

Tierra

holistika.
tulum

Drinks

Shots

- Immune system booster** 55 MXN
Turmeric, ginger, whole lemon, lemon juice, coconut oil, and honey.
- Shot of aloe and lime** 55 MXN
- Apple cider vinegar** 55 MXN
Lemon, honey, cinnamon, and warm water.

Juices

- Pineapple, chaya, orange, spinach** 75 MXN
- Grapefruit, aloe** 75 MXN
- Orange Juice** 75 MXN
- grapefruit juice** 75 MXN
- Tangerine juice** 75 MXN
- Carrot and passion fruit juice** 75 MXN

Coffee shop

- Americano** 35 MXN
- Cappuccino** 50 MXN
- Espresso** 45 MXN
- Double espresso** 55 MXN
- Latte** 45 MXN
- Tea** 45 MXN

Hot drinks

- Golden milk** 55 MXN
Coconut milk, turmeric powder, ginger, black pepper, agave syrup and cinnamon.
- Matcha latte** 55 MXN
Coconut milk, agave syrup and matcha powder.

Water of the day

- Ask about our selection!** 50 MXN

Smoothies

- Guava lassi** 100 MXN
Guava, coconut milk, rose water, cardamom and lemon.
- Cocoa banana** 100 MXN
Banana, cocoa powder, coconut milk, peanut butter, vanilla and cocoa nibs.
- Strawberry and Yucatecan lime** 100 MXN
Strawberry, lavender essential oil, Yucatecan lime, coconut milk, agave honey, vanilla and hydrated chia.
- Mango/banana** 100 MXN
Apple banana, mango, fresh turmeric, cinnamon and lemon.


Kombucha


- Bruja sana**
- Original** 100 MXN
- Ginger** 100 MXN
- Mandolin**
- Blackberry / passion fruit** 100 MXN
- Hibiscus flower** 100 MXN
- Green apple** 100 MXN
- Strawberry / kiwi** 100 MXN
- Ginger** 100 MXN

Buho Sodas

- Tamarind / habanero** 35 MXN
- Hibiscus flower / pomegranate** 35 MXN
- Mandarin / orange** 35 MXN
- Mango / passion fruit** 35 MXN
- Mint / lemon** 35 MXN
- Kola** 35 MXN
- Mineral** 35 MXN

Breakfast includes the first cup of filtered coffee.

 Take away service + 5 MXN

 Change of milk + 10 MXN

Any modification generates a cost of + 30 MXN

The food in this place includes extra love!



Vegan



Gluten free



Dairy



Egg

Tierra

holistika.
tulum

Breakfasts

Sweets

Bagel

Served toasted with cream cheese and guava marmalade.

 110 MXN

French toast

Brioche fried in butter, served with mixed berry, grand marnier compote and honey.

  145 MXN

Warm Bowls

Oatmeal porridge

Cooked in almond milk and vanilla served with bittersweet chocolate shavings, slivered almonds, homemade caramel sauce and cinnamon.

 160 MXN

Rice pudding

Cooked in coconut milk, served with homemade caramel sauce, fresh green apple and toasted pecans.

 150 MXN

Pastries

Brownie

Served hot with a mixed berry compote.

  70 MXN


Pain au chocolat

Served hot.

 50 MXN

Vegan cookie of the day

Ask us for the flavor of the day

 30 MXN


Croissant

Served with butter and guava marmalade.

 50 MXN

Vegan pastry of the day

Ask us for the flavor of the day.

 50 MXN

Extras

Eggs	20 MXN
Goat cheese	30 MXN
Oaxaca cheese	20 MXN
Avocado	30 MXN
Black beans	30 MXN
Yogurt	20 MXN
Granola	30 MXN
Gluten free bread	40 MXN
Roasted potatoes	50 MXN
Vegan chorizo	30 MXN

Cold Bowls

Fruit plate

Seasonal fruit served with yogurt and granola.

85 MXN

Chia bowl

Hydrated in coconut milk with agave nectar, served with seasonal fruit, red berries, popped amaranth, and cacao nibs.

 130 MXN

Açai bowl

A Mix of frozen apple, banana, strawberry and acai pulp, sweetened with agave nectar. Toppings: mango, kiwi, mixed nut butter, popped amaranth, grated coconut and bee pollen.

 150 MXN

Mango/maca bowl

A mix of frozen mango, pineapple and maca powder sweetened with agave nectar. Toppings: mixed nut butter, raspberries, hydrated chia seeds, grated coconut and lemongrass oil.

 150 MXN


Cacao Bowl

Blended coconut, banana and cacao powder. Topped with : strawberry, granola, banana, shredded coconut, chia seeds hydrated in coconut milk & agave honey.

 150 MXN

Eating smart is an Art!

Breakfast includes the first cup of filtered coffee.

 Take away service + 5 MXN

 Change of milk + 10 MXN

Any modification generates a cost of + 30 MXN . The food in this place includes extra love.

 Vegan

 Gluten free

 dairy

 Eggs

Tierra

holistika.
tulum

Main courses

Eggs any style

Served with black beans, salad and hand made tortillas.

  135 MXN

Avocado toast

Topped with cherry tomatoes, sprouts, lemon, olive oil and chilli flakes.

 110 MXN

W/ egg

 130 MXN

W/ goat cheese

 135 MXN

Tofu scramble

Served with black beans, mixed greens and hand made tortillas.


  145 MXN

Vegetable sandwich

Whole wheat & nut bread served with pesto, Dijon mustard, xcatix mayonnaise, arugula, tomato, caramelised onion, roasted zucchini, roasted peppers accompanied by a mixed green salad.

 145 MXN

w/egg

 155 MXN

Chive scrambled egg bun

Served with a Oaxaca cheese crust, lettuce, chipotle dressing and avocado accompanied by roasted potatoes.


  155 MXN

Chickpea "tlacoyo"

Topped with green sauce, served with cactus salad, lettuce, sour cream and "sopero cheese".

  35 MXN

w/egg

 155 MXN

Chilaquiles

Choose between green, red or mole sauce, served with cilantro, parsley, radish, red onion and serrano chili.

  140 MXN

w/egg

 155 MXN


Enchiladas / enmoladas

Choose between red, green or mole sauce filled with roasted vegetables, served with vegan chorizo, cilantro, parsley, radish, pickled onion and serrano chili.

  135 MXN

Black fiore

Two poached eggs served on an English muffin, spinach and black hollandaise sauce made with recado negro, accompanied by roasted potatoes and a mixed green salad.

  160 MXN

Breakfast includes the first cup of filtered coffee.

Take away service + 5 MXN 


Change of milk + 10 MXN 

Any modification generates a cost of + 30 MXN

The food in this place includes extra love.

Home made pita bread with roasted vegetables

Made with coconut-oil, garlic and zaatar filled with roasted vegetables, served with chili morita dip and toasted pumpkin seeds.

 165 MXN

W/egg

 180 MXN

Quinoa bowl with vegetables and vegan Italian sausage

Served with roasted zucchini, grated carrot, black beans, smoked cherry tomatoes, avocado, tahini, parsley, cilantro.

  230 MXN

Crispy pita with hummus

Served with smoked cherry tomatoes, cucumber and cilantro.

 150 MXN

Cheesy croissant

Filled with spinach, artichoke hearts and a mix of cheeses topped with grated Grana Padano cheese.

 110 MXN

Cream cheese bagel

Served with avocado, cucumber, cappers, tomato and red onion accompanied by a creamy roasted tomato coconut soup.


 145 MXN

w/egg

 165 MXN

Labneh and roasted zucchini bowl

Served with chimichurri, zaatar and warmed focaccia.

 155 MXN

Jocoque con tomates y aceite de albahaca 120 MXN

Tomato seasoned with basil oil, vinegar and pink salt. Served with toasted rye bread.

Quesadilla Bar

Quesadilla

Our tortillas are made with organic non GMO heirloom corn grown by our sister farm @mestizadeindias served with guacamole, and burnt morita sauce.

  115 MXN

-Mushrooms squash blossoms

- Vegan chorizo cheese

- Grilled seitan

- ChicharroNOT

w/vegan cheese

  145 MXN

 Vegan

 Gluten free

 Dairy

 Eggs

Tierra


Lunch

holistika.
tulum

Appetizers

Guacamole

Served with herbs and chips.

 110 MXN

Naan with babaghanoush

Made in our wood fired oven with our version of babaghanoush.

 130 MXN


Falafel with tzaziki

6 pieces of falafel accompanied by tzaziki and labnhe.

  140 MXN


Coconut corn cream

Hot cream of yellow corn served with toasted corn kernels and baby corn.

 130 MXN

Green pea Hummus with fava bean

Lemon zest, mint, green peas and yucatan favas served with home made pita with cumin seeds and vegetables.

 150 MXN

Labnhe with zhug and rye bread

The perfect dip for sharing served with radishes and celery.

 150 MXN

Artichoke, spinach and cheese crostini

Toasted rye bread served with artichoke hearts, spinach and cheese dip topped with tomato and grated grana padano.

 185 MXN


Nachos nomeat

Fried tortillas served with our home made vegan cheese.

 200 MXN

Nachos with unmeat

Al pastor unmeat and chorizonot.

 220 MXN

Cauliflower aguachile, hibiscus and green grapes

Served with red onion, cucumber, corn tostadas with flaxseeds and sprinkled with onion ash.

 150 MXN

Cauliflower Nuggets


Because less is more! Freshly picked at our sister farm, served with fried pita bread.

 150 MXN

Main

Chipotle Mc and cheese

Our vegan version served with crunchy onions, bread crumbs and parsley

 180 MXN

Hot dog

Spicy italian 'sausage' served with pickles, tomato, crunchy onions, yellow vegan cheese and potatoes.

 200 MXN

Hamburger

Beyond meat, served with lettuce, pickles, tomatoes, caramelized onions and chipotle mayonnaise.

 250 MXN

Crunchy oat-chicken bun & fries

Served with sweet and sour mayo sauce, pickles and cabbage salad accompanied by lemon-pepper french fries.

 240 MXN

Golden potato tacos with morita sauce

4 pieces of fried rolled tortillas filled with potato served with hot morita pepper sauce, lettuce, sopero cheese, sour cream, avocado and pickled onion.

 180 MXN

Vegetable curry with crispy pita

Vegetables served in coconut milk and lemongrass curry accompanied by white rice.

 220 MXN

'Tuna' tostadas (2)

Served with cucumber, chipotle mayonnaise, avocado and sesame oil.

 195 MXN

"Octopus" tostadas (palmetto)

3 pieces mixed with tomato, onion, coriander, lemon and nori seaweed served with avocado and chipotle mayonnaise

 170 MXN

Eating smart is an Art!

Take away service + 5 MXN

Change of milk + 10 MXN

Any modification generates a cost of + 30 MXN

The food in this place includes extra love.

 Vegan

 Gluten free

 dairy

 Eggs

Tierra

holistika.
tulum

Lunch

Salads

Falafel Salad

Mixed greens served with tahini, tomato, red onion, zaatar and 5 pieces of falafel.

 170 MXN

Quinoa Salad

Mixed greens served with quinoa tomatoes with pesto, seeds, goat cheese and toasted bread.

 190 MXN

Mestiza de indias Capresse

Heirloom tomatoes, balsamic reduction, mozzarella cheese and basil oil.

  180 MXN

Green leaf salad

Mixed greens, onion, grated carrot, green apple, toasted seeds, cherry tomato, raw green beans.

 170 MXN

Choose your dressing:


carrot / soy
herb vinaigrette
tahini and olive oil
honey mustard

Pizzas

All our pizzas are made with sourdough in a wood burning oven.


Arabian

Tomato, arugula, falafel, tahini and zaatar.

 185 MXN

Avocado

Chimichurri, jalapeño, avocado, olive oil and chives.

 160 MXN

4 cheeses

Pomodoro sauce with roquefort, oaxaca, mozzarella and grana padano.

 180 MXN

Vegan Meats

Pomodoro sauce with chorizo, roasted meat, sudadero and pastor with pickled onion.

 200 MXN

With vegan cheese + 20 MXN


Tacos

Portion of tacos (5)


Vegan Pastor
Vegan Tenderloins
Vegan Steak
Vegan Chorizo
Onion mushrooms

 155 MXN


With cheese

 160 MXN

With vegan cheese

 175 MXN

Eating smart is an Art!

 Take away service + 5 MXN

 Change of milk + 10 MXN

Any modification generates a cost of + 30 MXN

The food in this place includes extra love.

 Vegan

 Gluten free

 dairy

 Eggs

Tierra

holistika.
tulum

Dinner

Appetizers

Main

Cauliflower Nuggets

Because less is more! Freshly picked at our sister farm, served with fried pita bread.

 150 MXN

Naan with babaganoush

Made in our wood burning oven with our version of babaganoush.

 140 MXN

Naan with muhammara

Made in our wood burning oven served with our roasted red pepper and nut dip.

 140 MXN

Big taco of oat-chicken

Served with fermented garlic cream, sun-dried tomatoes, avocado and cabbage salad.

 145 MXN

Jocoque with heirloom tomatoes

Tomatoes from our sister farm @mestiza de indias together with basil oil and pesto, served with zaatar and black rye bread.

 130 MXN

Guacamole

Served with tortilla chips and herbes.

 140 MXN


Carrot curry soup

Prepared with coconut milk and served with croutons, coconut and basil oil.

 165 MXN

Hummus

Served with red zhug and toasted garlic. Choose the bread to dip with.

 140 MXN

Yucatecan "Causa"

Potato puree with recado negro, pureed purple sweet potato, grilled squash, fermented garlic cream, black olives, avocado and pickled red pepper.

 135 MXN

Lambrusco and gold leaf risotto

Prepared with grana padano cheese and lambrusco, served with an edible gold leaf.

 235 MXN

Sweet potato gnocchi

Served with pesto and parmesan.

 250 MXN

Vegan oat-lobster roll

Oat-lobster served with crab cake style mayonnaise, and parsley. Accompanied by lemon pepper french fries.

 210 MXN

Chilli beans

White rice with chilli beans.

 210 MXN

'Tuna' tostadas (2)

Served with cucumber, chipotle mayonnaise, avocado and sesame oil.

 195 MXN

Glased Tofu

Glazed with edamames and green pea puree.

 200 MXN

Gyosas

Stuffed with vegetables and sweet and sour soy bathed in tamarind sauce and chili oil with peanuts

 165 MXN

Coconut Ceviche

Coconut milk, lime, red onion, cilantro, mango, coconut chips, crunchy sweet potato and habanero oil, served with tortilla chips.

 150 MXN

Cous cous and cooked beets

Served with blue cheese vinaigrette, herbed oil and greens.

 210 MXN

Fried broccoli

Served with black sauces and lemon.

 150 MXN


"Chicken" (cauliflower) Thai

Cauliflower breaded with tempura and panko bathed with sweet and sour sauce, soy and garlic served with white rice

 175 MXN

Bean Shawarma

Pita bread stuffed with bean croquettes with lettuce, tomato, parsley dressing, garlic cream and red onion accompanied by French fries

 180 MXN

Eating smart is an Art!

Take away service + 5 MXN 

Change of milk + 10 MXN 

Any modification generates a cost of + 30 MXN

The food in this place includes extra love!

 Vegan

 Gluten free

 dairy

 Eggs

Tierra

holistika.
tulum

Dinner

Salads


Falafel Salad

Mixed greens served with tahini, tomato, red onion, zaatar and 5 pieces of falafel.

 170 MXN

Quinoa Salad

Mixed greens served with quinoa, tomatoes, pesto, seeds, goat cheese and toasted bread.

 190 MXN

Mestiza de indias Capresse

Heirloom tomatoes, balsamic reduction, mozzarella cheese and basil oil.

  180 MXN

Green leaf salad

Mixed greens, onion, grated carrot, green apple, toasted seeds, cherry tomato, raw green beans.

 170 MXN

Choose your dressing:

carrot / soy
herb vinaigrette
tahini and olive oil
honey mustard

Pizzas

All our pizzas are made with sourdough in a wood burning oven.

Arabian

Tomato, arugula, falafel, tahini and zaatar.

 185 MXN


Avocado

Chimichurri, jalapeño, avocado, olive oil and chives.

 160 MXN

4 cheeses

Pomodoro sauce with roquefort, oaxaca, mozzarella and grana padano.

 180 MXN

Vegan Meats

Pomodoro sauce with chorizo, roasted meat, sudadero and pastor with pickled onion.

 200 MXN

With vegan cheese + 20 MXN

Tacos

Portion of tacos (5)


Vegan Pastor
Vegan Tenderloins
Vegan Steak
Vegan Chorizo
Onion mushrooms

 155 MXN


With cheese

 160 MXN

With vegan cheese

 175 MXN

Eating smart is an Art!

 Take away service + 5 MXN

 Change of milk + 10 MXN

Any modification generates a cost of + 30 MXN

The food in this place includes extra love!

 Vegan

 Gluten free

 dairy

 Eggs