

## COLD BEVERAGES

### FRESH JUICES

- Orange | Feijoa | Mango | Passionfruit..... \$5.900
- Strawberry | Soursop | Lulo
- Araza | Blackberry | Pineapple | Prune | Grape ..... \$6.900
- Granadilla | Corozo | Tamarind | Sour guava ..... \$7.800
- Tangerine (6 tangerines just squeezed for you) ..... \$9.500

### COLD PRESSED JUICE LOKE'S *New*

- (Please ask for the available flavors) ..... \$10.800

### NATURAL SODAS

- Orange | Grape ..... \$7.500

### LEMONADES

- Natural .....\$3.900 | Spearmint.....\$4.200 | Coconut.....\$6.500
- Yacon, cucumber and lime.....\$5.900 *New*

## SMOOTHIES & LASSIES

*Fruit beverages with unsweetened yogurt. Smoothies are made with crushed ice*

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><b>STRAWBERRY &amp; BANANA</b> ..... \$8.400</li> <li><b>RED BERRIES</b> ..... \$8.800</li> <li><b>MANGO &amp; GINGER</b> ..... \$9.400</li> <li><b>GREEN LEAVES AND FRUITS</b><br/>Pear, water apple, spearmint,<br/>feijoa and spinach ..... \$9.700</li> <li><b>AÇAÍ, GRAPE <i>New</i></b><br/>&amp; <b>BANANA</b> ..... \$17.500</li> </ul> | <ul style="list-style-type: none"> <li><b>SUNA'S ARTISAN <i>New</i></b><br/><b>CHAI TEA</b><br/>Mix of chai, homemade,<br/>with almond milk<br/>or natural<br/>yogurt and dates ..... \$15.000</li> <li><b>GRAPE LASSIE</b> ..... \$8.000</li> <li><b>MANGO &amp;</b><br/><b>CINNAMON LASSIE</b> ..... \$8.500</li> </ul> |
|--|---|

### ADD ONS

- |                                 |                      |
|---------------------------------|----------------------|
| Chia seeds, oats, polen \$2.500 | Goji Berries \$3,000 |
|---------------------------------|----------------------|

**Beverages that are full of life! Inspired in the magic of fruits and veggies, prepared without added water. Filled with vitamins, minerals and nutrients that energise, detoxify, protect your body and help bring it to its potential.**

*To collaborate with the protection of the environment, we promote the NON utilisation of straws!*

**SPECIAL JUICE EXTRACTS**

<p><b>SUPER DAY</b> Organic kale, creole apple, celery, cucumber, spinach and ginger \$13.500</p> <p><b>EMERALD</b> <i>New</i> Organic kale, papaya, pineapple, coriander, coconut water and lime \$14.900</p> <p><b>FROM THE GARDEN</b> Cucumber, kiwi, spinach, spearmint and lemon drops \$11.500</p> <p><b>APPLE &amp; CARROT</b> \$10.000</p>	<p><b>DETOX</b> Celery, green grapes, carrots and parsley \$11.500</p> <p><b>SAVIOR</b> Carrot, pineapple and ginger \$12.000</p> <p><b>FOCUS FOCUS</b> Beet, carrot, orange and spinach \$11.500</p> <p><b>IMMUNE</b> Mango, apple, passion fruit, orange and mineral water \$10.400</p> <p>..... <i>Ginger adition</i> \$1.000</p>
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**COLD INFUSIONS & TEAS**

- RED BERRY ICED TEA** ..... \$5.000
- MATCHA LATTE** *New*  
In soy or almond milk, with a touch of coconut lined on top ..... \$19.500
- KOMBUCHA** *New*  
(Please ask for the available flavors) ..... Glass \$9.500 | Bottle \$50.000
- JAMAICA INFUSION** *New*  
Jamaica flower, ginger, lemon and cinnamon ..... \$6.500

## WATER

### SUNA'S COCONUT WATER

Refreshing and exclusive organic coconut water, 100% colombian. Enjoy it in its natural package and take it home afterwards.  
\$12.400

**CHORREADA**  
Local Tolimense name for lemonade sweetened with panela (unrefined whole cane sugar). With us you get organic panela \$4.000

**FROM  
CHINGAZA**  
Free (as long as we can still enjoy it)

**FILTERED**  
Alcaline water with minerals that emerge from the stones of the NIKKEN filter. Since we are highly committed to reduce waste-products, in SUNA we promote its consumption \$100

**BOTTLED  
WATER**  
\$4.500

## HOT BEVERAGES

### Organic Colombian Coffee

<b>BLACK COFFEE</b> \$3.900	<b>CAPPUCCINO</b> With your choice of soy milk, almond milk or lactose free milk \$6.000
<b>ESPRESSO</b> \$3.900	
<b>DOUBLE ESPRESSO</b> \$6.200	<b>LATTE</b> With your choice of lactose free milk \$5.800 Soy or almond milk \$6.500
<b>MACCHIATO</b> \$3.900	
<b>MATCHA LATTE</b> In soy or almond milk, with a touch of coconut lined on top \$14.500	

### Hot teas and natural infusions

<b>SUNA'S ARTISAN CHAI TEA</b> Fresh mix of chai, homemade, with almond or soy milk \$7.900	<b>AROMATIC WATER /INFUSION</b> Spearmint or fruits \$2.400
	<b>LOTS OF LOVE TEA</b> \$7.000

### Hot chocolate

<b>TRADITIONAL</b> With lactose free or almond milk \$6.800	<b>CHOCOLATE</b> Water based hot chocolate \$5.000
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(Prepared without added sugar)

### Homemade medicines

<b>ORGANIC PANELA (UNREFINED WHOLE CANE SUGAR) WATER WITH LIME</b> Traditional colombian beverage \$4.000	<b>UP-UR-LIFE</b> Fresh pressed orange juice with natural honey and a strong splash of ginger. (Enjoy it very hot) \$4.000
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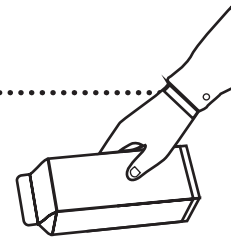
**MANGO CEVICHE**  
42° / VGN / GF  
Special fresh mango  
ceviche with onion,  
coriander and lemon  
\$6.000

**IN-SEASON  
FRESH FRUIT  
SALAD**  
\$7.500

*New*

## SMOOTHIE BOWL

Create and enjoy your own bowl for \$22.500



**1**



### CHOOSE A BASE FOR YOUR SMOOTHIE

- Açai, grape and banana
- Avocado, banana, blueberries and organic kale (*green*)
- Mango & Ginger

**2**



### CHOOSE YOUR MIX

- (*Unsweetened*)
- Almond milk
  - Soy milk
  - Plain yogurt

You will be charged for any fruit or topping additional to those included

**3**



### CHOOSE TWO (2) OF THE FOLLOWING

- |                |               |
|----------------|---------------|
| → Banana       | → Kiwi        |
| → Strawberries | → Blueberries |
| → Mango        | → Papaya      |

*If you wish to add more than two fruits, each additional is priced at \$2.000*

**4**



### CHOOSE THREE (3) OF THE FOLLOWING TOPPING

- |                        |   |
|------------------------|---|
| → Oats                 | → Toasted almonds                               |
| → Suna's Granola       | → Grated coconut                                |
| → Amarant              | → Mini granolas                                 |
| → Popped Quinoa grains | → Suna's artisan and 100% natural peanut butter |
| → Chia Seeds           |   |
| → Goji berries         |   |

*If you wish to add more than three toppings, each additional topping is priced at \$2.500*

## CEREALS

### SUNAS'S GRANOLA

VGT

Our exquisite and traditional homemade granola made of toasted oat flakes with orange zest, Brazil nuts and honey \$8.700

*Our granolas are served with your choice of fresh lactose free cow milk, homemade almond milk, soy milk, rice milk, plain yogurt or greek yogurt*

### NATURAL PATH GRANOLA

VGT

Delicious mix of barley, oats, Brazil nuts, sesame, flaxseed and quinoa, with prunes, raisins and a touch of ginger, cardamom and cinnamon \$12.000

### SUNA'S BASKET OF FRESH FRUITS

VGT

Small basket made of oats and homemade granola with kiwi, mango, chopped strawberries, plain yogurt and 100% natural honey \$8.200

### RED BERRY PARFAIT

VGT

Our delicious SUNA Granola mixed with plain yogurt and red berry coulis \$9.500

### GANOLIETTA MÜSLI

VGT

Smooth and silky mix of oats- soaked in lactose free milk- with a mix of chopped fruits, almonds, raisins and honey (Vegan option also available) \$8.700

## EGGS

### SUNA'S RANCHERO EGGS

Organic turkey breast with organic spicy tomato sauce \$9.400

### GOAT CHESSE AND SPEARMINT OMELETTE

VGT / ✗ \$9.500

### EGGS COKED IN TOMATO

VGT / ✗

With sauté potatoes \$8.500

### SAUTÉ VEGGY OMELETTE

VGT / ✗

Mushrooms, spinach, paprika and onion leek \$7.500

### SCRAMBLED EGGS WITH MUSHROOMS

VGT / ✗

\$7.500

### SCRAMBLED EGGS WITH CORN

VGT / ✗

\$7.200

### DEVILED EGGS

VGT / ✗

With organic tomato and scallions \$7.200

### EGGS YOUR STYLE

VGT / ✗

Fried, scrambled, poché, cooked (all add on toppings will be charged separately) \$5.500

ALL OUR EGGS ARE CREOLE, FREE OF HORMONES AND CHEMICALS AND PROCEED FROM HAPPY CHICKENS. EGG WHITES ARE AVAILABLE UPON REQUEST



## CALENTADOS

*A typical Colombian cuisine dish usually eaten for breakfast and made from reheated "leftovers". A delicious and nutritious mix of ingredients!  
All of our options include an egg, fried in clarified butter (ghee)*

### FROM THE PLATEAU GF

Brown rice, potatoes, plantains, black beans and chili with creole fried egg in clarified butter \$18.900.

With your choice of:

**Chicken** \$19,500 / **Beef** \$22.200 /  
**Tofu** \$18.000

### FROM THE PLATEAU (MIXED) GF

**Chicken and beef** \$20.200

### QUINUA & TOFU VG / GF

Quinoa, potatoes, tofu, coriander and homemade onion and tomato sauce  
(Vegan option available upon request)

\$12.500

### QUINUA & CREOLE CHICKEN GF

Quinoa, potatoes, creole chicken and homemade onion and tomato sauce

\$14.800

## TOFU

### TOFU AND MUSHROOMS

VG / GF

Over organic tomato ragú and sauté potatoes \$11.500

### CREOLE DEVILED

**TOFU** VG / GF

With organic tomato and scallions \$8.000

## BREADS & AREPAS

*An arepa is a typical Colombian starch similar to a flat corn cake and it may be sweetened or unsweetened*

### BREAD BASKET

Homemade wholegrain breads: seven grains, quinoa and wholegrain baguette, with homemade strawberry and peach jams  
\$6.900

### BASKET OF YESTERYEAR

Variety of typical Colombian breads (homemade wholegrain almojabanas and pandebonos) \$10.800

### WHOLEWHEAT TOASTS

\$2.400

### SUNA'S AREPA VG / GF

Quinoa or wholegrain rice arepa with mozzarella cheese, fine herbs, extra virgin olive oil and dried tomatoes  
\$8.200

### COUNTRYSIDE AREPAS VG / GF

Traditional sabanera arepas, made of corn and cheese (two pieces) \$6.200

### CORN AREPUELA VG / GF

With silky cream cheese and honey \$7.000

## SPECIALS

### WINTER OPEN SANDWICH s

Artisan smoked and cured salmon slices, water apples an avocado on homemade quinoa bread, sprinkled with extra virgin olive oil \$19.800

### SUNA'S PEANUT BUTTER SANDWICH

VGT / S

On wholewheat bread with Suna's peanut butter (100% handcrafted and natural) with homemade peach and strawberry jams \$13.000

*New*

### VEGAN FRENCH TOASTS VGN

Homemade quinoa bread soaked in almond milk, cinnamon and nutmeg; with banana, almond flour and agave honey on top \$14.500

### PIPIAN TAMALES VGN / G

With peanut sauce \$12.000

## PANCAKES

### PUMPKIN PANCAKES

VGT / G

With almond flour, quinoa flour and pumpkin. Sweetened with organic stevia and served with greek yogurt, pumpkin strains and natural pumpkin honey. *(Vegan option available upon request)* \$12.800

### SUNA PANCAKES

VGT / G

With almond flour, quinoa flour and sweetened with organic stevia, served with honey \$9.800

## CAKES

### ORANGE AND POPPY SEEDS

VGT

Delicious cake with orange zest, ghee butter, organic panela (unrefined whole cane sugar,) and a touch of honey and poppy seeds \$9.200

### VEGAN AND GLUTEN FREE BANANA CAKE

VGN / G / S

Banana cake with rice flour, sagú flour and chía seeds. Made with almond milk and sweetened with organic panela \$10.500

## MUFFINS

### CARROT MUFFIN VGT

With wholewheat flour, raisins and sweetened with organic panela \$5.000

WITH YOUR  
SMARTPHONE

   @SUNACOLOMBIA

Please help us spread our values aimed at promoting healthy and deliciously natural food and entering into an amicable and protective relationship with our environment.

You can do this by using our hashtags #SunaColombia #DeliciosamenteNatural #RestauranteSuna #ComidaSanaGourmet #FamiliaSuna