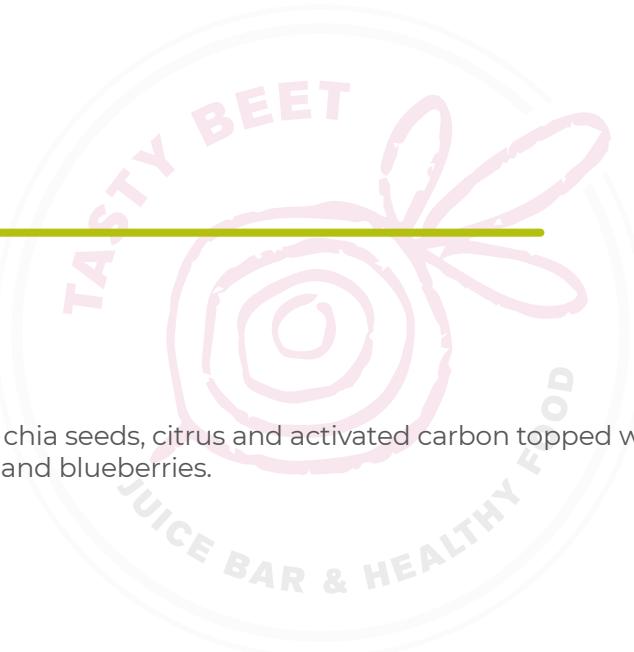
Vegan matcha pie with grain crust, sweetened with dates, accompanied with cocoa nibs and berries.

MI APOL

Apple noodles with homemade peanut butter, organic cocoa, pecan nut and toasted coconut.

FRESH

Panna cotta, chia seeds, citrus and activated carbon topped with strawberries and blueberries.



TASTY BEET®
JUICE BAR & HEALTHY FOOD

Drinks

Fresh fruits and veggies

Juices

Energetic

ENERGIZER

Orange, cucumber, apple, pineapple, ginger, spinach and lemon.

PINKY

Berry mix, strawberry, orange and apple.

FORTACHÓN

Orange, carrot, apple and celery.

INMUNE

Orange prickly pear, celery, lemon and bee honey.

16oz (473ml) | 32oz (946ml)

CAROTENO

Carrot, apple and beet.

NARANJADA

Orange.

AFTERPARTY

Coconut water, apple, pineapple, ginger and activated carbon.

Burners

CLÁSICO

Orange, pineapple, celery, prickly pear and spinach.

MR. BEET

Orange, beet, celery and lemon.

QUEMADOR

Grapefruit, pineapple, celery, prickly pear and bee honey.

VEGAS

Apple, spinach, lemon, ginger and cayenne pepper.

16oz (473ml) | 32oz (946ml)

GRINCH

Cucumber, celery, spinach, lemon and water.

HANGOVER

Grapefruit, orange, ginger and cayenne pepper.

ORANSH

Orange, grapefruit, ginger and date.



Smoothies



16oz (473ml) | 32oz (946ml)

CARIBE

Banana, strawberry, coconut and honey bee.

⊕ MANGO TANGO

Mango, organic vanilla protein, hemp seeds.

TROPICAL

Pineapple, coconut, honeybee and almonds.

PAPAYO

Papaya, date, coconut and oats.

BANANO

Strawberry, banana and vanilla.

⊕ DARKY

Banana, organic chocolate protein and organic cocoa.

GREEN

Spinach, banana, coconut, avocado and oats.

BLACK

Cold brew coffee, almonds and organic cocoa.

⊕ MATCHALADA

Matcha, coconut milk, cinnamon and pineapple.

⊕ MANGANESIO

Mango, flaxseed, pecan nut and agave honey.

MACARENO

Maca, oats, banana and cinnamon.

⊕ KIWO

Kiwi, greek yogurt, mango, strawberry and agave honey.

Make your own mix

1. PICK YOUR MILK

Regular	Soy	Lactose free
Almond	Coconut	Light

2. CHOOSE 3 INGREDIENTS

Mango	Pineapple	Spinach
Apple	Orange	Mint
Strawberry	Banana	Ginger
Berries	Beet	Grapefruit
Papaya		

3. CHOOSE 2 SUPERFOODS AND EXTRAS

Cocoa nibs	Coconut oil	Honeybee
Cocoa	Peanut butter	Vanilla
Cayenne	Date	Canela
Spirulina	Pecan nut	Maca
Pollen	Almond	Turmeric
Hemp Seeds	Amaranth	Raisins
Agave honey	Oats	Plum
Grated coconut	Granola	Flaxseed



4. SUPER FOODS PLUS

Matcha	Vanilla and chocolate organic protein	Activated carbon
Hemp protein	Gingseng	Goji

Coffee

BLACK COFFEE

Refill in restaurant / 12oz(354ml)

COFFEE POT

Refill in restaurant / 12oz(354ml)

ORIGINAL CAPUCCHINO

12 oz. (354ml) / 20 oz. (591ml)

HOT CHOCOLATE

12 oz. (354ml) / 20 oz. (591ml)

LATTE

12 oz. (354ml) / 20 oz. (591ml)

PINK LATTE

10oz (296ml)

ICED COLD BREW

*almond milk cubes bathed in cold brew coffee.

16oz (473ml)



Tea and Tisanas

12 oz. (354ml) | 20 oz. (591ml)

GREEN PASSION FRUIT
GREEN TEA
MOROCCAN MINT

CHAI MASALA
LAVENDER CHAMOMILE

Tisanas

12 oz. (354ml) | 20 oz. (591ml)

CRANBERRY AND COCONUT

FRUITS OF THE FOREST

Tea Latte

12 oz. (354ml) | 20 oz. (591ml)

MATCHA LATTE
CHAI VANILLA

GOLDEN DRINK
CALM MILK (Chamomile, lavender, honeybee and soy milk)

Functional Teas

12 oz. (354ml) | 20 oz. (591ml)

ANTI-INFLAMATORIO
Pot marigold and turmeric.

DIURÉTICO
Goji berries, hibiscus and cinnamon.

DIGESTIVO
Ginger, pecan nut, clove and cinnamon.

ANTI-FLU
Ginger, honeybee, lemon and turmeric.

POWER
Ginseng, honeybee and pineapple.





BEST SELLER

Functional Shots

WHEATGRASS

Cold pressed wheatgrass extract
Alkalizes your body and balances your pH, provides elasticity and hydrates skin, has the ability to regenerate and delay cell aging.

CUCU

Turmeric root extract, pineapple and black pepper.
Muscle reconstructor, helps in wound healing and acts as a liver protector, as well as properties in lowering bad cholesterol.

JENGIBRE

Ginger, lemon, bee honey and cayenne pepper.
Fights cold symptoms, strengthens your immune system, cleanses toxins and exerts an anti-inflammatory function.

CARNITINO

L-Carnitine, lemon and grapefruit.
Ideal for athletes who want to burn fat, it also helps reduce fatigue and suppresses appetite.

CÍTRICO

Ginger, pineapple and orange.
Rich in vitamin C, provides an energy boost to start the day, with pineapple which is a natural digestive, and ginger that helps reverse premature aging.

MANZANÍSIMO

Apple vinegar and cinnamon.
Alkalizes your body, in addition to helping fat burn by combining its ingredients.

*All our prices include taxes

Drinks

LEMON-CUCUMBER

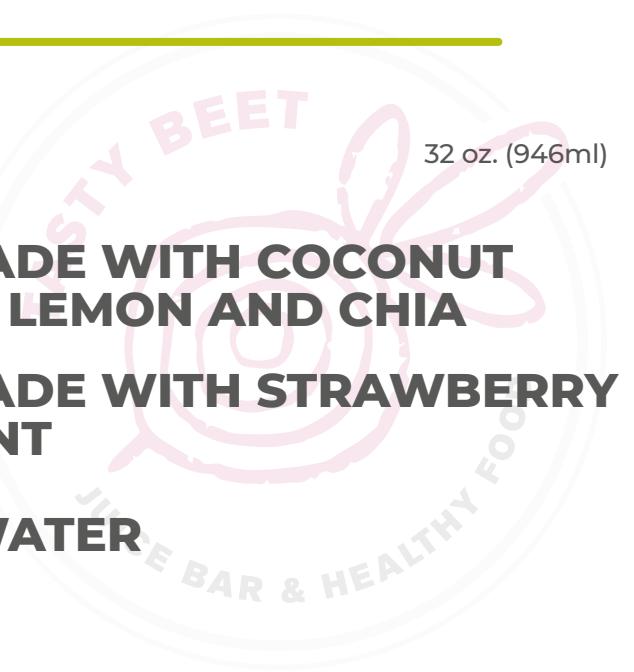
**JAMAICA (HIBISCUS) WITH RED
FRUITS**

**GREEN TEA, PINEAPPLE AND
MINT**

**LEMONADE WITH COCONUT
WATER, LEMON AND CHIA**

**LEMONADE WITH STRAWBERRY
AND MINT**

SODA WATER



32 oz. (946ml)