

## BREAKFAST



**ZUCCHINI OMELETTE** 13.95  
 Homemade zucchini tortilla topped with baby arugula, cherry tomatoes and pecorino cheese.

**QUINOA OMELETTE** 15.95  
 Fresh diced tomato, quinoa, avocado and gouda cheese folded into fresh eggs.

**EGGS AND AVO TOAST BY THE GIRLS** 14.95  
 Toasted sourdough bread, with eggs, avocado, sautéed spinach, feta cheese, mushrooms and oven roasted tomatoes.



**AVO TOAST** 13.25  
 2 Toasted multigrain bread topped with avocado spread, feta cheese, sweet corn, cherry tomatoes.

**BRUNCH PLATTER** 18.50  
 Oven baked Spanish sausage, with mushrooms and spinach sautéed eggs, with fresh toasted bread and crispy bacon, topped with red onions.

**EGGS BENEDICT BY THE GIRLS** 18.00  
 Toasted brioche with oven baked glazed bacon, or smoked salmon, and two poached eggs topped with hollandaise peach palm sauce.



**CROISSANT SANDWICH** 13.50  
 Toasted croissant with ham or turkey, butter, american cheese, topped with two eggs.

**BAGEL ON THE HUDSON** 12.00  
 Toasted bagel spread with truffle aioli, two scrambled eggs, American cheese and baby arugula.

**EGGS AND CHEESE SANDWICH** 10.95  
 Toasted Texas bread with scrambled eggs and Colombian fried cheese, with roasted pepper dressing.

**EGGS ON TOAST** 10.95  
 Sunny side eggs on sourdough toast, with roasted tomato and sweet onions.



**CBG QUICHE** 13.95  
 Thick omelette cooked with sautéed spinach mushrooms and fontina cheese.

**SIDES ( Only/w/Breakfast & Sandwiches )**  
 Smoked Salmon / Chorizo / Prosciutto / Bacon. 7.50  
 Fried Cheese / Roasted tomato / Mushroom. 5.00

## SOUPS AND SALADS

*Served with side of texas bread.*



**CHICKEN SOUP** 10.25  
 Chicken and vegetables only.

**LENTIL SOUP** Vegetables only 10.25

**CHICKEN SALAD** 16.95  
 Grilled chicken, spring mix, dried cranberries, toasted almonds, cherry tomatoes with our homemade dressing.

**CBG SALAD** 16.95  
 Sautéed mushrooms, cherry tomatoes, spring mix and sunflower seeds, tossed in our truffle aioli.

**QUINOA SALAD** 16.95  
 Baby arugula, sweet corn, cucumber, oven baked tomato, grilled chicken and quinoa toased with our home made roasted pepper dressing.

## HEALTHY OPTIONS



**DRAGON FRUIT BOWL** 14.25  
 Kiwi, banana, strawberries, blueberries.

**AÇAÍ BOWL** 14.25  
 Strawberries, blueberries, banana & granola.

**OAT MEAL** 10.95  
 With seasonal fruits.

**PARFAIT** 7.75  
 Granola with seasonal fruits.

**ADD**  
 Coconut flakes. 1.50  
 Peanut butter. 1.50  
 Granola. 1.50  
 Protein scoop. 3.00

## CREPES



**BACON EGG AND CHEESE CREPE** 13.95  
 Sunny side eggs, with melted american cheese over a toasted crepe, served with roasted tomatoes and maple syrup.

**COLOMBIAN CREPE** 13.95  
 Grilled colombian cheese, shredded steak, topped with sweet corn, sour cream, avocado and cilantro dressing.

**FLORENTINE CREPE** 13.95  
 Sautéed spinach and mushrooms, melted fontina cheese and baked tomatoes.

**BANANA STRAWBERRY CREPE** 12.75  
 Nutella or dulce de leche spread with banana sliced, fresh strawberries, whipped cream and vanilla ice cream.

## SANDWICHES ALL DAY

*Served with our artisan bread and a side of salad or roasted potatoes.*



**BURRATA SANDWICH** 16.50  
 Special tomatoe burrata cheese, sunflower seeds, homemade pesto, with garlic and rosemary.

**MUSHROOM SANDWICH** 16.50  
 Sautéed mushrooms, caramelized onions, melted fontina cheese, bbq chips, truffle aioli on ciabatta bread.

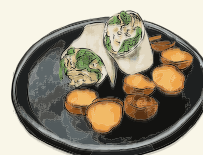
**FOREST SUB** 16.50  
 Smoked turkey breast, fontina cheese, fresh tomato, spring mix, blackberry Colombian style jam, and coconut mayonnaise.

**CHICKEN 23RD** 16.50  
 Homemade shredded chicken stew, gouda cheese, oven baked tomatoes, red pickled onions, and smoked mayonnaise.

**THE COLOMBIAN** 16.50  
 Classic south American shredded beef with grilled queso fresco, spring mix, cilantro mayonnaise and red pickled onions.

## WRAPS

*Served with roasted potatoes.*



**BREAKFAST WRAP** 13.95  
 Scrambled eggs, sautéed mushrooms, crispy bacon, sweet corn, roasted tomatoes, fresh spring mix, fontina cheese and our homemade cilantro dressing on a wrap .

**TUNA WRAP** 13.95  
 Classic tuna melt and spring mix on a wrap.

**CHICKEN SALAD WRAP** 13.95  
 Chicken salad with roasted peanuts, celery, with onions and a mayonnaise and mustard dressing on a wrap.

## SAVORY BITES



**AREPA DE CHOCLO** 7.75

Classic Colombian sweet corn cake with melted cheese.

**PANDEQUESO** 4.75

Colombian puffy cheese bread.

## HOT COFFEE



**DRIP COFFEE**

12 OZ | 16 OZ

3.95 | 4.25

**AMERICANO**

4.30 | 4.75

**MACHIATTO**

4.75 | —



**CAPPUCCINO**

5.50 | 5.95

**LATTE**

5.50 | 5.95

**FLATWHITE**

5.50 | 5.95



**MOCHA**

6.25 | 7.00

**CORTADO**

4.75 | —

## ICED COFFEE

16 OZ | 24 OZ

**AFFOGATO** 7.50 — —

**ICED COFFEE** 5.00 | 5.75

**ICED LATTE** 5.95 | 6.75

**ICED MOCHA** 7.00 | 7.75

**CARAMELLATO** 7.95 | 8.75

Caramel frozen coffee shake.

**WHITE MOCCHA FRAPPE** 6.50 | 7.25

Coffee White Chocolate Smoothie.

**OREO SHAKE COFFEE** 7.50 | 8.25

Oreo cookies frozen coffee shake Hot Espresso with our vanilla gelato.

**COCONUT COFFEE** 7.00 | 7.75

Coconut & coffee shake.

**ICED CHAI LATTE** 5.95 | 6.75

**ICED MATCHA LATTE** 6.50 | 7.75

Organic, Japanese Green Tea, ceremonial grade.

**COLD BREW** 5.95 | 6.50

## JUICES AND SMOOTHIES

16 OZ | 24 OZ

**GREEN SMOOTHIE** 8.75 | 9.75

Pineapple, Orange, Cucumber, Spinach & Ginger.

**STRAWBERRY PASSION FRUIT/-** 8.50 | 9.25

**COCONUT MILK**

**COCONUT MANGO/** 8.50 | 9.25

**PAPAYA MANGO APPLE** 8.50 | 9.25

**MIXED BERRIES PEANUT BUTTER** 9.75 | —

**COLOMBIAN LEMONADE** 7.50 | 8.50

(Lemonade & Colombian Sugar Cane)

**COCONUT LEMONADE** 8.40 | 8.90

**NATURAL LEMONADE** 7.50 | 8.00

**PASSION FRUIT, MANGO AND** 8.50 | —

**COCONUT MILK JUICE**

**PINEAPPLE MINT JUICE** 7.95 | —

**PASSIONFRUIT JUICE** 7.95 | 8.25

**NATURAL ORANGE JUICE** 8.95 | 9.95

## SWEET BITES

**TRES LECHES CAKES** 7.75

**CARROT CAKE** 7.75

**SEASONAL PIE** 7.75

**SEASONAL BREAD** 7.75

**COFFEE CAKE** 7.75

**CHEESECAKE** 7.75

**APPLE PIE** 7.75

**CHOCOLATE CAKE** 7.75

**PISTACHO CAKE** 7.75

## EMPANADAS

With our special homemade green sauce.

**HAM AND CHEESE** 5.25

**CHICKEN** 5.25

**SPINACH** 5.25

**BEEF** 5.25

**HAWAIIAN** 5.25



## HOT DRINKS

12 OZ | 16 OZ

**COLOMBIAN CACAO** 5.75 | 6.75

Homemade cacao with cloves and cinnamon.

**HOT CHOCOLATE** 4.75 | 5.75

**CHAI LATTE** 5.25 | 5.75

**MATCHA LATTE** 6.25 | 7.00

Organic, Japanese Green Tea, ceremonial grade.

**CANELAZO** — | 7.50

Passion fruit, cloves, sugar cane and camomille.

## ALTERNATIVE PREPARATIONS

12 OZ | 16 OZ

**CHEMEX** 5.75 | 6.25

**FRENCH PRESS** 5.75 | 6.25

**POUR OVER (V60)** 5.75 | 6.25

**FARM COFFEE** 6.50 | 7.50

Old Fashioned Colombian Coffee.

**ADD**

**SOY, OAT OR ALMOND MILK** 0.95

**SYRUP** 0.95

Dark Chocolate / Caramel/ Hazelnut /Irish Cream / French Vanilla.

## TEA

12 OZ | 16 OZ

**ORGANIC ASSAM ( BLACK TEA )** 4.25 | 4.75 MC

Broken Leaf, High Character And Strong, Good Full Bodied Taste.

**ENGLISH BREAKFAST** 4.25 | 4.75 MC

**( BLEND TEA )**

Classic Blend Of Robust Black Teas.

**BARONESS GREY** 4.25 | 4.75 MC

**( EARL GREY TEA )**

Earl Grey With A Touch of Citrus-Fragrant.

**ORGANIC MOROCCAN MINT** 4.25 | 4.75 MC

**( GREEN TEA )**

Green Tea & Mint, The Most Popular Green Tea Blend In The World.

**PASSION BERRY** 4.25 | 4.75 MC

Black tea with passionfruit and rapsberry flavors, sprinkled with flowers. Not too tart, not too sweet.

**CHAMOMILE LAVENDER** 4.25 | 4.75 CF

Blend of chamomille flowers and blue lavender.

**HERBAL HERBS ( ELIXIR )** 4.25 | 4.75 CF

Elixir Ginger Root, Orange Peel, Mint, Eucalyptus, Ginger / Orange Flavor.

**BERRY BERRY** 4.25 | 4.75 CF

Black and red berries. grapes, sour cherry, hibiscus and flavor.



☺☺☺ MC: MEDIUM CAFFEINE

☺ CF: CAFFEINE FREE