



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.**

“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*

WAFFLE

\$335

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

●●● K *Longevity*

SEASONAL FRUIT

\$150

With sesame and flax seed

CV

SOUFFLÉ PANCAKE

\$335

With coconut whipped cream and red berries (1 piece)

●●● K *Balanced*

MAQUI BERRY OVERNIGHT OATS

\$300

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

●●● V *Longevity*

FRENCH TOAST

\$280

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

●●●● VG

Add one of our spreads

+\$40

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



CHILAQUILES LA OTILIA

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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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

●● V

TUNA TOSTADAS \$290
with chipotle mayonnaise, avocado, onion and cherry tomato (3 pieces)

●

CREAM CHEESE \$305
with artichoke and crunchy ficelle

●●● VG

SOUP

TOMATO SOUP \$130
Baked tomatoes

●● V

*Add goat cheese ● VG

MUSHROOM SOUP \$225
Shiitake and Cremini

●● V

*Add parmesan cheese ● VG

SALADS

BURRATA \$450
With roasted cherry tomato, pesto sauce and caramelized pistachio

● VG *Sourdough*

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

SALMON SALAD \$385
Lettuce mix with citrics and parmesan cheese

● *Balanced*

RED BERRIES SALAD \$240
with blue cheese and caramelized walnuts

●● VG

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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SHRIMP RISOTTO

PASTAS

HOMEMADE

PASTA O RISO

CHOOSE YOUR FAVORITE

CHOOSE YOUR PASTA:

- PENNE
- FUSILLI

BOLOGNESE \$340

with carne plant based

✓

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

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

● ✓

Choose:

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

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CHICKPEAS

PIZZAS

HOMEMADE

CHOOSE YOUR PIZZA DOUGH:

-VEGAN ●●V

-CAULIFLOWER ●VK +\$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*

ALLERGENS AND SEALS

High protein Antiinflammatory Balanced Digestive Energetic Glow Kids Longevity Relax

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CHICKPEAS

SIDES EXTRAS

FREE RANGE EGG 50 gr ● VG	\$40	VEGAN CHORIZO 70 gr ● V	\$45
TURKEY BREAST 60 gr	\$50	ALMOND BREAD 1 rebanada ●●● K	\$40
CREAM CHEESE 30 gr ● VG	\$50	SOURDOUGH BREAD SLICE 1 rebanada ●● V	\$20
MANCHEGO ´S CHEESE 20 gr ● VG	\$50	ALMOND SLICE 2 pzas ● VK	\$35
GOAT CHEESE 25 gr ● VG	\$50	CORN TORTILLA 3 pzas ●	\$10
VEGAN CREAM 25 gr ● V	\$50	KETO ´S GRANOLA 70 gr ●●● K	\$40
PLANT BASED CHEESE 25 gr ●●● V	\$50	AMARANTH ´S GRANOLA 50 gr ●● V	\$25
VEGAN CREAM 20 gr ●● V	\$40	PEANUT SPREAD 20 gr ●	\$20
SMOKED BAKED BEANS 120 gr	\$35	ALMOND SPREAD 20 gr ●	\$20
GUACAMOLE 160 gr V	\$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 ●● V	\$60	RED BERRIES JELLY 20 gr	\$40
CRISPY BAKED TOFU 100 gr ●● V	\$60	RED BERRIES 50 gr	\$40
PLANT BASED MEAT 80 gr V	\$60		

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OAT



CHICKPEAS

BAKERY





HAZELNUT - CACAO DONUT



MARBLING BANANA BREAD

BAKERY

INDIVIDUAL PIECE

RED VELVET CUPCAKE	\$155	ALMOND BLONDIE WITH TAHINI CHOCOLATE AND COCONUT	\$170
●●● K VG		●● K	
Dairy free icing ●	+\$10		
CHUNKY CUPCAKE	\$145	BROWNIE	\$115
●●●● K		● K V	
CHOCOLATE CUPCAKE	\$145	BLUEBERRY - BANANA BREAD	\$90
●●● V		●● V	
DONUT	\$125	MARBLING BANANA BREAD	\$90
●●● K		●●● V	
Hazelnut - cacao		COFFEE VÉNETO	\$225
BLUEBERRY - LEMON BLONDIE	\$190	●●● K	
●● K		RASPBERRY TIRAMISU	\$215
GANSITO	\$135	●●● K	
●●● K			

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BABKA



CHOCOLATE CHIPS COOKIE

SWEET BAKERY

INDIVIDUAL PIECE

BABKA	\$145	SALT - CARAMEL COOKIE	\$100
Filled with hazelnut and cacao			
 VG		 K VG	
CONCHA	\$145	CACAO NIBS AND VANILLA COOKIE	\$100
Vanilla or cacao			
 VG		 K	
CROISSANT	\$115	CHOCOLATE HAZELNUT AND MALDON SALT COOKIE	\$90
Filled with hazelnut and cacao			
 K		 VG	
SNOWBALL	\$65	<div style="border: 1px solid #c00000; padding: 10px;"> <p style="text-align: center; color: #c00000; margin: 0;">LA OTILIA'S RECOMMENDATION</p> <p>CRÈME BRÛLÉE \$125</p> <p> K</p> <p>MOLTEN CAKE \$180</p> <p> V</p> <p>CHURRO \$120</p> <p> VG</p> <p style="text-align: center; font-size: small; margin-top: 5px;">*Restaurant consumption only, ready in 15 minutes</p> </div>	
Of nuts			
			
CINNAMON ROLL	\$145		
 VG			
CHOCOLATE CHIPS COOKIE	\$90		
 V			

ALLERGENS AND SEALS

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

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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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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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High protein Antiinflammatory Balanced Digestive Energetic Glow Kids Longevity Relax

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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

Raspberrry, 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)

IMMUNITY **K** *Antiinflammatory* \$50

Ginger, lemon and turmeric

ENERGY *Energetic* \$50

Coconut milk, maca, cinnamon and dates fruit

GOOD MORNING \$75

Hot water, lemon, apple vinegar and collagen

BULLETPROOF **K** \$65

Espresso shot, coconut milk and coconut oil

LA OTILIA POTIONS

FUNCTIONAL DRINKS WITH SUGAR FOODS AND ADAPTOGENS

(355 ML)

CHAI CARDAMOMO

\$100

Antiinflammatory
Energetic *Longevity*

CACAO REISHI

\$100

Antiinflammatory
Digestive *Longevity*
Relax

BLUE MATCHA

\$105

Antiinflammatory
Relax *Glow* *Longevity*

GOLDEN TURMERIC

\$100

Antiinflammatory

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HEALTHY SODAS, DRINKS Y WATER

HOMEMADE

CHAMOMILE - HONEY
HOMEMADE ITALIAN
SODA **\$75**
355 ml

JAMAICA WITH PILONCILLO
HOMEMADE ITALIAN SODA **\$75**
355 ml

GINGER - LEMON HOMEMADE
ITALIAN SODA **\$75**
355 ml

KOMBUCHA MULE **\$135**
Ask for our flavors
475 ml

ACTIVATED CHARCOAL
LEMONADE **\$70**
355 ml

PINK LEMONADE **\$80**
355 ml

HORCHATA - LEMON
WATER **\$95**
355 ml

BOTTLED

AUSTIN KOMBUCHA **\$90**
Ask for our flavors
355 ml

UMANI KOMBUCHA **\$95**
Ask for our flavors
355 ml

HEALTHY SCHORLE
FÉLIX **\$55**
Ask for our flavors
355 ml

YERBA MATE INFUSION **\$75**
Ask for our flavors
355 ml

NATURAL WATER **\$45**
355 ml

MINERAL WATER **\$50**
355 ml

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 ● ♡ +\$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



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NUTS



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