



MENU

ALLERGENS



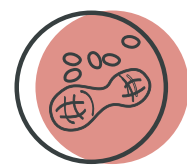
DAIRY



RICE



AMARANTH



PEANUTS



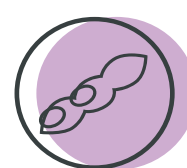
NUTS



ALMOND



CORN



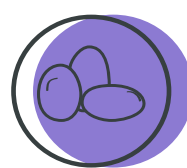
SOY



OATS



CHICKPEAS



EGGS





COCONUT YOGURT & GRANOLA

ALL DAY BREAKFAST

SWEET

COCONUT YOGURT ●●VKK \$205 & GRANOLA

HOMEMADE COCONUT YOGURT WITH PROBIOTICS, COCONUT AND ALMOND KETO GRANOLA WITH RED FRUITS AND DEHYDRATED COCONUT FLAKES.

FRUIT PLATE \$130

PAPAYA, APPLE, MELON, KIWI, GRAPEFRUIT AND HEMP SEEDS.

*ADD SEASONAL ICE CREAM (60 G) \$60



FRENCH TOAST



PANCAKE SOUFFLE

SWEET

WAFFLE



\$290

BALANCED

CRISPY VANILLA & ALMOND WAFFLES WITH BAL-SAMIC STRAWBERRY COMPOTE AND VEGAN WHIPPED CREAM.

PANCAKE SOUFFLE (1 PC)



\$290

BALANCED

FLUFFY AND SOFT KETO PANCAKE, JAPANESE STYLE WITH WHIPPED CREAM SUGAR FREE AND MONK MAPLE.

FRENCH TOAST (2 PCS)



\$240

FRESHLY BAKED BRIOCHE BREAD WITH REDFRUITS, BANANA, COCONUT YOGURT AND MONK MAPLE.

*ADD SEASONAL ICE CREAM (60 G) \$60

TRADITIONALS

ENFRIJOLADAS (3 PCS) \$220

HIGH IN PROTEIN

BLUE CORN TORTILLAS STUFFED WITH SCRAMBLED EGGS WITH VEGAN CHORIZO, HOMEMADE VEGAN SOUR CREAM AND "REQUESON CHEESE", RED ONION AND CORIANDER.

MOLLETES (2 PCS) \$210

BALANCED

CHICKPEA FICELLE BREAD WITH BLACK BEANS, CHIPOTLE DRESSING, GOAT CHEESE, MANCHEGO CHEESE GRATIN AND GREEN PICO DE GALLO.

PREPARATION TIME OF 15 MIN. APPROX.

CHANGE TO VEGAN CHEESE ● +\$40

CHILAQUILES LA OTILIA \$240

BALANCED

HOMEMADE BAKED TOTOPOS, AMARANTH OR ALMOND, WITH VEGAN TOFU CREAM, AVOCADO, HOMEMADE ALMOND REQUESON CHEESE AND A SIDE OF SMOKED BEANS WITH SACRED AND AVOCADO LEAF.

CHOOSE:
GREEN, RED, SPICY OR NOT SPICY SAUCE.
WITH ONION AND CHOPPED CORIANDER.
PROTEIN (EXTRA SIDES)

*AVAILABLE ALL DAY



CHILAQUILES LA OTILIA



BENEDICT EGGS

EGGS

CAGE FREE - EGGS

"RANCHEROS" STYLE (2 PCS)



\$205

FRIED EGGS OVER BLUE CORN TORTILLAS, AND A TOP OF GREEN OR RED SAUCE. WITH HOMEMADE VEGAN "REQUESON CHEESE", AND A SIDE OF SMOKED BEANS WITH HOLY AND AVOCADO LEAFS.

EGGS WITH VEGAN CHORIZO



\$220

BALANCED

SCRAMBLED EGGS WITH VEGAN CHORIZO, SMOKED BEANS WITH HOLY LEAF. SERVED WITH A MIX OF LETTUCE, CHERRY TOMATOES AND CITRUS VINAIGRETTE.

*INCLUDES TWO ALMOND TORTILLAS ●

BENEDICT EGGS



\$290

POACHED EGGS ON KETO BRIOCHE BREAD WITH DIJON MUSTARD, DIPPED IN HOMEMADE TURMERIC BÉCHAMEL, ACCOMPANIED BY SAUTÉED MUSHROOMS AND ASPARAGUS WITH HERBS.

CHANGE TO DAIRY FREE SAUCE.

EGGS

CAGE FREE - EGGS

EGGS/OMELETTES ANY STYLE



\$225

BALANCED

SCRAMBLED, WHOLE OR JUST THE EGG WHITES,
WITH A SIDE OF SMOKED BEANS WITH HOLY LEAF
AND AVOCADO.

*WITH A SLICE OF SOURDOUGH BREAD. ●●

CHOOSE 3 VEGETABLES:

ONION, GARLIC, SQUASH, SPINACH, PEPPERS, ASPARAGUS,
PORTOBELLO MUSHROOM, KALE, OR AVOCADO..

CHOOSE 1 PROTEIN:

TURKEY BREAST HAM, VEGAN CHORIZO, MANCHEGO,
GOAT, OR VEGAN CHEESE.

SHAKSHUKA (2 PCS)



\$235

HIGH IN PROTEIN

POACHED EGGS IN SHAKSHUKA SAUCE, WITH
JOCOQUE, HUMMUS, PARSLEY.

*WITH A SLICE OF SOURDOUGH BREAD. ●●

PREPARATION TIME OF 15 MIN. APPROX.



SHAKSHUKA EGGS



TURKEY BREAST HAM SANDWICH



SALMON BAGEL

SANDWICH, TOAST, WRAP & BAGEL

SANDWICH OF TURKEY BREAST HAM AND GOAT CHEESE ●● \$280

BALANCED

YOU CHOOSE, CROISSANT OR SANDWICH WITH SOURDOUGH BREAD. STUFFED OF TURKEY BREAST HAM, GOAT CHEESE, HOMEMADE CHIPOTLE MAYONNAISE AND AVOCADO. WITH ARUGULA SALAD, DRESSED WITH BALSAMIC VINEGAR AND PARMESAN CHEESE.

*KETO CROISSANT ●●

*SOURDOUGH BREAD ●●

*CHANGE TO VEGAN CHEESE ● +\$40

*AVAILABLE ALL DAY

LA OTILIA TOAST ●●●● \$230

BALANCED

POACHED EGG ON TOP. SERVED WITH LETTUCE, KALE, GOAT CHEESE AND CARAMELIZED ALMONDS.

SMOKED SALMON AND CREAM CHEESE BAGEL ●●●● \$335

BALANCED

ALMOND KETO BAGEL WITH CHEESE MIX, SMOKED SALMON, FRESH DILL, CAPERS, AVOCADO & ARUGULA SALAD.

*AVAILABLE ALL DAY

HUMMUS WRAP ●● \$265

HUMMUS BASE, SAUTÉED SPINACH WITH ONIONS, AVOCADO AND PROTEIN OF YOUR CHOICE. WITH MIXED SWEET POTATO CHIPS AND JOCOQUE LINED WITH OLIVE OIL, RED ONION AND BLACK OLIVES.

*CHOOSE A PROTEIN:

-TOFU ●●

-SEALED TUNA

-GRILLED SALMON

EXTRAS SIDES

CAGE-FREE EGG	●	\$40	VEGAN CHORIZO	● V	\$45
TURKEY BREAST HAM	●	\$50	ALMOND BREAD	● ● ● K	\$40
CREAM CHEESE	●	\$50	SOURDOUGH BREAD	● ● V	\$20
MANCHEGO CHEESE	●	\$50	ALMOND TORTILLA	● V K	\$35
GOAT CHEESE	●	\$50	KETO GRANOLA	● ● K	\$40
REQUESON CHEESE	● V	\$50	AMARANTH GRANOLA	●	\$25
VEGAN CHEESE	V	\$50	PEANUT BUTTER SPREAD	●	\$20
SOUR CREAM	● V	\$40	ALMOND SPREAD	●	\$20
SMOKED BEANS		\$35	ALMOND-MATCHA SPREAD	●	\$30
GUACAMOLE	V	\$50	HAZELNUT SPREAD	●	\$30
SMOKED SALMON (50 G)		\$85	HAZELNUT-COCOA SPREAD	●	\$35
HUMMUS	● V	\$60	RED FRUITS JAM		\$40
BAKED TOFU	●	\$60			



MUSHROOM SOUP

TRATTORIA

SOUPS

TOMATO SOUP

\$120

BAKED TOMATOES CONFIT WITH ONIONS
ONION, GARLIC, AND THYME.

ADD GOAT CHEESE



+\$50

*WITH A SLICE OF SOURDOUGH BREAD.

MUSHROOM SOUP



\$140

DIFFERENT MUSHROOMS: MUSHROOM, CREMINI
AND PORTOBELLO, WITH AROMATIC HERBS FROM
OUR OWN GARDEN, AND WITH A TOUCH OF
PARMESAN CHEESE.

*WITH A SLICE OF SOURDOUGH BREAD.

LENTIL SOUP

\$120

PERFUMED WITH CELERY, CORIANDER, AND A
TOUCH OF TOASTED PUMPKIN SEEDS.

*WITH A SLICE OF SOURDOUGH BREAD.



COLORFUL BOWL

TRATTORIA

SALADS

PEAR SALAD

● \$235

LETTUCE MIX, PEAR, GOAT CHEESE, PISTACHIO, RED ONION AND CHERRY TOMATO. ACCOMPANIED WITH HOMEMADE HONEY MUSTARD DRESSING.

CAPRESE SALAD WITH ● PESTO \$265

HEIRLOOM TOMATO SALAD, WITH FRESH MOZZARELLA SHEETS, ORGANIC BASIL AND BASIL OIL.

COLORFUL BOWL

\$290

BALANCED

MIX OF LETTUCE, ACCOMPANIED WITH QUINOA, ROASTED SWEET POTATO, ROASTED BEET, GRAPEFRUIT AND ORANGE SUPREMES, AVOCADO AND WATERMELON RADISH. POURED WITH DRESSING.

CHOOSE A PROTEIN:

- TOFU ●
- SEALED TUNA
- GRILLED SALMON

CHOOSE A DRESSING:

- PESTO
- CLASSIC VINAIGRETTE
- ORANGE VINAIGRETTE



TUNA HAMBURGER



LASAGNA

OTHERS

TUNA HAMBURGUER ●●● \$395

BALANCED

YELLOWFIN TUNA BURGER, ZARANDEADO STYLE, WITH PINEAPPLE MARINADE CREAMY, SOFT, AGED CAMEMBERT CHEESE ON OUR BRIOCHE BUN, TOPPED WITH DIJON MUSTARD AND HOMEMADE VEGAN MAYONNAISE. SERVED WITH ARUGULA SALAD, PARMESAN CHEESE AND BALSAMIC.

TIMBAL TUNA WITH ARUGULA SALAD \$290

BALANCED

FRESH TUNA LOIN WITH MUSHROOMS, GARNISHED WITH MUSTARD GRAINS, LEMON, CHILI FLAKES & SPICES, WITH FRESH ARUGULA SALAD.

*WITH A SLICE OF SOURDOUGH BREAD. ●●

*CHANGE TO ALMOND BREAD. ☞ \$20

LASAGNA ●●▽ \$255

BALANCED

LASAGNA STUFFED WITH MUSHROOMS AND ROASTED EGGPLANT, ZUCCHINI, CARAMELIZED ONION, POACHED TOMATOES, AND POMODORO SAUCE.

*CHOOSE YOUR FAVORITE:

- VEGAN CHEESE ●
- MANCHEGO CHEESE ●
- GOAT CHEESE ●



OTHERS

SPINACH & RICOTTA RAVIOLI ●●●● \$210

FILLED WITH CREAM CHEESE AND SPINACH IN CHEESE AND SAGE SAUCE.

PREPARATION TIME OF 15 MIN. APPROX.

BALSAMIC FIG & HAZELNUT RAVIOLI ●●●● \$210

STUFFED WITH BALSAMIC FIG AND HAZELNUT, IN A CREAMY ARTICHOKE SAUCE.

PREPARATION TIME OF 15 MIN. APPROX.

CREAMY ARTICHOKE, PARMESAN AND GARLIC ●●● \$265

CREAMY DIP OF ARTICHOKE HEARTS, STEW GARLIC AND PARMESAN CHEESE.

PIZZAS

CHANGE THE PIZZA BASE:

- VEGAN BASE ●● V
- CAULIFLOWER BASE ● VK +\$50
- VEGAN CHEESE ● V +\$40

PREPARATION TIME OF 15 MIN. APPROX.

MARGARITA ● \$235

BALANCED WITH VEGAN BASE

CLASSIC PIZZA WITH TOMATO CASSÉ, GOAT CHEESE, FRESH BASIL & GRATIN CHEESE.

HAWAIIAN ● \$235

BALANCED WITH VEGAN BASE

TURKEY BREAST, HOUSE MADE PINEAPPLE IN SYRUP AND GRATIN CHEESE.

MEDITERRANEAN ● \$270

BALANCED WITH VEGAN BASE

BASIL PESTO, MUSHROOMS, BLACK OLIVES, GOAT CHEESE, ARUGULA AND FIGS.

FOUR CHEESE AND PEAR ●● \$270

WHITE BASE WITH MOZZARELLA, PARMESAN, PROVOLONE AND GORGONZOLA CHEESE, BOSC PEAR SHEETS AND CARAMELIZED WALNUTS.



MEDITERRANEAN PIZZA



VENETO



CHUNKY CUPCAKE

BAKERY

PATISSERIE

INDIVIDUAL PIECE

CARROT
CUPCAKE



\$120

*CHANGE TO DAIRY FREE TOPPING 

+\$10

RED VELVET
CUPCAKE



\$120

*CHANGE TO DAIRY FREE TOPPING 

+\$10

CHUNKY
CUPCAKE



\$120

CHOCOLATE
CUPCAKE



\$120

DOUGHNUT



\$105

*HAZELNUT-COCOA

MOCHA BREAD



\$120

*SLICE

PATISSERIE

INDIVIDUAL PIECE

BLUEBERRY AND BANANA BREAD   V \$70

*SLICE

MARBLED BANANA BREAD    V \$70

*SLICE

CORN MUFFIN   \$100

LOW CARB MUFFIN    K \$120



STRAWBERRY SCONE   K \$80

ALMOND AND TAHINI SQUARE   K \$130

BLUEBERRY AND EUREKA LEMON SQUARE   K \$160

COCOA, AND HAZELNUT PIE   CV \$205

LEMON PIE   CV \$140

BLUEBERRY PIE   CV \$205

COCOA FUDGY BROWNIE  KV \$95

VENETO    K \$200

TIRAMISU     K \$170

SNACKS

INDIVIDUAL PIECE

CARAMEL AND SALT
COOKIE ●●●K \$80

OAT COOKIE WITH
COCONUT AND CRANBERRY ●●V \$70

COCOA COOKIE
WITH COCOA NIBS ●KV \$80

SALTY COCOA
COOKIE ●●V \$70

SNOWBALL ●●●V \$50

GRANOLA
BAR ●●K \$60

CHOCOLATE
CHIPS COOKIE ●●V \$70

*LA OTILIA RECOMENDACIÓN

MOLTEN CAKE ●●K \$170

*PREPARATION TIME OF 15 MIN APPROXIMATE,
TO CONSUME ONLY IN RESTAURANT.



COOKIES



HAZELNUT AND COCOA CAKE

CAKES

SLICE

CHEESECAKE  K \$170

CARROT CHAI  \$130

TRES LECHES  K \$170

HAZELNUT AND COCOA  K \$170

BRUCE  V \$130



SWEET BAKERY

INDIVIDUAL PIECE

*AVAILABLE ON WEEKENDS

CHOCOLATE HAZELNUT BABKA ●●●●● \$120
 *FILLED WITH COCOA AND HAZELNUT

MEXICAN CONCHA ●●●●● \$120
 *VANILLA OR COCOA

AMERICAN BISQUET ●●●●● \$85
 *WITH GHEE AND JAM

HAZELNUT CROISSANT ●●●●● \$100
 *FILLED WITH COCOA AND HAZELNUT

CINNAMON ROLL ●●●●● \$120

FRUIT AND CRUMBLE MUFFIN ●●●●● \$120
 *ASK FOR THE SEASONAL FLAVOR

CHURRO ●●●●● \$70

ICE CREAM FACTORY

SEASONAL ICE CREAMS

STRAWBERRY "DANONINO" ● V

CHOCOLATE "CHOCOMILK" ● V

SMALL - 140 G	\$135	1/2 LITER	\$440
BIG - 190 G	\$175	LITER	\$880
KETO CONE ● KV		+35	

*ADD EXTRA ICE CREAM (60 G) \$60

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



ICE CREAM FACTORY

CHOOSE YOUR TOPPINGS

*INCLUDED

FLAXSEED

GRATED COCONUT

CHAMOY TANGY SAUCE

TOASTED ALMONDS

CACAO NIBS

HOMEMADE AMARANTH GRANOLA

HOMEMADE KETO GRANOAL

*EXTRA COST

BROWNIE \mathbb{K}	20 G	\$20
RED BERRIES	35 G	\$20
LIQUID COCOA	15 G	\$30
PEANUT SPREAD	15 G	\$20
ALMOND SPREAD	15 G	\$20
HAZELNUT SPREAD	15 G	\$30



PASSIONFRUIT AND COCONUT

DRINKS

SMOOTHIES WITH MILK AND YOGURT

(475 ML)

\$185

PIÑA COLADA

SPIRULINE, MANGO, SPINACH,
PINEAPPLE & BANANA

PASSION FRUIT & COCONUT

RED FRUITS, COCONUT
YOGURT & GINGER

PECAN NUTS, DATES
& CINAMMON

GOLDEN MILK, MANGO
& BANANA

BANANA WITH
COCOA & OATS

ACAI BERRY, BANANA
& BLUEBERRIES

CHAI FRAPPÉ

SMOOTHIES WITH FRESH FRUIT AND ICE

(475 ML)

\$115

TROPICAL

MANGO, PINEAPPLE, ORANGEA

GREEN

PINEAPPLE, ORANGE, CELERY, PRICKLY PEAR, & PARSLEY

SUNRISE

PINEAPPLE WITH ORANGE, & GINGER

BALANCE

ALFALFA, PINEAPLLE, SPINACH, LEMON, & CHIA SEEDS

BEAUTY

CUCUMBER, LIME & MINT

VITAMIN

LEMON, BEETROOT, APPLE, CARROT, & ORANGE

BERRY SPLASH

RASPBERRY, STRAWBERRY, BLUEBERRY, BLACKBERRY,
& ORANGE



BERRY SPLASH



GINGER & LEMON ITALIAN SODA



PINK LEMONADE

OTHER DRINKS

VEGAN PROTEIN SHAKE

\$130

475 ML
*VANILLA OR CHOCOLATE

FRESH NATURAL ORANGE JUICE

\$70

300 ML

FRESH NATURAL CARROT JUICE

\$70

300 ML

FRESH NATURAL GRAPEFRUIT JUICE

\$70

300 ML

FRESH NATURAL GREEN JUICE

\$70

300 ML

PINK LEMONADE

\$75

355 ML

LEMONADE WITH ACTIVATED CHARCOAL

\$65

355 ML

MELON HORCHATA WATER

\$90

355 ML

OTHER DRINKS

HOMEMADE ITALIAN SODA \$70
CHAMOMILE AND HONEY
BEE HONEY 355 ML

JAMAICA WITH PILONCILLO \$70
ITALIAN HOMEMADE SODA
355 ML

GINGER & LEMON ITALIAN \$70
HOMEMADE SODA
355 ML

CAPIBARA YERBA MATE \$75
355 ML
*ASK FOR THE FLAVORS

KOMBUCHA \$105
475 ML
*ASK FOR THE FLAVORS

KOMBUCHA MULE \$135
475 ML
*ASK FOR THE FLAVORS

KOMBUCHA JENGIBRE \$90
VIDA BEBIDA
475 ML
*ASK FOR THE FLAVORS

FÉLIX HEALTHY \$55
SODA
355 ML
*ASK FOR THE FLAVORSS

ZOÉ ALKALINE \$65
WATER BOTTLE
477 ML

ZOÉ ALKALINE \$80
WATER BOTTLE
750 ML

MINERAL WATER BOTTLE \$50
VELVET SODA
275 ML



GOLDEN TURMERIC

ELIXIR SHOTS

(120 ML)

INMUNITY

GINGER, LIME & TURMERICA

\$50

ENERGY

COCONUT MILK, MACA ROOT, CINAMMON & DATES

\$50

GOOD MORNING

HOT WATER, LIME, APPLE VINEGAR,
& COLLAGEN

\$75

BULLETPROOF

COFFEE SHOT, COCONUT MILK
& COCONUT OIL

\$65

POTIONS LA OTILIA

(355 ML)

\$100

CHAI CARDAMOMO

CACAO REISHI

GOLDEN TURMERIC

MAKE YOUR POTION COLD (475 ML) +\$15
 MAKE YOUR POTION FRAPPÉ (475 ML) +\$15
 ADD 1 ESPRESSO SHOT TO YOUR POTION (30 ML) +\$20

DRINKS WITH ORGANIC TEA STASH

*ASK FOR THE FLAVOR

(296 ML)

ORGANIC TEA \$65

TEPUCCINO \$95

TISANA \$85

DRINKS WITH ORGANIC TEA MATCHA

GREEN TEA MATCHA

SMALL - 296 ML \$90

LARGE - 473 ML \$105

MATCHA LATTE

SMALL - 296 ML \$105

LARGE - 473 ML \$115

FRAPPÉ +\$15

DALGONA MATCHA \$205

473 ML



MATCHA LATTE



DALGONA COFFEE

COFFEE

**MOKA FRAPPÉ
WITH CACAO
REISHI** \$155
473 ML

**DALGONA
COFFEE** \$90
473 ML
GOLDEN MILK +\$35

MACCHIATO \$70
118 ML
A DOUBLE ESPRESSO WITH
MILK FOAM

AMERICANO \$55
296 ML
LARGE 473 ML +\$10
COLD O FRAPPÉ +\$15

CAPUCCINO \$65
355 ML
COLD O FRAPPÉ +\$15

**LA OTILIA
FLAT WHITE** \$115
178 ML
TWO DOUBLE ESPRESSOS
WITH A SHOT OF MILK

LATTE \$65
296 ML
LARGE 473 ML +\$15
COLD O FRAPPÉ +\$15

ESPRESSO
REGULAR 25 ML \$55
DOUBLE 60 ML +\$10
ADD MILK FOAM +\$10

***LA OTILIA RECOMENDATION**

IF YOU LIKE YOUR COFFEE STRONG
WITH A TOUCH OF CREAMY MILK,
THIS IS THE OPTION

PERSONALIZE YOUR DRINK

ASK FOR IT FRAPPÉ 475 ML +\$15

ASK FOR IT COLD 475 ML +\$15

ADD AN ADAPTOGEN +\$35

ADD VEGAN WHIPPED CREAM ● +\$20

SCOOP

GOLDEN MILK +\$35

PROTEIN +\$40

SPIRULINE +\$40

ADAPTOGEN +\$35
(REISHI o SHIITAKE)

MCT OIL +\$35

CBD OIL +\$20

ACTIVATED CHARCOAL +\$20

COLLAGEN +\$40

PINEAPPLE COLLAGEN +\$40

SWEETENERS

MONK MAPLE +\$20

HONEY BEE +\$20

MONK FRUIT

STEVIA

TYPES OF MILK

COCONUT

SOY

LACTOSE FREE

ALMOND

OATS

EXTRAS

ESPRESSO SHOT +\$20

ORGANIC TEA SHOT +\$20

SHOT OF WHOLE, LACTOSE FREE OR VEGETABLE MILK +\$15



WOOF

DESSERTS FOR YOUR BEST FRIEND

DOGGY SMOOTHIE

\$105

BASED ON CARROT, APPLE, UNSWEETENED PEANUT BUTTER AND WHIPPED CREAM SUITABLE FOR YOUR DOGGY.

DOGGY COOKIE

\$45

CHICKPEA BASED, WITH APPLE AND PEANUT BUTTER.



LOCATIONS

POLANCO

LA FONTAINE 78 POLANCO IV SECTION.
MIGUEL HIDALGO . P.C 11560 MEXICO CITY

ROMA NORTE

VALLADOLID 76 A, ROMA NORTE
CUAUHTÉMOC, P.C 06700, MEXICO CITY

ALL DAY BREAKFAST ● TRATTORIA ● DRINKS ● BAKERY ● SOFT SERVE



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