

## COLD BEVERAGES

### FRESH JUICES

Orange | Feijoa | Mango | Passionfruit  
Araza | Strawberry | Soursop | Lulo  
Granadilla | Corozo | Tamarind | Sour Guava  
Tangerine (6 organic tangerines just  
squeezed for you)

**NATURAL SODA:** Orange

**LEMONADES** : Natural | Spearmint | Coconut

### COLD INFUSIONS & TEAS

#### RED BERRY ICED TEA

**SUNA'S ARTISAN  
CHAI TEA** Fresh mix  
of chai, homemade, with  
almond or soy milk

#### KOMBUCHA

Please ask for the  
available flavors.

#### JAMAICA INFUSION

Jamaica flower, ginger  
and lime.

*New*

#### RED VELVET COLD LATTE

Beet energizing and  
repairing drink with  
almond milk, maca and  
natural vanilla

*New*

#### GOLDEN MILK COLD LATTE

Millenary drink based  
on vegetable milk,  
honey, turmeric,pepper,  
ginger, coconut oi  
and cinnamon.

### SMOOTHIES & LASSIES

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

#### STRAWBERRY AND BANANA RED BERRIES

**GREEN LEAVES AND FRUITS** Pear, water apple,  
spearmint, feijoa and spinach

#### MANGO AND GINGER

#### MANGO AND CINNAMON LASSIE

**ADDITIONS:** Chia seeds, oats, polen |  
Goji Berries, spirulina and maca

#### SUNA MIMOSA *New*

Corozo juice and  
sparkling wine.

#### MIMOSA

Fresh orange juice  
and sparkling wine.

#### SUNA MOSCOW MULE

*New*

Vodka, fresh ginger,  
lime and soda.

#### LULADA *New*

Typical Colombian  
drink made out of  
Lulo pulp and lime,  
and sweetened with  
organic cane sugar.  
With vodka.

#### WINE SANGRIA PITCHER

White or red wine with  
fresh fruits.

## SPECIAL JUICE EXTRACTS

*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.*

#### FROM THE GARDEN

Cucumber, kiwi, spinach,  
spearmint and lemon  
drops.

#### SUPER DAY

Organic kale, creole apple,  
celery, cucumber, spinach  
and ginger.

#### SAVIOR

Carrot, pineapple and ginger.

#### FOCUS FOCUS

Beet, carrot, orange  
and spinach.

#### IMMUNE

Mango, apple, passion fruit,  
orange and mineral water.

#### DETOX

Celery, green grapes, carrots and  
parsley.

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

#### MIXE *New*

Carrot, apple and ginger

*Ginger addition*

## HOT BEVERAGES

### ORGANIC COLOMBIAN COFFEE

**ORGANIC COFFEE**  
**ESPRESSO**  
**DOUBLE ESPRESSO**

**MACCHIATO**  
**CAPPUCCINO**  
**LATTE**

### HOT TEAS AND NATURAL INFUSIONS

**SUNA'S ARTISAN CHAI TEA**  
Fresh mix of chai, homemade, with almond or soy milk  
**LOTS OF LOVE TEA**

**AROMATIC WATER / INFUSION**  
Spearmint or fruits  
**MATCHA LATTE**  
In soy or almond milk, with a touch of coconut lined on top.

### CHOCOLATES

*(Prepared without added sugar)*

**TRADITIONAL**  
With lactose free or almond milk

**CHOCOLATE**

### HOMEMADE MEDICINES

**GOLDEN MILK**  
Millenary drink based on vegetable milk, honey, turmeric, pepper, ginger, coconut oil and cinnamon.

**ORGANIC PANELA (UNREFINED WHOLE CANE SUGAR) WATER WITH LIME**  
Traditional colombian beverage.

**RED VELVET LATTE *New***  
Beet energizing and repairing drink with almond milk, maca and natural vanilla.

**UP-UR-LIFE (SUBE-VIDA)**  
Fresh pressed orange juice with natural honey and a strong splash of ginger. *(Enjoy it very hot)*

### WATER

**SUNA'S COCONUT WATER**

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

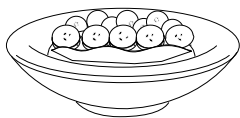
**CHORREADA**  
Local Tolimense name for lemonade sweetened with panela *(unrefined whole cane sugar)*. With us you get organic panela

**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.

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

**BOTTLED WATER**

## SUNA SMOOTHIE BOWL



Create and enjoy your own bowl

### 1. BASE (one option)

- Açai, grape and banana
- Avocado, banana, blueberries and organic kale (Green)
- Mango & ginger

### 2. MIX (unsweetened — one option)

Almond milk | Soy milk | Plain yogurt | SUNA's vegan coconut yogurt **New**

### 3. FRUITS (two options)

Banana | Strawberries | Mango | Kiwi | Blueberries | Papaya. *Additional fruit.*

### 4. TOPPINGS (three options)

Oats | SUNA's Granola | Amaranth | Popped quinoa grains | Chia seeds | Goji berries | Toasted almonds | Grated coconut | Mini granolas | SUNA's artisan and 100% natural peanut butter. *Additional topping.*

## FRUITS

### MANGO CEVICHE

VGN / G / C

Fresh mango with red onion, cilantro and lemon.

### FRESH FRUIT SALAD

## CEREALS

*New version*

### SUNA'S GRANOLA\*

VGT

Homemade granola made of toasted oat flakes with orange zest, Brazil nuts and honey, served with strawberry, mango or banana, and plain yogurt, almond milk or vegan coconut yogurt. \*Now there is also a vegan version of the SUNA granola. **New**

### **New** CHIA SEEDS AND VEGAN COCONUT MILK PARFAIT

VGN / G / S

Chia seeds soaked in vegan coconut milk with organic cocoa and banana.

### GANOLIETTA MÜSLI

VGT

Our delicious SUNA Granola mixed with plain yogurt and red berry coulis.

*New version*

### RED BERRY PARFAIT

VGT

Our delicious SUNA Granola (*traditional or vegan*) mixed with plain yogurt or vegan coconut yogurt, and red berry coulis.

*New*

### TAPIOCA PARFAIT

VGT

Soft tapioca in vegan coconut yogurt, with nuts, SUNA granola (*traditional or vegan*), blueberries, apples and mango.

*Additional fruit  
or  
Additional  
topping*

## EGGS

### SUNA'S RANCHERO EGGS

Organic turkey breast with organic spicy tomato sauce.

### DEVEILED EGGS

With organic tomato and scallions

### SCRAMBLED EGGS WITH MUSHROOMS

VGT / G

### SCRAMBLED EGGS WITH CORN

VGT / G

### EGGS YOUR STYLE

Fried, scrambled, poche, cooked (*all add on toppings will be charged separately*)

### GOAT CHEESE AND SPEARMINT OMELETTE

VGT / G

### SAUTÉ VEGGY OMELETTE

Mushrooms, spinach, paprika and onion leek.

*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 ☿

Brown rice, potatoes, plantains, black beans and chili with creole fried egg in clarified butter **Chicken / Beef / Tofu**

### FROM THE PLATEAU (MIXED) ☿

Chicken and beef

### QUINUA & TOFU VGT / ☿

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

### QUINUA & CREOLE CHICKEN ☿

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

**TOFU**  
**CREOLE DEVILED TOFU VGN / ☿**  
With organic tomato and scallions

## BREAD & AREPAS

### BREAD BASKET

Homemade wholegrain breads: seven grains, quinoa and wholegrain baguette, with homemade strawberry and orange jams

### BASKET OF YESTERYEAR

Variety of typical Colombian breads (*homemade wholegrain almojabanas and pandebonos*)

### WHOLEWHEAT TOAST VGT

### SUNA'S AREPA VGT / ☿

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

### COUNTRYSIDE AREPAS VGT / ☿

Traditional sabanera arepas, made of corn and cheese.

### New YUCA AREPITAS ☿

They can be stuffed with SUNA's vegan cheese or with mozzarella cheese. Served with homemade guacamole and hot sauce.

## OUR 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 and sprouts.

*New*

### DAWN OPEN SANDWICH S / VGT

Homemade quinoa toast with fresh guacamole, hard or poached creole eggs, organic sprouts and a touch of olive oil and peperoncino.

### VEGAN FRENCH TOASTS VGN

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

*New*

### BAKED CARIMAÑOLAS ☿

Three yucca pies stuffed with beef, served with homemade hot sauce and coastal serum.

### PIPIÁN TAMALE VGN / ☿

With peanut sauce.

## CAKES

### ORANGE AND POPPY SEEDS VG T

Delicious cake with orange zest, ghee butter, organic panela (*unrefined whole cane sugar*), and a touch of honey and poppy seed.

### BANANA CAKE

#### VEGAN AND GLUTEN FREE VG N / G

With rice flour, sagú flour and chía seeds. Made with almond milk and sweetened with organic cane sugar.

*New*

#### TRADITIONAL VG T

With whole wheat flour and organic cane sugar.

### CARROT CAKE *New*

#### VEGAN AND GLUTEN FREE VG N / G

With quinoa, flaxseed, natural vanilla, walnuts, organic brown sugar and with coconut cover.

#### TRADITIONAL VG T

With whole wheat flour, raisins, Brazil nuts, ginger, cinnamon and organic brown sugar.

## PANCAKES

### PUMPKIN PANCAKES VG T / G

With almond flour, quinoa flour and pumpkin. Sweetened with organic stevia and served with greek yogurt, pumpkin strains and natural pumpkin honey. (*With vegan coconut yogurt upon request*)

### SUNA PANCAKES VG T / G

With almond flour, quinoa flour and sweetened with organic stevia, served with honey and red berry coulis.

## KIDS MENU

### SUNA'S PEANUT BUTTER AND JELLY SANDWICH

On whole wheat bread with Suna's peanut butter (*100% handcrafted and natural*) with homemade strawberry and orange jam.

### BEAR TOAST

Whole-grain bread toast with SUNA's peanut butter, banana and blueberries.