BREAKFAST

SUNRISE CAFE
EST. 2020
SANTA TERESA

7:00 AM – 11:30 AM

SAVORY & EGGS

Pura Vida Gallo Pinto — ₡6.300

gallo pinto (rice and beans), sweet plantains, grilled cheese, fresh avocado, pico de gallo, corn tortilla and two pasture-raised eggs (scrambled or fried).

Optional: Breakfast sausage +₡1.500 or poached chicken +₡1.500

~27 g protein | ~12 g fiber

Sunrise Breakfast Burrito — ₡6.600

scrambled pasture-raised eggs, gallo pinto, sweet plantains, grilled cheese, fresh avocado, crisp cabbage, pico de gallo and house-made green salsa.

Optional: Crispy bacon +₡1.500 or poached chicken +₡1.500

~33 g protein | ~11 g fiber

Sausage & Egg Burrito — ₡6.700

scrambled pasture-raised eggs, breakfast sausage, roasted sweet potato, bell pepper and onion confit, grilled cheese, fresh avocado, pico de gallo and house-made green salsa.

Optional: Crispy bacon +₡1.500

~36 g protein | ~9 g fiber

Omelette Breakfast Plate — ₡6.800

three-egg tornado omelette with pasture-raised eggs, feta cheese and chives, fresh avocado, crispy bacon, mixed greens, cherry tomatoes and toasted sourdough.

Optional: Poached chicken +₡1.500

~32 g protein | ~12 g fiber

Breakfast Garden Bowl — ₡6.800

quinoa, cottage cheese, mixed greens, fresh avocado, roasted sweet potato, toasted hemp seeds, cherry tomatoes, pickled red onion and one fried pasture-raised egg.

Optional: Breakfast sausage +₡1.500 or poached chicken +₡1.500

~26 g protein | ~11 g fiber

Egg & Bacon Melt — ₡6.900

toasted sourdough, melted cheddar, crispy bacon, two fried pasture-raised eggs, caramelized onion, mustard greens and caesar-style dressing.

Optional: Poached chicken +₡1.500

~37 g protein | ~4 g fiber

FRESHLY IN-HOUSE BAKED GOODS

Check out our counter to discover today’s selection!

Avocado & Egg Toast — ₡6.600

sourdough toast with avocado, scrambled pasture-raised eggs with cottage cheese, fresh herbs, toasted hemp seeds and a squeeze of lemon.

Optional: Crispy bacon +₡1.500 or poached chicken +₡1.500

~31 g protein | ~8 g fiber

Breakfast Sandwich — ₡6.700

toasted brioche with poached chicken, baby spinach, house-made cream cheese, fresh avocado, tomato and a fried pasture-raised egg.

Optional: Crispy bacon +₡1.500

~44 g protein | ~8 g fiber

Bacon Jam Benedict — ₡6.800

two poached pasture-raised eggs on artisanal brioche, house-made hollandaise, crispy bacon, house-made bacon jam and chives.

Optional: Poached chicken +₡1.500

~27 g protein | ~3 g fiber

SWEET & BOWLS

Fluffy Honey & Berry Pancakes — ₡6.200

golden pancakes, strawberries, blueberries, mango, banana, almond cream, toasted almonds and honey.

Optional: Crispy bacon +₡1.500

~14 g protein | ~8 g fiber

Banana & Peanut French Toast — ₡5.900

two slices of artisanal brioche, caramelized banana, mango, peanut cream, peanut butter and toasted hemp seeds.

Optional: Crispy bacon +₡1.500

~19 g protein | ~10 g fiber

Greek Yogurt & Pistachio Bowl — ₡6.100

creamy greek yogurt with homemade granola, house-made strawberry compote, sliced kiwi and pistachio cream.

~28 g protein | ~12 g fiber

Cacao & PB Overnight Oats — ₡5.400

overnight oats with chia and cacao, homemade granola, peanut butter, protein powder, green apple, banana, blueberries, toasted pumpkin seeds and hemp seeds.

~24 g protein | ~17 g fiber

Tropical Fruit Salad — ₡4.000

fresh seasonal fruit.

~3 g protein | ~5 g fiber

GOOD DAYS START HERE

+10 % service charge not included

DRINKS · BOWLS

SUNRISE CAFE
EST. 2020
SANTA TERESA

AVAILABLE ALL DAY

SMOOTHIE BOWLS

Monkey Bowl ₡5.600

banana, peanut butter, cacao nibs, cinnamon and vanilla. toppings: homemade granola, coconut, cacao nibs, dates, chia pudding and strawberry.

~10 g protein | ~8 g fiber

Açaí Berry Bowl ₡6.300

açaí, blueberries, banana and mango. toppings: banana, strawberry, homemade granola, chia pudding, hemp seeds and blueberries.

~8 g protein | ~9 g fiber

Pink Dragon Bowl ₡5.900

dragon fruit, banana, mango and lime. toppings: banana, pineapple, kiwi, cacao nibs, chia pudding, strawberry, almonds and shredded coconut.

~6 g protein | ~7 g fiber

Mango Sunrise Bowl ₡5.800

banana, mango and pineapple. toppings: passion fruit, coconut yogurt, homemade granola, chia pudding, banana and mango.

~8 g protein | ~7 g fiber

SMOOTHIES

Chunky Monkey ₡3.600

banana, peanut butter, dates, cinnamon and coconut milk.

Açaí Berry Vanilla ₡3.700

açaí, blueberries, banana, vanilla, coconut milk and lime.

Maracuyá Crush ₡3.600

passion fruit, mango, pineapple, banana and coconut milk.

Green Glow ₡3.900

matcha, mango, banana, spinach, coconut cream and lime.

Salted Caramel ₡3.500

espresso, banana, almond butter, almond milk, vanilla and salt.

Build Your Own Smoothie ₡2.800

choose up to three ingredients: banana, pineapple, watermelon, mango or papaya.

HOT COFFEE

Black Coffee ₡1.300

Espresso ₡1.400

Double Espresso ₡2.100

Americano ₡1.500

Macchiato ₡1.900

Flat White ₡2.300

Cappuccino ₡2.300

Latte ₡2.200

Mocha ₡2.500

Hot Chocolate ₡2.200

Chai Latte ₡2.500

cinnamon, chai spices and milk.

Golden Latte ₡2.800

turmeric, ginger, cinnamon, coconut cream and almond milk.

Tea ₡1.700

Blends: Pink Tropic · Ginger Fresh · Manzamint Sunrise · Pu Erh Chai · Royal · Happy Tummy
Classics: Black Tea · Green Tea · Earl Grey

ICED COFFEE

Iced Black Coffee ₡2.200

Iced Americano ₡2.100

Iced Latte ₡2.600

Iced Vanilla Protein Latte ₡3.900

ice, vanilla protein, milk and double espresso shot.

Iced Banana Latte ₡3.500

banana, coconut milk, date, vanilla and espresso shot.

Cold Brew (500 ml bottle) ₡3.500

Salted Caramel Cold Brew ₡3.500

ice, cold brew, salted caramel cold foam and cacao nibs.

Vanilla Cloud Cold Brew ₡3.500

ice, cold brew, vanilla cold foam and orange zest.

MATCHA

Matcha Latte ₡3.500

matcha, coconut milk and honey.

Iced Matcha Latte ₡3.800

ice, matcha, coconut milk and honey.

Mango Matcha Cloud ₡4.000

ice, matcha, oat milk and mango cream.

Coconut Matcha Cloud ₡4.200

ice, coconut water and matcha cream.

Matcha Protein Shake ₡4.900

matcha, vanilla whey protein, banana and coconut milk.

FRESH DRINKS

Ginger Shot ₡1.700

ginger, orange, pepper and turmeric.

Hibiscus Iced Tea ₡2.700

hibiscus, mint, lime and black tea.

Lemonade ₡2.500

lemon, mint, honey and ice.

JUICES

Tropical Gold ₡3.700

orange, ginger, pineapple, turmeric and carrot.

Green Detox ₡3.700

kale, spinach, green apple, cucumber and lime.

Ruby Rose ₡3.600

watermelon, pineapple and green apple.

Celery Booster ₡3.800

celery, coconut water and lemon.

Heart Beet ₡3.600

beet, cucumber, ginger, apple and lime.

Orange Juice ₡2.800

ADD TOPPINGS · ₡600

almonds, homemade granola, chia, coconut, cacao nibs, mango, strawberry, sunflower seeds, cashews.

SMOOTHIE • BOWL EXTRAS

peanut butter	+₡900
almond butter	+₡1.100
protein powder (vegan, whey, vanilla whey)	+₡1.750

COFFEE • MATCHA EXTRAS

espresso shot	+₡1.000
lactose-free, coconut, oat, almond milk	+₡600
caramel, vanilla, chocolate, honey syrup	+₡600
ice	+₡300

WI-FI · Network: Eat Street Guest · Password: goodfoodgoodmood

GOOD DAYS START HERE

+10 % service charge not included