



# BUENOS AIRES VERDE

Alimentación Inteligente



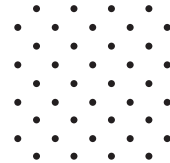
**Expanding  
power**



**Vitality**



**Ancestral  
wisdom**



**Exterior  
energy**



**A result  
that nourishes**

It's part of our philosophy to respect the cycles of the Earth and those who inhabit it by using purely organic and agro-toxic free foods. In Buenos Aires Verde, our recipes are elaborated by using excellent food and ingredient combinations and compatibility, allowing the body to nourish, develop, and repair itself truly and naturally.



**Mauro Massimino**  
*Chef*

**BREAKFAST & TEA TIME**

# COFFEE

**Capricornio Washed Specialty Coffee. Brazil | Region:** Cravinhos - Alta Mogiana | **Variety:** Catuai  
**Aftertaste:** Moderate | **Body:** Medium | **Acidity:** Low | **Tasting notes:** Nuts/Chocolate



## CLASSICS

- \_Espresso** \$170   
Single shot.
- \_Long Double Espresso** \$190   
Double shot with hot water.
- \_Americano** \$195   
Doble shot with hot water.

## WITH MILK

- \_Cortado** \$200   
Double shot with creamy milk.  
\_Optional with almond or cashew milk.
- \_Flat White** \$260   
Double shot with creamy milk.  
\_Optional with almond or cashew milk.
- \_Capuccino** \$260   
Single shot with steamed milk.  
\_Optional with almond or cashew milk.
- \_Double Latte** \$270   
Double shot with creamy milk.  
\_Optional with almond or cashew milk.

## ICE COFFEE

- \_Flat White** \$260   
Double shot, cold milk and ice.  
\_Optional with almond, cashew or coconut milk.
- \_Latte** \$260   
Single shot, cold milk and ice.  
\_Optional with almond, cashew or coconut milk.

## ESPECIALES BAV

- \_Mocha Maca** \$270   
Single shot, Buenos Aires Verde, Raw chocolate, maca and creamy milk.  
\_Optional with almond milk.
- \_Affogato Vegano** \$270   
Doble shot with Raw chai\* cashew ice cream  
  
\*Clove, cardamom, ginger and cinnamon.
- \_BAV Ice Latte** \$280   
Single shot, vegetal spiced milk\*\* and ice cream.  
\_Optional with almond or coconut milk.  
  
\*\*Lemon juice, organic sugar, vanilla, ginger and cardamom.

Additional for almond or cashew milk **\$30**

**BUENOS AIRES VERDE**

## INFUSIONS AND TEAS

### Classics

Black tea.	\$200
Earl grey tea.	\$200
Bancha tea (green tea).	\$210
Ginger and honey.	\$210
Fruits of Patagonia.	\$210
Apple, cinnamon and cardamom.	\$210
Rosehip.	\$210

### Medicinal Herbs \$210

Kidron/Lemon Balm/Lavender/Mint/  
Dandelion/Boldo/Chamomile.

### Blends \$220

\_Peperina, beebush, lemon balm, lemon verbena,  
mint and orange peel.

\_Peperina, vira-vira, horsetail, whitebrush, white  
salvia.

\_Peperina, lemon verbena, marcela, lavender and  
suico.

\_Corteza of chañar, ambay, rosemary, lemongrass,  
lavender, ginger and cinnamon.

## RAW SWEETS

_Raw chocolate mousse	\$398
_Raw chocolate covered brownie	\$290
_Rawtita	\$410
_Raw truffles	\$298
Chocolate mousse truffles	
Cashew cream mousse truffles.	
_Raw coconut and mint dome	\$240
Covered in chocolate..	
_Rawquito	\$230

## HOT CHOCOLATE

\$260

Made with our homemade chocolate and almond milk.

*\_Options to add to your chocolate: maca,  
pollen, virgin coconut oil, chai or cinnamon.*

_Raw Cookies	\$175
Chocolate covered cocoa cookies.	
Nuts, pear, cinnamon, coconut and dates cookies	
_Raw Chocolate Tablets	\$260
With almonds.	
With cashews and raisins.	
_Raw Bonbons	\$75
Classic with orange, pistachios, maca, pollen, or mint-chocolate.	
_Stuffed Date	\$145
Chocolate covered date, spiced with clove, cinnamon, cardamom ginger and orange, cashew cream, and topped with pistachio.	



Vegan



Flourless

BUENOS AIRES VERDE









# BAKERY

*Our homemade pastries are made fresh every day, with organic ingredients.*

*All our breads are made using agroecological and naturally fermented mother dough.*

<b>Croissant</b> Made with organic butter.	\$150	<b>Cookies</b> 	\$220 Chocolate and nuts. Oatmeal and almonds.
<b>Brioche</b> With jam and white cheese or fondue chocolate. Made with organic butter.	\$370	<b>"Facturas" of the day</b> Made with organic butter.	\$160
<b>Pain au chocolat</b> With pistachios Made with organic butter.	\$180	<b>Cheese Scone</b> With white cheese. Made with organic butter.	\$320
<b>Dates and nuts tart</b>	\$260	<b>Alfajor</b> With dulce de leche and coconut. Made with organic butter.	\$290
<b>Chocolate vegan tart</b> 	\$260	<b>Muffin</b> 	\$260 Berries. Banana, chocolate, dulce de leche and nuts.
<b>Chocolate-raspberry bread covered in chocolate</b>	\$260		
<b>Banana-chilli bread</b> 	\$260		
<b>English bread</b>	\$260		

## CAKES

<b>Carrot cake with walnuts</b> 	\$450	<b>Blackberries and blueberry pastafrola</b>	\$450
<b>Banana and chocolate</b>   With quinoa and rice flour.	\$420	<b>Portion of cake</b> Ask about day availability	\$450
<b>Chocolate covered Brownie</b> With Raw chocolate mousse.	\$490	<b>RAW CAKES</b> 	\$490 Chocolate Raspberry Lime
<b>Tofu chantilly</b>   With tofu cream, strawberries and nuts.	\$490		
<b>Cacao chantilly</b>   With cocoa cream, hazelnut praline and pistachios.	\$490		

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*If you wish to replace the white cheese,  
we have Cashew cheese available.*

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# BREAKFAST & TEA TIME

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<b>Toasts</b>	<b>\$420</b>	<b>Croissant</b>	<b>\$260</b>
A selection of our homemade bread made with mother dough. With white cheese, jam, dulce de leche and honey.		With organic Pategras cheese.	
<b>Yogurt bowl</b>	<b>\$580</b>	<b>Scrambled eggs</b>	
Natural yogurt with seasonal fruits, our homemade granola and honey.		<b>_With toasted bread</b>	<b>\$495</b>
<b>Waffles</b>	<b>\$580</b>	Olive oil and fresh pepper.	
With seasonal fruits, our homemade granola and honey.		<b>_With french toast</b>	<b>\$540</b>
<b>Pancakes</b>	<b>\$570</b>	and honey.	
With berries, banana, coconut oil, fondue chocolate and honey.		<b>_With brioche bread</b>	<b>\$590</b>
<b>French toast</b>	<b>\$540</b>	Grilled avocado, white cheese, spinach, olive and lemon.	
Brioche bread, made with organic butter.		<b>_With teriyaki tofu</b>	<b>\$590</b>
With white cheese / dulce de leche / berries / or our homemade melted chocolate.		and fresh avocado.	
Finished with honey.		<b>_Grand</b>	<b>\$690</b>
<b>Grilled organic Pategras cheese</b>	<b>\$390</b>	With "sausage" or "grilled sausage", grilled avocado with cheese, brioche bread, fresh spinach with olive oil and lemon, sweet and sour cucumber, mustard and Raw ketchup.	
<i>_Ask about our variety of breads.</i>		<b>French Omelette</b>	<b>\$590</b>
		<i>_With toasted bread and three ingredients of choice:</i>	
		<i>mixed mushrooms / herbs / cheeses / dried tomatoes/ avocado / seasonal vegetables / spinach / tofu / quinoa / "sausage" / "grilled sausage" / "Chorizo" / sauteed onions.</i>	

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*We accept Visa Debit card and Cabal Debit card.*

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Vegan




Flourless

**BUENOS AIRES VERDE**

**RAW** 

**Raw bowl** \$580

Our homemade granola with almond milk or coconut milk, seasonal fruits and honey.

 *\_Optional, without honey*

**Super Raw bowl** \$595

Our homemade granola with almond milk or coconut milk, seasonal fruits, activated seeds, raisins, dates and bits of Raw cookies, finished with maca, pollen, oil virgin coconut, cocoa nibs, chia seeds and honey.

 *\_Optional, without Raw cookies or honey*

**No-esquick** \$495

Almond milk, pure cocoa, maca and honey, accompanied with Raw cookies.

**Frugivore** \$595

Raw berry yogurt with coconut oil, crunchy seeds, cashew cheese, trail mix, seasonal fresh fruits, dates, avocado, and Superfoods (pollen and Raw cacao).

**SANDWICHES** \$780

*\_Ask about our variety of breads*

*\_In ciabatta bread*

**Organic Pategras cheese**

With a hard-boiled egg, arugula, sun dried tomatoes, avocado, olives and vegan mayonnaise.

**Organic Pategras cheese**

With roasted, seasonal vegetables, green leaves, hard-boiled egg and vegan mayonnaise.

**Tofu**

With beet, grated carrot, avocado, leaves greens and tartar sauce.

 *\_Optional, without tartar sauce*

**Organic Pategras cheese**

With fresh pear, grilled mushrooms, leaves greens, mustard and honey.

**“Tuna”**

With avocado, mushrooms, sun dried tomatoes, green leaves and tartar sauce.

 *\_Optional, without tartar sauce*

**Quinoa Tabbouleh**

With hummus, avocado, roasted pumpkin, green leaves, beets, olives and vegan mayonnaise.



**Roasted tofu with cheese**

With Raw ketchup, roasted onions, grilled egg, coleslaw, avocado and green leaves.

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**organic** and **agro-toxic** free products; please excuse the inconvenience  
if at the given moment we do not have some items on the menu.*

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**BUENOS AIRES VERDE**



# DISHES

<p><b>Guacamole</b> <span style="float: right;">\$600</span> Nachos Raw Style   </p>	<p><b>Protein Salad</b> <span style="float: right;">\$990</span> Green leaves, seasonal vegetables, teriyaki rice, tofu cubes, cherry tomatoes, avocado, nori seaweed, roasted pumpkin and fresh mushrooms; finished with homemade pickles, coriander, roasted cashew and sesame seeds.    <i>_Optional, without teriyaki sauce</i></p>
<p><b>Wedge potatoes</b> <span style="float: right;">\$595</span> With tomato sauce, melted cheese and guacamole.    <i>_Optional, without melted cheese</i></p>	<p><b>"Tuna" club sandwich</b> <span style="float: right;">\$980</span> With vegan egg, lettuce, sun dried tomatoes, fresh vegetables, pickles, black olives and vegan mayonnaise. Accompanied by curry wedge potatoes, Raw ketchup and a coleslaw salad with cashews, vegan mayonnaise, honey and Raw mustard.   <i>_Optional, without Raw mustard and without honey</i></p>
<p><b>Mini "Tuna" Tartar</b> <span style="float: right;">\$590</span> With guacamole, quinoa tabbouleh, vegan egg, beet and pickles; finished with teriyaki sauce.  </p>	<p><b>Quinoa &amp; millet seeds hamburger</b> <span style="float: right;">\$980</span> In brioche bread, with cooked onions, cheese, mustard, Raw ketchup, grilled egg, guacamole, pickles and coleslaw with vegan mayonnaise, Raw mustard and honey. With wedge potatoes or a full salad on the side.</p>
<p><b>Sunflower and Tomato Raw Bruschettas (2 u.)</b> <span style="float: right;">\$600</span> With cashew cheese, sun dried marinated tomatoes, sun dried mushrooms, olives, mixed nuts, raisins, avocado, pickles, green onion and spinach; finished with vegan mayonnaise, rawmesan and freshly cut pear.   </p>	<p><b>Yamani or quinoa rice wok</b> <span style="float: right;">\$970</span> With seasonal vegetables, tofu cubes, soy and honey; finished with mixed seeds, toasted cashew and teriyaki sauce.   <i>_Optional, without soy sauce or teriyaki</i>   <i>_Optional, without honey</i></p>
<p><b>Sampler</b> <span style="float: right;">\$1.480</span> <i>_For two</i> Guacamole with nachos.   Veggie sausages.  Roasted potatoes with tomato sauce, cheese and guacamole  "Meat" empanada. "Tuna" tart.  Grilled tofu.  Raw sunflower and tomato bruschettas.  </p>	<p><b>Buenos Aires Verde's Power Pizza</b> <span style="float: right;">\$995</span> A variety of fresh and roasted vegetables, quinoa, tabbouleh, vegan egg, dried tomatoes and olives, finished with smoked cashew cheese, guacamole, pickles, rawmesan and chili mayonnaise.  </p>



Vegan



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BUENOS AIRES VERDE

# BEVERAGES

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## MINERAL WATER \$170

Villavicencio (still or sparkling)

## VEGETABLE MILKS

*\_Buenos Aires Verde's homemade milk*

### **Almond milk** \$280

With pinch of pink Himalayan salt, vanilla and honey.

### **Coconut milk** \$280

With a pinch of pink Himalayan salt, coconut virgin oil, vanilla and honey.

## REJUVELAC \$250

Enzymatic water.

(A French term that refers to its rejuvenating properties. Beneficial for digestion and health, which contributes a very high level of enzymes and benign bacterias. Made from spouts and filtered water. It has a pinch of pink Himalayan salt and fresh drops of lemon juice.)

## HOMEMADE LEMONADE

*\_Depending on fruit availability*

Made with filtered water, lemon juice, organic whole sugar and ginger.

### **Classic Lemonade** \$260

### **Mint Lemonade** \$260

### **Cinnamon Lemonade** \$270

With apple and cinnamon.

### **Forest Lemonade** \$280

Blueberries / Raspberry / Blackberry

### **Power Lemonade** \$270

With maca and pollen.

### **Chai Lemonade** \$260

Clove, cinnamon, cardamom and ginger.

## JUICES \$320

*\_Depending on fruit and vegetable availability*

Apple / Orange / Tangerine / Grapefruit / Pear / Carrot

## SUPER JUICES

*\_Depending on fruit and vegetable availability*

### **Energizer** \$340

Orange, carrot, ginger, pollen and maca.

### **Carotene** \$340

Apple, carrot, beetroot, celery and mint.

### **Chlorophyll** \$390

Apple, spinach, arugula, greens, broccoli, spirulina, parsley, ginger, mint, lemon and pinch of pink Himalayan salt.

### **Super vitamin C** \$340

Mix of citrus.

# BEVERAGES

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## SMOOTHIES

\$350

*\_Depending on fruit and vegetable availability*

### **Anti-cold**

Almond milk, lemon, ginger and vanilla.

### **Detoxifier**

Orange juice, apple and ginger.

### **Anti-aging**

Mix of red fruits and almond milk.

*Optional, with citrus juice.*

### **Pure energy**

Blackberry, banana and orange juice.

### **Super Antioxidant**

Cranberries, coconut milk, carrot juice and honey.

### **Immunity and passion**

Passion fruit, almond milk and honey.

## SUPER SMOOTHIES

\$360

*\_Depending on fruit and vegetable availability*

### **High Potassium**

Banana, almond milk, virgin coconut oil, pistachios, cinnamon, maca, vanilla and honey.

### **Revitalizing**

Avocado, almond milk, mint, spirulina, chia seeds and honey.

### **Longevity**

Blueberries, banana, coconut milk, oil virgin coconut and pinch of pink Himalayan salt.

### **Energetic**

Pear, rejuvelac, cinnamon, lemon, mint, pollen and honey.

### **Depurative**

Mulberry, apple, tangerine juice, mint and ginger.

### **B12**

Cranberries, almond milk and spirulina.

## SUPERFOODS

\$25

*(Options to add to your drinks, juices and smoothies)*

Maca

Spirulina

Nutritional Yeast

Pollen

Virgin coconut oil

Cocoa nibs

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*Our shakes are sweetened with organic whole sugar or honey.*










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*If you are allergic to any ingredient of our menu, please let us know.*

**LUNCH & DINNER**

# SMALL PLATES

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<b>Guacamole</b> Nachos Raw Style  	\$600	<b>Mini "Tuna" Tartar</b> With guacamole, quinoa tabbouleh, vegan egg, beet and pickles; finished with teriyaki sauce. 	\$590
<b>Veggie Sausages</b> With mustard and Raw ketchup.  <i>_Optional, with vegan mayonnaise and Raw ketchup</i>	\$580	<b>Grilled Tofu</b> With our homemade "oriental sauce", chili mayonnaise, green onion, cilantro and teriyaki sauce. Accompanied by a coleslaw salad with Raw mustard, honey and roasted cashew nuts.  <i>_Optional, without mustard and without honey</i>	\$600
<b>Wedge potatoes</b> With tomato sauce, melted cheese and guacamole.   <i>_Optional, without melted cheese</i>	\$595	<b>Sunflower and Tomato Raw Bruschettas (2 u.)</b> With cashew cheese, sun dried marinated tomatoes, sun dried mushrooms, olives, mixed nuts, raisins, avocado, pickles, green onion and spinach; finished with vegan mayonnaise, rawmesan and freshly cut pear.  	\$600
<b>"Meat" empanadas (2 u.)</b> With creole sauce and mixed salad.	\$520		

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*All our breads are made using agroecological and naturally fermented mother dough.*



Vegan



Flourless

# SUPER SALADS

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## Calcium \$990

Green leaves, seasonal vegetables, "tuna", fresh beets, avocado, olives, cherry tomatoes and vegan egg; finished with chia seeds, sunflower seeds and vegan mayonnaise.



## Omega 3 \$995

Green leaves, seasonal vegetables, quinoa tabbouleh, smoked cashew, avocado, roasted vegetables and vegan egg; finished with vegan mayonnaise and pickles.



## Protein \$990

Green leaves, seasonal vegetables, teriyaki rice, tofu cubes, cherry tomatoes, avocado, nori seaweed, roasted pumpkin and fresh mushrooms; finished with homemade pickles, coriander, roasted cashew and sesame seeds.

\_Optional, without teriyaki sauce

## Pure enzymes \$995

Green leaves, seasonal vegetables, dehydrated vegetables, cashew cheese, sprouts, activated seeds, strips of dehydrated dough, dry fruits and rawmesan; finished with vegan mayonnaise, herbs and Raw cracker.



Vegan



Flourless

# RAW

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## Buenos Aires Verde Taco \$995

Mixed fresh and dehydrated vegetables filling, guacamole, "ground beef", sun dried conserved tomatoes, cashew ricotta and pickles; finished with onion, parsley, cilantro and Chilean mayonnaise; accompanied by mole, smoked cashew cheese, classic cashew cheese, cashew ricotta, guacamole and smoked nachos; finished with chia seeds, mixed sprouts and olive oil.

  \_Optional, without "ground beef"

## Lasagna \$995

Seasonal vegetables filling, sun dried tomatoes, black olives, cashew cheese and cashew ricotta; finished with tomato sauce. Accompanied by green leaf salad, seasonal vegetables, mixed sprouts and activated seeds.

## Cannelloni \$990

Vegetable stuffing, dehydrated mushrooms, sun dried tomatoes and cashew cheese, dipped in tomato sauce and vegan mayonnaise; finished with onion and parsley. Accompanied with guacamole, coleslaw salad and seasoned black olives.

## Rolling Nori \$980

Stuffed with a variety of seasonal vegetables, dehydrated vegetables, avocado, sun dried tomatoes and smoked cashew cheese; accompanied by a green leaves salad, "meat", cherry tomatoes, pickles, olives, pistachios, pear and Raw cracker with a barbecue dip on the side.

  \_Optional, without "meat"

## Rolls of dehydrated dough and Nori Seaweed \$980

Stuffed seasonal vegetables, cashew cheese, dehydrated mushrooms and sun dried tomatoes; accompanied by a green leaf salad with mixed sprouts, activated seeds and a Raw cracker. Vegan mayonnaise dip on the side.

## Avocado Soup \$970

Finished with chia seeds, fresh avocado, cilantro and coconut oil; accompanied by a green leaves salad, seasonal vegetables, mixed sprouts, activated seeds and Raw cracker.



Vegan




Flourless

# COOKED DISHES

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## "Tuna" club sándwich \$980

With vegan egg, lettuce, sun dried tomatoes, fresh vegetables, pickles, black olives and vegan mayonnaise. Accompanied by curry wedge potatoes, Raw ketchup and a coleslaw salad with cashews, vegan mayonnaise, honey and Raw mustard.

 *\_Optional, without Raw mustard and without honey*

## Veggie Chori \$980

In ciabatta bread with sauteed onions, cheese, grilled egg, green leaves, pickles and barbecue. Accompanied by wedge potatoes with gremolata.

## Vegetable curry \$995

Tofu slices with cheese and teriyaki sauce, finished with fresh avocado, green onions and sesame seeds; accompanied by warm buns, sauteed rice with vegetables and toasted cashews, hot sauce, pickles and seasoned sauce.

 *\_Optional, without teriyaki sauce or buns*

## Buenos Aires Verde's Power Pizza \$995

A variety of fresh and roasted vegetables, quinoa, tabbouleh, vegan egg, dried tomatoes and olives, finished with smoked cashew cheese, guacamole, pickles, rawmesan and chili mayonnaise.



## Tofu Neapolitan \$980

### or Black Pepper Tofu with cheese

Accompanied by wedge potatoes, quinoa tabbouleh, guacamole and green leaves salad with seasonal vegetables.

  *\_Optional, no cheese*

## Quinoa & millet seeds hamburger \$980

In brioche bread, with cooked onions, cheese, mustard, Raw ketchup, grilled egg, guacamole, pickles and coleslaw with vegan mayonnaise, Raw mustard and honey.

With wedge potatoes or a full salad on the side.

## Lasagna \$998

Homemade baked lasagna with a roasted vegetables filling, cheeses and tomato sauce. Accompanied by a green leaves salad.

## Polenta \$970

With tomato sauce, roasted vegetables, veggie sausage, pategras cheese, oregano, green onion and ground chili; finished with gremolata.

 *\_Optional, with tofu*

 *\_Optional, without veggie sausage*



Vegan

Flourless





# COOKED DISHES

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## Quinoa Pumpkin Risotto \$998

Mixed with cheese; finished with crispy potatoes, fresh avocado, chia seeds, seasoned white cheese, green olives with tomato and ground chili.

  *\_Optional, with tofu and without seasoned white cheese*



## Yamani or quinoa rice wok \$970

With seasonal vegetables, tofu cubes, soy and honey; finished with mixed seeds, toasted cashew and teriyaki sauce.

 *\_Optional, without soy sauce or teriyaki*  
 *\_Optional, without honey*

## Yamani rice and mushroom risotto \$980

With spinach and mixed cheeses; finished with grilled mushrooms, hard-boiled egg, teriyaki sauce, cilantro honey and sesame.

 *\_Optional, without teriyaki sauce*  
 *\_Optional, with tofu, vegan egg and without honey*

## Soup of the day \$950

Accompanied by green leaves salad and seasonal vegetables.



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*If you are allergic to any ingredient in our menu, please  
let us know.*

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Table service \$80  
*We accept Mercado Pago, Visa Debit/Credit  
and Cabal Debit*



Vegan



Flourless

# BEVERAGES

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## MINERAL WATER \$170

Villavicencio (still or sparkling)

## VEGETABLE MILKS

*\_Buenos Aires Verde's homemade milk*

### **Almond milk** \$280

With pinch of pink Himalayan salt, vanilla and honey.

### **Coconut milk** \$280

With a pinch of pink Himalayan salt, coconut virgin oil, vanilla and honey.

## REJUVELAC \$250

Enzymatic water.

(A French term that refers to its rejuvenating properties. Beneficial for digestion and health, which contributes a very high level of enzymes and benign bacteria. Made from spouts and filtered water. It has a pinch of pink Himalayan salt and fresh drops of lemon juice.)

## HOMEMADE LEMONADE

*\_Depending on fruit availability*

Made with filtered water, lemon juice, organic whole sugar and ginger.

### **Classic Lemonade** \$260

### **Mint Lemonade** \$260

### **Cinnamon Lemonade** \$270

With apple and cinnamon.

### **Forest Lemonade** \$280

Blueberries / Raspberry / Blackberry

### **Power Lemonade** \$270

With maca and pollen.

### **Chai Lemonade** \$260

Clove, cinnamon, cardamom and ginger.

## JUICES \$320

*\_Depending on fruit and vegetable availability*

Apple / Orange / Tangerine / Grapefruit / Pear / Carrot

## SUPER JUICES

*\_Depending on fruit and vegetable availability*

### **Energizer** \$340

Orange, carrot, ginger, pollen and maca.

### **Carotene** \$340

Apple, carrot, beetroot, celery and mint.

### **Chlorophyll** \$390

Apple, spinach, arugula, greens, broccoli, spirulina, parsley, ginger, mint, lemon and pinch of pink Himalayan salt.

### **Super vitamin C** \$340

Mix of citrus.

# BEVERAGES

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## SMOOTHIES

\$350

*\_Depending on fruit and vegetable availability*

### **Anti-cold**

Almond milk, lemon, ginger and vanilla.

### **Detoxifier**

Orange juice, apple and ginger.

### **Anti-aging**

Mix of red fruits and almond milk.

*Optional, with citrus juice.*

### **Pure energy**

Blackberry, banana and orange juice.

### **Super Antioxidant**

Cranberries, coconut milk, carrot juice and honey.

### **Immunity and passion**

Passion fruit, almond milk and honey.

## SUPER SMOOTHIES

\$360

*\_Depending on fruit and vegetable availability*

### **High Potassium**

Banana, almond milk, virgin coconut oil, pistachios, cinnamon, maca, vanilla and honey.

### **Revitalizing**

Avocado, almond milk, mint, spirulina, chia seeds and honey.

### **Longevity**

Blueberries, banana, coconut milk, oil virgin coconut and pinch of pink Himalayan salt.

### **Energetic**

Pear, rejuvelac, cinnamon, lemon, mint, pollen and honey.

### **Depurative**

Mulberry, apple, tangerine juice, mint and ginger.

### **B12**

Cranberries, almond milk and spirulina.

## SUPERFOODS

\$25

*(Options to add to your drinks, juices and smoothies)*

Maca

Spirulina

Nutritional Yeast

Pollen

Virgin coconut oil

Cocoa nibs

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*Our shakes are sweetened with organic whole sugar or honey.*

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*If you are allergic to any ingredient of our menu, please let us know.*

# DESSERTS

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## RAW SWEETS

Raw chocolate mousse \$460

Raw chocolate covered brownie \$320

Rawtita \$480

Raw truffles \$330  
Chocolate mousse truffles  
Cashew cream mousse truffles.

Raw coconut and mint dome \$280  
Covered in chocolate

Rawquito \$270

Raw cookies \$195  
Cocoa cookies covered in chocolate.  
Nuts, pear, cinnamon, coconut and dates cookies.

Raw chocolate tablets \$295  
With almonds.  
With cashews and grape raisins

Raw bonbons \$85  
Classic with orange, pistachios, maca, pollen or mint-chocolate.

Stuffed dates \$175  
Chocolate covered date, filled with cashew cream spiced with clove, cinnamon, cardamom, ginger and orange; topped with pistachio.

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**BUENOS AIRES VERDE**

**DESSERTS** 

<b>Mini tarts with seasonal fruit</b>	<b>\$460</b>
With a thin layer of cashew cream with Middle Eastern spices and orange, tofu chantilly cream, finished with Raw cocoa, pollen, maca and coconut oil.	
<b>Raw sweets tasting</b>	<b>\$1.380</b>
<i>_For two or three</i>	
<b>Portion of cake</b>	<b>\$495</b>
With tofu chantilly quenelle.	

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*We accept Visa Debit and Cabal Debit*  
/



Vegan



Flourless


**BUENOS AIRES VERDE**


# COFFEE


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**Capricornio Washed Specialty Coffee. Brazil | Region:** Cravinhos - Alta Mogiana | **Variety:** Catuai  
**Aftertaste:** Moderate | **Body:** Medium | **Acidity:** Low | **Tasting notes:** Nuts/Chocolate


## CLASSICS

**Espresso** \$170   
Single shot.


**Long Double Espresso** \$190   
Double shot with hot water.


**Americano** \$195   
Doble shot with hot water.


## WITH MILK

**Cortado** \$200   
Double shot with creamy milk.  
*\_Optional with almond or cashew milk.*

## ICE COFFEE

**Flat White** \$260   
Double shot, cold milk and ice.  
*\_Optional with almond, cashew or coconut milk.*

**Latte** \$260   
Single shot, cold milk and ice.  
*\_Optional with almond, cashew or coconut milk.*

**Flat White** \$260   
Double shot with creamy milk.  
*\_Optional with almond or cashew milk.*

### Capuccino

\$260



Single shot with steamed milk.  
*\_Optional with almond or cashew milk.*

### Double Latte

\$270



Double shot with creamy milk.  
*\_Optional with almond or cashew milk.*

## ESPECIALES BAV

### Mocha Maca

\$270



Single shot, Buenos Aires Verde, Raw chocolate, maca and creamy milk.  
*\_Optional with almond milk.*

### Latte Frío BAV

\$280



Single shot, vegetal spiced milk\*\* and ice cream.  
*\_Optional with almond or coconut milk.*

\*Lemon juice, organic sugar, vanilla, ginger and cardamom.

### Affogato Vegano

\$270



Doble shot with Raw chai\* cashew ice cream

\*Clove, cardamom, ginger and cinnamon.

Additional for almond or cashew milk **\$30**

**BUENOS AIRES VERDE**



## INFUSIONS AND TEAS

### Classics

Black tea.	\$240
Earl grey tea.	\$240
Bancha tea (green tea).	\$250
Ginger and honey.	\$250
Fruits of Patagonia.	\$250
Apple, cinnamon and cardamom.	\$250
Rosehip.	\$250

### Medicinal Herbs \$250

Kidron.  
Lemon Balm.  
Lavender.  
Mint.  
Dandelion.  
Boldo.  
Chamomile.

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*If you are allergic to any ingredient in our menu, please let us know.*

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### Blends \$260

Peperina, beebrush, lemon balm, lemon verbena, mint and orange peel.

Peperina, vira-vira, horse tail, whitebrush, white salvia.

Peperina, lemon verbena, marcela, lavender and suico.

Chañar bark, ambay, rosemary, lemongrass, lavender, ginger and cinnamon.

### HOT CHOCOLATE \$260

Made with our artisan chocolate and almond milk. Options to add to your hot chocolate: maca, pollen, virgin coconut oil, chai or cinnamon.

**ORGANIC WINES**

# CARTA DE VINOS / WINE LIST

## ESPUMOSO / SPARKLING WINE

**ANIMAL EXTRA BRUT** \$1.200  
**CHARDONNAY & PINOT NOIR**

ORGÁNICO

Agrelo, Luján de Cuyo. Mendoza

**CHAKANA NUNA VINEYARD BRUT** \$1.200  
**SAUV. BLANC & CHARDONNAY**

ORGÁNICO & BIODINÁMICO

Finca Nuna, Agrelo, Luján de Cuyo.

Mendoza

## VINO BLANCO / WHITE WINE

**ANIMAL CHARDONNAY 2017** \$1.190  
ORGÁNICO

Agrelo, Luján de Cuyo. Mendoza

**ANDILLIAN CHARDONNAY 2017** \$1.440  
ORGÁNICO

La Coste de los Andes, Luján de Cuyo.

Mendoza

**NANNI TORRONTÉS 2018** \$1.320  
ORGÁNICO

Valle de Cafayate. Salta

**CHAKANA NUNA VINEYARD** \$1.200  
**WHITE BLEND 2018**  
**SAUV. BLANC & CHARDONNAY**

ORGÁNICO & BIODINÁMICO

Finca Nuna, Agrelo, Luján de Cuyo.

Mendoza

## **VINO ROSADO / ROSÉ WINE**

**CHAKANA NUNA VINEYARD  
ROSÉ SYRAH & MALBEC &  
TANNAT 2019** \$1.200

ORGÁNICO & BIODINÁMICO

Finca Nuna, Agrelo, Luján de Cuyo.

Mendoza

## **VINO TINTO / RED WINE**

**CHAKANA AYNÍ GRAVAS  
MALBEC 2017** \$3.900

ORGÁNICO

Finca Ayni, Paraje Altamira,

Valle de Uco. Mendoza

**SIESTA CABERNET SAUV. 2016** \$2.860

ORGÁNICO & BIODINÁMICO

Vista Flores, Valle de Uco. Mendoza

**SIESTA MALBEC 2016** \$3.080

ORGÁNICO & BIODINÁMICO

Vista Flores, Valle de Uco. Mendoza

**TIKAL NATURAL MALBEC &  
SYRAH 2016** \$2.280

BIODINÁMICO

Vista Flores, Valle de Uco. Mendoza

**AMICI MIEI PETIT VERDOT &  
BARBENA 2018** \$1.680

NATURAL & COFERMENTADO

Estela Crinita, Valle de Uco.

Mendoza

**ANIMAL MALBEC 2017** \$1.600

ORGÁNICO

Agrelo, Luján de Cuyo. Mendoza

**ANDILLIAN MALBEC 2017** \$1.500

ORGÁNICO

La Coste de los Andes,

Luján de Cuyo. Mendoza

<b>CHAKANA ESTATE SELECTION CABERNET SAUVIGNON 2017</b>	<b>\$1.700</b>
Tupungato Winelands, Gualtallary, Valle de Uco. Mendoza	
<b>CHAKANA FINCA LOS CEDROS MALBEC 2017</b>	<b>\$1.800</b>
ORGÁNICO Finca Ayni, Paraje Altamira, Valle de Uco. Mendoza	
<b>NANNI CABERNET 2018</b>	<b>\$1.750</b>
ORGÁNICO Valle de Cafayate. Salta	
<b>NANNI MALBEC 2017</b>	<b>\$1.750</b>
ORGÁNICO Valle de Cafayate. Salta	
<b>NANNI TANNAT 2018</b>	<b>\$1.750</b>
ORGÁNICO Valle de Cafayate. Salta	
<b>CHAKANA NUNA VINEYARD MALBEC 2017</b>	<b>\$1.500</b>
ORGÁNICO & BIODINÁMICO Finca Nuna, Agrelo, Luján de Cuyo. Mendoza	
<b>SOBRENATURAL BONARDA 2018</b>	<b>\$1.300</b>
ORGÁNICO & BIODINÁMICO Finca Nuna, Agrelo, Luján de Cuyo. Mendoza	
<b>VINO POR COPA</b>	<b>\$420</b>
Consultar disponibilidad del día	

**DRINKS**

## **DRINKS**

**\$480**

*\_Elaborated with sake, an alcoholic beverage made from rice.*

*\_Depending on fruit and vegetable availability.*

### **Full Nutrients**

Sake, avocado, almond milk, cocoa, mint, grated lemon and honey.

### **Rejuvenating**

Sake, berries, coconut milk, virgin coconut oil, vanilla and whole sugar.

### **Tropical Passion**

Sake, coconut milk, passion fruit, banana and cilantro.

### **Tibet**

Sake, orange juice, raspberry, and whole sugar.

### **Green Food**

Sake, spirulina, mint, lemon and honey.

### **Ultra Vitamin C**

Sake, citrus juice, pollen, mint and whole sugar.

### **Indi**

Sake, apple juice, a touch of orange juice, chai and whole sugar.

## **ELIXIRES**

**\$520**

*\_ Made with wine.*

*\_ Depending on fruit and vegetable availability.*

### **Bracing**

Red wine, blueberries, coconut milk, maca and mint.

### **Eternal Youth**

Red wine, berries, almond milk, vanilla and ginger.

### **Bee Power**

White wine, pear, almond milk, pollen, cinnamon and honey.

### **Full Protein**

White wine, banana, coconut milk, virgin coconut oil, spirulina, maca and mint.

### **Pura Immunity**

Red wine, raspberry, milk almonds, vanilla and honey.

## Super Aperitif

White wine, passion fruit, coconut milk, cardamom, cilantro and honey.

## **BEERS**

BIRRA PERRO / 473 ml. **\$320**

\_Altbier

\_Pilsen

\_IPA

\_APA

## STRANGE

\_Agüita Bendita **\$250**

Light Lager / 354 cc.

\_Sentido Común **\$350**

Pilsen / 473 cc.

\_Amor Amarillo **\$395**

New England Pale Ale / 473 cc.

\_Más Monje **\$395**

Dubble / 473 cc.