

CALMA

CALLE 43 # 71-79 / HOTEL LOFT 43 / LAURELES, MEDELLÍN



COFFEE TIME

COFFEE

	PRICE
Espresso	\$4.000
Americano	\$4.900
Latte	\$7.200
Capuchino	\$6.900
Mocachino	\$8.200
Machiato	\$4.800

COLD DRINKS

	PRICE
Iced coffee	\$6.500
Iced latte	\$8.200
Milo	\$6.500
Banana Matcha	\$9.500
Frappé / Granizado	\$9.500
Sodas	\$6.900

HOT DRINKS

	PRICE
French Press	\$7.900
Bullet - Proof	\$6.500
Herval Tea	\$5.900
Cacao Caliente	\$6.500
Te Matcha	\$8.900
Te Chai	\$8.500



BREAKFAST



Fruit Bowl

Fruit bowl prepared with 3 different fresh fruits and seeds. Served with yogourt and pure honey. Optional Acai Ice Cream: + \$5.9
\$14.000

Peanut butter is an excellent source of fiber Food also contains vitamins B3, B5, B6 and E.

Granola Bowl

Homemade chocolate granola bowl prepared with fresh fruits, coconut, cranberries, chia seed and pure honey. Served with peanut butter and milk of your preference.
\$15.000

Oatmeal Bowl

Oatmeal prepared with cinamon, vanilla and almonds. Served with banana, mango, chia seeds and milk of your preference.
\$14.000



*Additions: Almonds \$1,900, Brazil nut 2,500, walnut +2,500, cashew, \$2,000, + peanut butter +\$3,000, vegetable milk 2,500, Chocolate nibs 2,000

BREAKFAST COMBOS



1 American Style

Toasted multigrain bread with jam and cheese. Served with eggs of your preference (scramble, fried, tomato and onion), orange juice and americano (black coffee). Optional with capuccino or latte: +\$2.000
\$17.500



2 Avocado Toasts combo

Multigrain toasted bread (x2), avocado, homemade green pesto and dried tomato. Served with eggs of your preference (scramble, fried, tomato and onion), a small bowl of fruit with chia seeds and pure honey, orange natural juice and americano (black coffee). Optional hot herbal infusion or Capuccino / Latte +\$2.000
\$22.000

- *Helps in weight Management
- *Reduce Stress
- *Reduces the risk of depression
- *Good source of potassium
- *Controls high level of blood sugar



3 Avocado Toasts & chorizo

Avocado toast with green pesto and dried tomato made on a whole wheat bread 7 grains of sourdough. Accompanied by scrambled eggs with vegan chorizo and house chimichurri, fruit portion with chia seeds, orange juice and American coffee or tea.
\$25.000

COLD-PRESSED JUICE

Large XL
Price \$11.000 - 15.000



Our juices have great nutritional properties, providing a good amount of vitamins, enzymes, micro and macro nutrients that the body needs to maintain good health

Detox

(Orange/naranja)

(Pear, carrot, celery orange and lemon)

Vitality

(Green/verde)

(Green apple, celery spinach, cucumber, parsley, orange and lemon)

Cleansing

(Red/rojo)

(Green apple, celery, beetroot orange, lime and ginger)

SANDWICH

Avocado Sandwich

Pan multigrano integral en masa madre, aguacate, chorizo, rúgula, pesto, tomate seco y germinados.

\$14.500



Benefits of alfalfa...high in protein, nutrients and vitamins k, magnesium, reduce blood clotting

Avocado toast

Multigrain toasted bread (x2), avocado, homemade pesto, dried tomato, alfalfa, and black pepper.

\$10.900

Add protein: Eggs \$3.000



Choripan

Hotdog made with vegan chorizo, cheese, and homemade chimichurri sauce. Great for snack

\$9.900

COMBO

Served with nachos, chili mayo, and Soda

\$14.900



Veggie Burgers

Chickpeas burger, kale, tomato, avocado, cucumber and cheese. Served with nachos.

Beets and lentils burger, bread, kale, avocado, tomato, hummus. Served with nachos

\$22.900

Smoothies



Pure love
(Red)

(Watermelon, strawberry, blackberry, blueberry and greek yogurt)



Sunshine
(Yellow)

(Mango, orange, pineapple and greek yogurt)



Energy
(Orange)

(Orange, melón, Goldenberry carrot, ginger y lime)

\$ 10.900



Harmony
(Green)

(Green apple, celery, spinach, cucumber, pineapple, orange, lime, mint)

\$ 9.900



PASTRY



Croissant

(Integral, brownie, arequipe, 3 cheese, red velvet y bocadillo)

\$ 5.900 - \$ 6.400



Cheese stick

\$ 5.900

Cake (Torta)

Carrot - Apple - Chocolate

\$ 7.500

Pancakes

(3 oat pancakes with banano and vainilla, special recipe.
Served with mix offruits and maple honey.

\$ 16.900

Ideal for breakfast

\$ 17.900



SHOTS

ANTIGRIPAL / Inmunity \$ 4.700

Lime, cold pressed ginger and pure honey

Anti- inflammatory \$ 4.700

Orange, coldpressed ginger, turmeric, black peper and cayene peper



Benefits of Turmeric
Anti-inflammatory, anti-carcinogenic,
lowers cholesterol, relieves joint pain,
antioxidant

LEMONADES



MINT
\$6.500



Natural
\$6.300



Cherry Lemonade
\$7.200



EMPANADAS

\$ 6.500 - 7.000

Eggplant

(Eggplant, mushrooms and spinach)

Lentils

(Lentil, quinia and amaranth)

Tomatoes

(Candied tomatoes, dried tomatoes and basil)

***New Flavors:**
Beef, chicken or mushroom
and veggies.

What everyone expects to taste in Argentine empanadas is its delicious filling, it provides vitamins such as B1, D or folic acid and minerals such as iron.

CALMA

" More than HEALTHY "....

