



RESTAURANT

VEGETARIAN RESTAURANT WITH **VEGAN**,
KETO, **DAIRY FREE** OPTIONS AND MORE...

ARTISANAL AND HOMEMADE BAKERY.

ALL OF OUR PRODUCTS ARE **100% GLUTEN FREE**,
REFINED SUGAR FREE, **WITHOUT PRESERVATIVES**, **WITHOUT**
CHEMICALS Y WITHOUT ARTIFICIAL FLAVORS. SUITABLE
FOR **CELIACS**, **DIABETIC** AND **INSULINE RESISTANCE PEOPLE**.

✧ GLUTEN FREE

✧ ARTISANAL

✧ REFINED SUGAR FREE

✧ NON GMO

✧ WITHOUT PRESERVATIVES
AND ARTIFICIAL FLAVORS

✧ MADE WITH TOP
QUALITY INGREDIENTS

WE SWEETEN OUR PRODUCTS WITH NATURAL LOW GLYCEMIC
SUGARS, SUCH AS, **STEVIA Y MONK FRUIT**.

WE ARE CERTIFIED AS THE FIRST **100% GLUTEN FREE** RESTAURANT IN **MEXICO**,
AND WE ARE PART OF **RESTAURANTES POR LA SALUD** FROM THE **ASOCIACIÓN MEXICANA DE DIABETES**.



AMP
ASOCIACIÓN MEXICANA
DE DIABETES.

**“I WAS 25 WHEN THEY TOLD ME THAT
THE GLUTEN AND I COULDN'T
BE FRIENDS ANYMORE...”**

MY SOCIAL OUTINGS WEREN'T FUNNY
ANYMORE WHEN THEY INVOLVED FOOD
AND MY GLUTEN FREE RESTAURANT
CHOICES WERE ALMOST NULL.

THAT'S WHY **LA OTILIA** IN MEXICO ARRIVES, FROM
WANTING TO TURN AN INCONVENIENCE INTO A
GREAT LIFE PROJECT WHERE PEOPLE LIKE ME WITH
DIETARY RESTRICTIONS, CAN ENJOY DELICIOUS,
NUTRITIOUS AND SAFE PRODUCTS IN
A PLACE THAT INVITES YOU TO STAY.

“IN HONOR OF MY **GRANDMA OTILIA**,
WHO ALSO SUFFERED **CELIAC DISEASE**
WHEN THE MEDICINE IN MEXICO COULDN'T
DIAGNOSE IT YET.”



Mariana Quiroga



ALL DAY
BREAKFAST



COCONUT YOGURT



WAFFLE

SWEET

SWEETENED WITH MONKFRUIT OR STEVIA

COCONUT YOGURT

\$235

With walnuts and seeds granola

●● V K VG *Longevity*

SEASONAL FRUIT

\$150

With sesame and flax seed

CV

MAQUI BERRY OVERNIGHT OATS

\$300

Oatmeal bowl with redberries, chia, coconut, raspberry compote and melted chocolate

●● V *Longevity*

Add one of our spreads

+\$40

WAFFLE

\$335

Almond waffle with strawberry compote and coconut whipped cream (1 piece)

●● K *Longevity*

SOUFFLÉ PANCAKE

\$335

With coconut whipped cream and and red berries (1 piece)

●● K *Balanced*

FRENCH TOAST

\$280

With red berries, banana and coconut yogurt (2 pieces)

●●● VG

ALLERGENS AND SEALS

High protein *Antiinflammatory* *Balanced* *Digestive* *Energetic* *Glow* *Kids* *Longevity* *Relax*

VG
VEGETARIAN

V
VEGAN

RV
RAWVEGAN

K
KETO



DAIRY



RICE



AMARANTH



PEANUT



NUTS



ALMOND



CORN



SOY



EGG



OAT



CHICKPEAS



TRADITIONAL

MEXICAN FOOD

WITH CREOLE BLUE CORN TORTILLA

ENFRIJOLADAS

\$265

Filled with scrambled eggs with plant based chorizo (3 pieces)

●●●●● *High protein*

*Turn them into enchiladas; choose your sauce: green, red or spicy, with onion and coriander

ENCHILADAS POBLANAS

\$265

Filled with turkey breast ham, goat cheese and zucchini, bathed in Poblado sauce (3 pieces)

●●● *High protein*

Cambia a queso plant based ●●●

ENMOLADAS

\$265

Filled with roasted vegetables (3 pieces)

●●●●

MOLLETES

\$255

Goat cheese with green pico de gallo and plant based chorizo (2 pieces)

●●● *Balanced*

Change to plant based cheese ●●

CHILAQUILES "LA OTILIA"

\$290

Homemade baked tortilla chips, with homemade cream and almond curd cheese, smoked baked beans with hoja Santa and onion

●●● *Balanced*

Choose your sauce: green, red or spicy

Choose your tortilla chips: amaranth, keto (almond-flax seed) or creole blue corn

*Add an egg (1 piece) ●

+ \$40

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BENEDICTIN EGGS



SHAKSHUKA EGGS

EGGS

FREE RANGE, FRIED WITH EXTRA VIRGIN OLIVE OIL

HUEVOS RANCHEROS STYLE

\$250

Fried eggs over a creole blue corn tortilla, bathed in green or red sauce (2 pieces)

● ● ● VG

EGGS WITH CHORIZO

\$265

Scrambled eggs with plant based chorizo (2 pieces)

● ● *Balanced*

*With two almond tortillas ●

BENEDICTIN EGGS

\$350

Poached eggs over a brioche bread (2 pieces)

● ● ● K VG *Balanced*

Change to dairy free sauce ●

SHAKSHUKA EGGS

\$285

Poached eggs simmered in shakshuka sauce (2 pieces)

● ● VG *High protein*

With a slice of our homemade sordough bread ● ●

*Ready in 15 minutes

SCRAMBLED OR OMELETTE

\$275

You choose (2 pieces)

● VG *Balanced*

With homemade sourdough bread slice ● ●

Choose 3 vegetables: onion, garlic, zucchini, spinach, bell pepper, portobello mushroom, asparagus, kale or avocado

Choose 1 protein: turkey breast, vegan chorizo, manchego cheese, goat cheese or plant based cheese

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CHICKPEAS

SANDWICHES

MADE WITH SOURDOUGH GLUTEN FREE BREAD

CHOOSE 1 SIDE:

-SALAD, CAMBRAY POTATOES OR SAUTÉED VEGETABLES

TURKEY SANDWICH \$325

turkey breast and goat cheese

● *Balanced* *Sourdough*

Choose:

-Keto croissant ●●K

-Sourdough bread ●●

*Change to plant based cheese ●●V +\$40

SALMON SANDWICH \$430

smoked with cream cheese and pickled cucumber

●●● *Balanced*

VEGETABLE SANDWICH \$235

simmered in pesto sauce

●● *Balanced*

SMOKED SALMON BAGEL \$390

with cream cheese and capers

●●●K *Balanced*

VEGANA BURGER \$335

with plant based meat

●●●V *Sourdough*

GUACAMOLE TOAST \$270

with chilli flakes and a poached egg

●●VG *Sourdough*

JOCOQUE AND HARD-BOILED EGG TOAST \$205

over a cacao walnut sourdough bread

●●●●●VG *Sourdough*

SEALED TUNA WRAP \$415

with sautéed vegetables, hummus and avocado wrapped into pita bread

●●

Change your protein:

-Tofu ●V

-Grilled salmon

TURKEY CIABATTA LOAF \$325

with brie cheese and caramelized onion

●● *Sourdough*

MOZZARELLA CIABATTA LOAF \$280

with heirloom tomato and pesto sauce

●●VG *Sourdough*

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TRATTORIA

ENTRANCE

BAKED NACHOS \$275

with nacho cheese sauce, plant based chorizo and green chillies



TUNA TOSTADAS \$290

with chipotle mayonnaise, avocado, onion and cherry tomato (3 pieces)



CREAM CHEESE \$305

with artichoke and crunchy ficelle



SOUP

TOMATO SOUP \$130

Baked tomatoes



*Add goat cheese ● VG

MUSHROOM SOUP \$225

Shiitake and Cremini



*Add parmesan cheese ● VG

SALADS

BURRATA \$450

With roasted cherry tomato, pesto sauce and caramelized pistachio



With two cacao - walnut homemade aourdough bread slices ●●●

SALMON SALAD \$385

Lettuce mix with citrics and parmesan cheese



RED BERRIES SALAD \$240

with blue cheese and caramelized walnuts



COLORFULL BOWL \$320

Lettuce mix with quinoa

Balanced

Choose a protein:

- Tofu ● V
- Seared tuna
- Grilled salmon

Choose a dressing:

- Pesto
- Classic vinaigrette
- Orange vinaigrette

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CHICKPEAS



PASTAS

HOMEMADE

CHOOSE YOUR PASTA:

- PENNE
- FUSILLI

BOLOGNESE \$340

with carne plant based

V

4 CHEESE \$475

with plant based ground beef

VG

*Our plant based meat is made with clean ingredients, has all the essentials aminoacids, vitamins, minerals, iron and calcium

PASTA O RISO

CHOOSE YOUR FAVORITE

SHRIMP \$505

bathed in parmesan cheese sauce

● ● ●

MUSHROOM ´S MIX \$340

Portobello, cremini, shiitake

bathed in parmesan cheese sauce

● ● ● VG

VEGETABLE ´S LASAGNA \$295

bathed in pomodoro sauce

● V

Choose:

- Plant based cheese ● ● V
- Manchego cheese ● VG
- Goat cheese ● VG

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High protein Antiinflammatory Balanced Digestive Energetic Glow Kids Longevity Relax

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CHICKPEAS

PIZZAS

HOMEMADE

CHOOSE YOUR PIZZA DOUGH:

-VEGAN ●● V

-CAULIFLOWER ● V K +\$50

*PIZZAS ARE MADE WITH MANCHEGO CHEESE

CHANGE TO PLANT BASED CHEESE ●● V +\$40

*READY IN 15 MINUTES

MARGARITA'S PIZZA \$275

with tomatoes cassé, goat cheese, fresh basil and grilles cheese

● VG *Balanced with vegan dough*

HAWAIIAN PIZZA \$275

with turkey breast, pineapple in syrup and grilled cheese

● *Balanced with vegan dough*

SALMON'S PIZZA \$435

with truffle oil, capers, turkey breast and camembert cheese

● *Balanced with vegan dough*

MEXICAN PIZZA \$305

with plant based chorizo, green jalapeño and turkey breast

● *Balanced with vegan dough*

FOUR CHEESE AND PEAR PIZZA \$310

with mozzarella, parmesan, provolone and gorgonzola cheese

● VG *Balanced with vegan dough*

MEDITERRANEAN PIZZA \$310

with fig mushrooms and pesto sauce

Balanced with vegan dough

KIDS MENU

MAC & CHEESE \$140

Dairy free

●● V *Kids*

CHEESE STICKS \$170

Breaded / fried

●●● VG *Kids*

PASTA KIDS \$180

With plant based meat bathed bolognese

●● V *Kids*

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EGG
































OAT



CHICKPEAS

SIDES EXTRAS

FREE RANGE EGG 50 gr 	\$40	VEGAN CHORIZO 70 gr 	\$45
TURKEY BREAST 60 gr	\$50	ALMOND BREAD 1 rebanada   	\$40
CREAM CHEESE 30 gr 	\$50	SOURDOUGH BREAD SLICE 1 rebanada  	\$20
MANCHEGO´S CHEESE 20 gr 	\$50	ALMOND SLICE 2 pzas  	\$35
GOAT CHEESE 25 gr 	\$50	CORN TORTILLA 3 pzas 	\$10
VEGAN CREAM 25 gr 	\$50	KETO´S GRANOLA 70 gr  	\$40
PLANT BASED CHEESE 25 gr  	\$50	AMARANTH´S GRANOLA 50 gr 	\$25
VEGAN CREAM 20 gr 	\$40	PEANUT SPREAD 20 gr 	\$20
SMOKED BAKED BEANS 120 gr	\$35	ALMOND SPREAD 20 gr 	\$20
GUACAMOLE 160 gr 	\$50	ALMOND-MATCHA SPREAD 20 gr 	\$30
SMOKED SALMON 50 gr	\$85	HAZELNUT SPREAD 20 gr 	\$30
FRESH SALMON 100 gr	\$90	HAZELNUT - CACAO SPREAD 20 gr 	\$35
FRESH TUNA 100 gr	\$70	COCONUT YOGURT 100 gr	25
HUMMUS 100 gr 	\$60	RED BERRIES JELLY 20 gr	\$40
CRISPY BAKED TOFU 100 gr 	\$60	RED BERRIES 50 gr	\$40
PLANT BASED MEAT 80 gr 	\$60		

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CHICKPEAS

BAKERY





HAZELNUT - CACAO DONUT



MARBLING BANANA BREAD

BAKERY

INDIVIDUAL PIECE

RED VELVET CUPCAKE

\$155

●●● K VG

Dairy free icing ●

+\$10

CHUNKY CUPCAKE

\$145

●●●● K

CHOCOLATE CUPCAKE

\$145

●●● V

DONUT

\$125

●●● K

Hazelnut - cacao

BLUEBERRY - LEMON
BLONDIE

\$190

●● K

GANSITO

\$135

●●● K

ALMOND BLONDIE WITH TAHINI
CHOCOLATE AND COCONUT

\$170

●● K

BROWNIE

\$115

● K V

BLUEBERRY - BANANA
BREAD

\$90

●● V

MARBLING BANANA
BREAD

\$90

●●● V

COFFEE VÉNETO

\$225

●●● K

RASPBERRY TIRAMISU

\$215

●●● K

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CHICKPEAS



BABKA



CHOCOLATE CHIPS COOKIE

SWEET BAKERY

INDIVIDUAL PIECE

BABKA

\$145

Filled with hazelnut and cacao

●●●●● VG

CONCHA

\$145

Vanilla or cacao

●●●●● VG

CROISSANT

\$115

Filled with hazelnut and cacao

●●●● K

SNOWBALL

\$65

Of nuts

●●●●●

CINNAMON ROLL

\$145

●●●●● VG

CHOCOLATE CHIPS COOKIE

\$90

●●●● V

SALT - CARAMEL COOKIE

\$100

●●●●● K VG

CACAO NIBS AND VANILLA COOKIE

\$100

●●●● K

CHOCOLATE HAZELNUT AND MALDON SALT COOKIE

\$90

●●●●● VG

LA OTILIA'S RECOMMENDATION

CRÈME BRÛLÉE

\$125

●●●● K

MOLTEN CAKE

\$180

●●●● V

CHURRO

\$120

●●●●● VG

*Restaurant consumption only, ready in 15 minutes

ALLERGENS AND SEALS

High protein

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CHICKPEAS



HAZELNUT - CACAO CAKE

CAKES

SLICES

CHEESECAKE
red berries

\$200

● ● ● K

TRES LECHES

\$200

● ● K

CHEESECAKE
Eureka lemon

\$200

● ● ● K

HAZELNUT - CACAO

\$200

● ● ● K

CHAI SPICED CARROT

\$200

● ● ● K VG

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EGG



OAT



CHICKPEAS

ICE CREAM FACTORY

SEASON FLAVORS

ASK FOR OUR
SEASON FLAVORS

SMALL - 140 G \$135
CONE ● K V +\$35

*ADD EXTRA ICE CREAM (60 GR) \$60
*ADD ICE CREAM TO YOUR FAVORITE DESSERT (60 GR) \$60

CHOOSE YOUR TOPPINGS

*FOR FREE

FLAX
SHREDDED COCONUT
LIQUID CHAMOY
TOASTED SLICED ALMONDS ●
CACAO NIBS
AMARANTH GRANOLA ●
KETO GRANOLA ●● K

*WITH EXTRA COST

BROWNIE 20 gr ● K V \$20
RED BERRIES 35 gr \$20
LIQUID CACAO 15 gr \$30
PEANUT SPREAD 15 gr ● \$20
ALMOND SPREAD 15 gr ● \$20
HAZELNUT SPREAD 15 gr ● \$30

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CHICKPEAS

HEALTHY DRINKS



SMOOTHIES

(475 ML)

CHOSEN MILK

\$185

CHAI FRAPPÉ

PIÑA COLADA

PASSION FRUIT
AND COCNUT

PECAN NUT, DATES
FRUIT AND CINNAMON

ACAI, BANANA
AND BLUEBERRY

BANANA, SPINACH,
PINEAPPLE, MANGO
AND APIRULINE

CACAO, OAT
AND BANANA

RED BERRIES WITH COCONUT
YOGURT AND GINGER

GOLDEN MILK, MANGO
AND BANANA

Antiinflammatory

NA PLANT BASED
VEGAN PROTEIN SHAKE

Vanilla or Chocolate
475 ml

\$130

ICED FRUIT

\$120

TROPICAL

Mango, pineapple and orange

BEAUTY

Cucumber, lemon and mint

SUNRISE

Pineapple, orange and ginger

VERDE

Pineapple, orange, celery, nopal and parsley

BALANCE

Alfalfa, pineapple, spinach, lemon and chia

BERRY SPLASH

Raspberry, strawberry, blueberry, orange
and blackberry

VITAMIN

Lemon, beet, orange, carrot and apple

JUICE

MADE AT THE MOMENT

ORANGE

GRAPEFRUIT

GREEN

CARROT

\$75

*Add an extra immunity shot
(ginger, lemon and turmeric)

Antiinflammatory

+\$50



GOLDEN TURMERIC

ELIXIR SHOTS

(120 ML)

<p>IMMUNITY K <i>Antiinflammatory</i></p> <p>Ginger, lemon and turmeric</p>	<p>\$50</p>	<p>ENERGY <i>Energetic</i></p> <p>Coconut milk, maca, cinnamon and dates fruit</p>	<p>\$50</p>
<p>GOOD MORNING</p> <p>Hot water, lemon, apple vinegar and collagen</p>	<p>\$75</p>	<p>BULLETPROOF K</p> <p>Espresso shot, coconut milk and coconut oil</p>	<p>\$65</p>

LA OTILIA POTIONS

FUNCTIONAL DRINKS WITH SUGAR FOODS AND ADAPTOGENS
(355 ML)

<p>CHAI CARDAMOMO</p> <p>\$100</p> <p><i>Antiinflammatory</i> <i>Energetic</i> <i>Longevity</i></p>	<p>CACAO REISHI</p> <p>\$100</p> <p><i>Antiinflammatory</i> <i>Digestive</i> <i>Longevity</i> <i>Relax</i></p>	<p>BLUE MATCHA</p> <p>\$105</p> <p><i>Antiinflammatory</i> <i>Relax</i> <i>Glow</i> <i>Longevity</i></p>	<p>GOLDEN TURMERIC</p> <p>\$100</p> <p><i>Antiinflammatory</i></p>
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ALLERGENS AND SEALS

High protein *Antiinflammatory* *Balanced* *Digestive* *Energetic* *Glow* *Kids* *Longevity* *Relax*



HEALTHY SODAS, DRINKS Y WATER

HOMEMADE

CHAMOMILE - HONEY
HOMEMADE ITALIAN
SODA
355 ml

\$75

JAMAICA WITH PILONCILLO
HOMEMADE ITALIAN SODA
355 ml

\$75

GINGER - LEMON HOMEMADE
ITALIAN SODA
355 ml

\$75

KOMBUCHA MULE
Ask for our flavors
475 ml

\$135

ACTIVATED CHARCOAL
LEMONADE
355 ml

\$70

PINK LEMONADE
355 ml

\$80

HORCHATA - LEMON
WATER
355 ml

\$95

BOTTLED

AUSTIN KOMBUCHA
Ask for our flavors
355 ml

\$90

UMANI KOMBUCHA
Ask for our flavors
355 ml

\$95

HEALTHY SCHORLE
FÉLIX
Ask for our flavors
355 ml

\$55

YERBA MATE INFUSION
Ask for our flavors
355 ml

\$75

NATURAL WATER
355 ml

\$45

MINERAL WATER
355 ml

\$50

ORGANIC TEA DRINKS

*ASK FOR OUR FLAVORS

(296 ML)

ORGANIC TEA \$65

TEPUCCINO \$95

*Tea infusion with chosen foamed milk

GREEN MATCHA TEA DRINKS

GREEN TEA MATCHA

Small - 296 ml \$90

Big - 473 ml \$105

MATCHA LATTE

Small - 296 ml \$105

Big - 473 ml \$115

DALGONA \$205

MATCHA

473 ml

COFFEE

MOCHA WITH REISHI CACAO FRAPPUCCINO \$170

473 ml

Antiinflammatory

Digestive

Longevity

CAFFÈ AMERICANO \$60

296 ml

Big 473 ml +\$10

CAFFÈ LATTE \$70

296 ml

Big 473 ml +\$15

DALGONA COFFEE \$100

473 ml

*Turn it into Dalgona Golden (golden milk)

+\$35

CAPUCCINO \$70

355 ml

ESPRESSO

Sencillo 25 ml

\$60

Doppio 60 ml

+\$10

Signature espresso roast

+\$10

MACCHIATO \$75

118 ML

*Double espresso shot with foamed milk

LA OTILIA'S RECOMMENDATION

LA OTILIA FLAT WHITE \$125

178 ML

*Two smooth espresso shots with the perfect amount of steamed milk to create just the right flavor

NOT TOO STRONG, NOT TOO CREAMY, SIMPLY PERFECT

SEALS

High protein *Antiinflammatory* *Balanced* *Digestive* *Energetic* *Glow* *Kids* *Longevity* *Relax*

PERSONALIZE YOUR DRINK

1.- CHOOSE YOUR MILK

2.- CHOOSE YOUR SWEETENER

3.- CHOOSE YOUR SWEETEN LEVEL

4.- MAGIC CINNAMON DECORATION

TYPES OF MILK

COCONUT

SOY ●

LACTOSE FREE

ALMOND ●

OAT ●

MACADAMIA

SWEETENERS

HONEY

MONK FRUIT

STEVIA

CHOOSE YOUR FAVORITE

FRAPPUCCINO 475 ML +\$15

COLD BREW 475 ML +\$15

HOT 475 ML

EXTRAS

GOLDEN MILK +\$35

Antiinflammatory Digestive Glow Longevity Relax

PROTEIN +\$40

Energetic

SPIRULINE +\$40

Antiinflammatory

ADAPTOGEN (SHIITAKE) +\$35

Antiinflammatory Digestive Longevity

MCT OIL +\$35

Antiinflammatory Energetic

CBD OIL +\$20

Antiinflammatory Relax

ACTIVATED CHARCOAL +\$20

Antiinflammatory Glow

COLLAGEN +\$40

Glow Longevity

PINEAPPLE COLLAGEN +\$40

Glow Longevity

ESPRESSO SHOT +\$20

ORGANIC TEA SHOT +\$20

VEGETAL OR LACTOSE
FREE MILK SHOT +\$15

MONK MAPLE +\$20

WHIPPED CREAM ● V +\$20

SEALS

High protein Antiinflammatory Balanced Digestive Energetic Glow Kids Longevity Relax



TREATS FOR YOUR BEST FRIEND

DOG'S SMOOTHIE

\$105

Carrot, apple, sugar free peanut butter and whipped cream



DOG'S COOKIE

\$45

Made with chickpeas, apple and peanut butter



ALLERGENS



DAIRY



RICE



AMARANTH



PEANUT



NUTS



ALMOND



CORN



SOY



EGG



OAT



CHICKPEAS

VG
VEGETARIAN

V
VEGAN

RV
RAWVEGAN

K
KETO

LA OTILIA

GLUTEN FREE
BAKERY & EATERY

PRICES IN MEXICAN PESOS. 16% INCLUDED TAXES
THE TIP IS NOT INCLUDED AND IS UP TO THE CUSTOMER

POLANCO

LA FONTAINE 78, POLANCO IV SECCIÓN
MIGUEL HIDALGO, C.P. 11550, CDMX

ROMA NORTE

VALLADOLID 76 A, ROMA NORTE
CUAUHTÉMOC, C.P 06700, CDMX

ROMA NORTE

JALAPA 161 A, ROMA NORTE
CUAUHTÉMOC, C.P 06700, CDMX

ALL DAY BREAKFAST • TRATTORIA • BEBIDAS • BAKERY • SOFT SERVE



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