

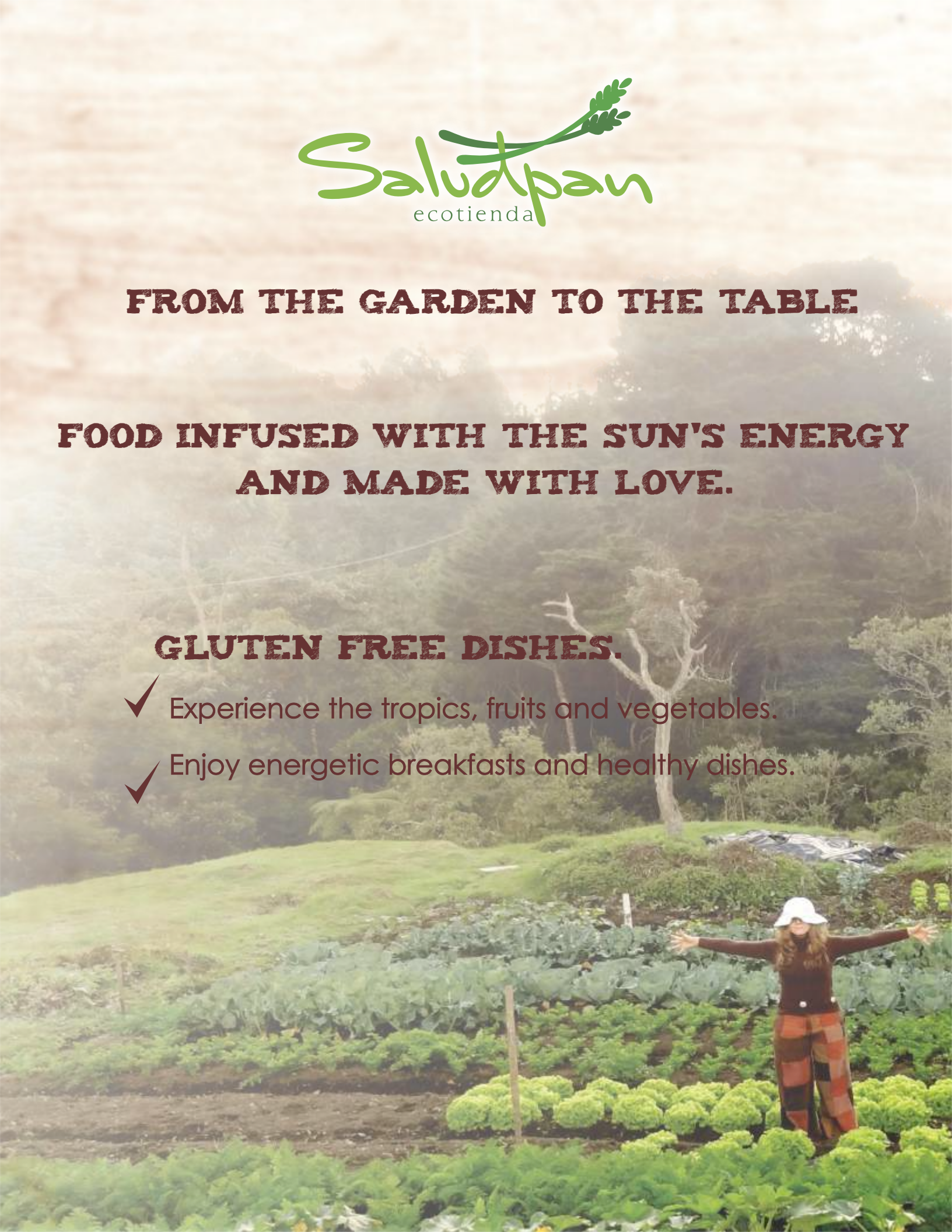


FROM THE GARDEN TO THE TABLE

**FOOD INFUSED WITH THE SUN'S ENERGY
AND MADE WITH LOVE.**

GLUTEN FREE DISHES.

- ✓ Experience the tropics, fruits and vegetables.
- ✓ Enjoy energetic breakfasts and healthy dishes.



*Returning back to nature
is like returning home.*



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WHY EAT MACA?

Lepidium peruvianum is a native plant from Peru. It helps the body adapt to stressful situations and reduce physical and mental weakness; it also increases the libido in women and men, is a source of energy, strengthens the bones and is helpful for hormonal imbalances.

WHY EAT SPIRULINA?

Due to its qualities, Spirulina is a superfood that the body easily absorbs. It contains different vitamins, minerals, essential fatty acids and proteins which are key in nail and hair growth, help to build muscles, slow aging, have anticarcinogenic qualities and help detox the body.

WHY EAT QUINOA?

Quinoa is a highly nutritive pseudocereal. It contains 16 amino acids, 8 of which are essential to the human organism. It has a high protein content and is fiber rich, and can be consumed by persons with gluten intolerance; it is also full with antioxidants and improves metabolic health.

WHY EAT KALE?

It is a low-protein and highly nutritive vegetable, rich in calcium, vitamin C, and vitamin K, which helps fix calcium in the bones and has a high content of beta-carotenes.

WHY EAT MISO?

Miso is a fermented food paste typical of Japanese cuisine. Its fiber content helps digestion and it is why it's considered a purifying food; it has also antioxidant qualities and contains linoleic acid which helps regulate blood cholesterol levels.

WHY EAT WAKAME?

Its pigments have beta-carotenes and it's rich in B vitamins; it contains potassium and phosphorous, and it's good for bones and teeth.

WHY EAT TURMERIC?

What's most important about turmeric is that it is anti-inflammatory, antioxidant, antibacterial and digestive. It helps blood circulation and gut microbiota, and boosts the immune system. For a better intake it could be taken with essential oils.





RAW VEGAN

WELCOME TO THE HEALTHY WORLD OF THE LIVING RAW VEGANISM

A diet consisting of raw vegan food or living food is a very old practice that promotes the consumption of raw foods, excluding all those of animal origin such as meat, eggs, milk and honey. It consists mainly of the consumption of fruits, vegetables, algae, nuts, seeds, shoots or sprouts and those products derived directly from these, such as oils, milk, cheese and butters.

To prepare these foods, natural processes can be implemented such as: germination of grains and seeds, fermentation, dehydration, among others, where their nutrients such as vitamins, minerals and enzymes are activated and preserved to improve digestion.



STARTERS

Pomodoro Quinoa Meatballs (6) – \$19.500

Meatballs made with quinoa and vegetables, served in pomodoro sauce.

Vegetarian Empanadas (6) – \$18.700

Served with our house sauces.

Nachos with Antipasto & Guacamole – \$15.900

Caprese Salad – \$17.900

Tomatoes, buffalo mozzarella (5), basil, and pesto.



RAW SOUPS

Enjoy our RAW soups—made without cooking and served chilled.

Walnut Cream Soup – \$18.900

A creamy blend of nuts, almonds, and sunflower seeds with Indian masala and shredded vegetables.

Crema del Sol – \$15.500

Mango, carrot, and squash in coconut milk with a hint of ginger.

Green Cream – \$15.500

Avocado, apple, spinach, broccoli, parsley, and zucchini.

Soup of the Day – \$13.500

Seasonal vegetables.

Refreshing Gazpacho – \$16.900

Tomato, olive oil, spearmint, and bell pepper.



RAW LIVING DISHES

RAW VEGAN

Raw Burrito – \$21.000

Lettuce wraps filled with pico de gallo, avocado, sun-dried tomato sauce, and jalapeños (optional).

Raw Lasagna – \$22.900

Layers of zucchini, mushrooms, vegetables, sprouts, almond cream cheese, avocado, and sun-dried tomato paste. With a side of mixed greens.

Raw Pizza – \$24.000

Dehydrated seed crust with pomodoro sauce, apple, arugula, avocado, and mushrooms. With a side of mixed greens.

Raw Burger – \$25.000

Portobello mushroom, cashew pâté, pesto zucchini, and lettuce. Served with carrot sticks.

Stuffed Avocados – \$19.500

Filled with a mix of pico de gallo and mushrooms, served on a bed of kale and mixed greens.

Garden Salad – \$17.500

Organic lettuce, mushrooms, avocado, and seasonal vegetables with olive oil.



RAW DESSERTS

TO SWEETEN YOUR LIFE

Raw Apple Strudel – \$22.000

A delicious roll made with almonds, nuts, and apple, spiced with ginger and cinnamon, with a touch of lemon. Sweetened with dates.

Raw Chocolate Cake – \$22.900

Made with nuts, cacao, and prunes, covered in strawberry sauce.

Gluten-Free Crepes – \$23.900

Crepes made with gluten-free flour. Served with strawberries, banana, honey, and ice cream.

Raw Chocolate Cake

Gluten-Free Crepes



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SMOOTHIES

We offer a variety of smoothies made with fresh fruits, seeds, nuts, and grain-based creams, perfect for any time of day to nourish your body.

Start your day right with a smoothie packed with nutrients.

Super Mega Energy – \$17.900

Quinoa, amaranth, spirulina, pollen, moringa, maca, chia, coconut, algarroba powder, papaya, mango, and avocado.

Energy – \$15.900

Quinoa, amaranth, spirulina, pollen, papaya, mango, and pineapple.

Super Mega Antioxidant – \$16.500

Mortiño (Andean Blueberry), grapes, strawberries, and vegan yogurt.

Forest Red Fruits – \$15.800

Grape juice, strawberries, and blackberries.

Happiness – \$16.900

Strawberries and banana in coconut milk.

Sea Breeze – \$15.900

Pineapple, cinnamon, coconut milk, and honey.

Fortifying – \$14.900

Banana, peanuts, algarroba, and chia seeds.

Tropical – \$13.500

Pineapple, banana, and papaya.

Tropical Passion – \$14.900

Passion fruit, pineapple, and banana in coconut milk.

Sweet Desire – \$13.500

Blended passion fruit, lime, spearmint, and honey.

Coconut Lemonade – \$16.000

Energy Germinator – \$15.900

Chia seeds, peanut butter, sunflower seeds, flaxseed, almond milk, and strawberries.

Chai – \$18.500

Made with honey, cloves, cinnamon, black tea, ginger, vanilla, nutmeg, and cardamom.

Uff, It's Hot! – \$12.800

Blended mint, lime, and honey.

WE ARE LEADERS IN ACTION,
PROVIDING CONSCIOUS EATING OF
THE HIGHEST QUALITY.



JUICES

Add light to your days with the energy of the sun.

Chlorophyll Shot – \$8.700

Orange Sunrise – \$15.000
Orange, carrot, and lemon juice.

Green Juice – \$14.300
Cucumber, zucchini, broccoli, spinach, Swiss chard, apple, ginger, celery, and parsley.

Stability – \$14.900
Apple, ginger, cucumber, lemon, and honey. Soothes digestive discomfort.

Orange Juice with Chia Seeds – \$10.500

Apple & Ginger Juice – \$16.900

Beet & Ginger Juice – \$14.900

Celery & Apple Juice – \$14.500

Carrot Juice – \$13.500

Beet, Apple & Carrot Juice – \$16.900

ADDITIONS

Enhance your smoothies and juices with extra energy:

Moringa – \$4.000

Maca Powder – \$5.500

Flaxseed – \$2.000

Spirulina – \$5.500

Whole Seed Mix – \$5.000
Chia, flaxseed, sunflower seeds, and sesame.

Natural Fiber – \$6.000
Supports digestion and regularity.



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HOT DRINKS

- Ginger & Fruit Infusion – \$7.900**
- Hibiscus Flower Infusion – \$7.900**
- Coca Leaf Tea – \$6.500**
- Black, Green, Red, or Spearmint Tea – \$6.800**
- Chai Tea with Plant-Based Milk – \$16.900**
- Chai Tea with Lactose-Free Milk – \$14.500**
- Golden Milk with Plant-Based Milk – \$16.900**
- Glass of Plant-Based Milk – \$9.900**
- Coffee with Lactose-Free Milk – \$8.900**
- Coffee with Plant-Based Milk – \$9.900**
- Perico (Colombian Latte) with Lactose-Free Milk – \$6.900**
- Perico (Colombian Latte) with Plant-Based Milk – \$7.900**
- Cappuccino with Lactose-Free Milk – \$10.900**
- Americano – \$6.500**
- Espresso – \$6.500**
- Cappuccino with Plant-Based Milk – \$11.900**

COLD DRINKS

- Glass of Kombucha – \$11.000**
- Liter of Kombucha – \$32.000**
- Craft Beer – \$10.500**
- Artisanal Wine**
- Glass: \$15.900**
- Half Bottle: \$29.900**
- Full Bottle: \$46.000**
- Sparkling Red Berry Michelada – \$11.500**
- Basil & Watermelon Soda with Fruit – \$11.500**

VEGAN ICE CREAM

Tropical – \$24.900

Two-flavor ice cream served with tropical fruits.

Forest Fruits – \$23.500

Blackberry swirl with Mortiño (Andean Blueberry).

Black Forest (Stracciatella) – \$25.900

Crunchy chocolate pieces on a brownie base with a touch of strawberry sauce.

Capital Sin – \$26.000

Two-flavor ice cream topped with granola, chia seeds, strawberries, and spearmint, served with a chocolate brownie.

ICE CREAM FLAVORS:

Stracciatella
Mango-Passion Fruit
Coconut
Passion Fruit
Red Fruits
Blackberry Swirl
Strawberry
Vanilla





VEGETARIAN & VEGAN DISHES

Come and enjoy our diverse daily menu, featuring healthy and delicious lunches.

To delight you, we use all our creativity and expertise, ensuring flavorful, nutritious dishes with unique colors and tastes.

SOUP

Enjoy our classic quinoa soup or let the chef surprise you with unlimited imagination—combining vegetables, grains, and legumes..

MAIN MEAL

A new and flavorful combination every day, featuring legumes, vegetables, grains, plant-based proteins, and a delicious fresh organic salad.



HOT SOUPS

Lentil Casserole – \$26.900

With ripe plantain cubes, ground plant-based protein, and avocado.

Moroccan Chickpeas – \$23.900

Cooked in coconut milk with spices, spinach, and avocado.

Quinoa Soup – \$12.500

Tomato & Basil Soup – \$14.500

Mushroom Soup – \$15.500

Crema del Sol – \$15.900

Mango, carrot, and squash in coconut milk with a touch of ginger.

Soup of the Day – \$11.500

Lentil Soup – \$13.900

Miso Soup – \$25.900

With wakame seaweed, tofu cubes, shiitake mushrooms, caramelized onion, and rice noodles.

Corn Cream – \$16.900

Served with nachos and mozzarella cheese.



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BREAKFAST

START YOUR DAY OUT IN AN ENERGETIC, LIVELY AND BALANCED WAY

RAW Breakfast (Bowl) – \$18.900

Smoothie bowl made with coconut milk and sunflower seeds, topped with raisins, papaya, fresh apple chunks, and rolled oats. Served with house-made Essene bread.

Hot Oatmeal with Banana & Cinnamon With water – \$9.800

With lactose-free milk – \$11.900

With almond milk – \$15.900

Quinoa Mazamorra – \$18.900

Warm quinoa cooked in plant-based milk with cinnamon, apple chunks, mango, and cranberries.

House-Made Yogurt with Granola & Honey – \$17.500

Seasonal Fruit Mix – \$15.000

Tofu Perico – \$16.500

Tofu scramble with hogao, a Colombian tomato-onion sauce, and house-made bread.

Viva Avocado – \$18.900

Avocado, two steamed eggs, and tomato on rustic bread with hogao.

Vegetarian Tamale – \$17.800

Served with a fresh house salad.

Eggs Your Way – \$19.900

Choose skillet or scrambled eggs, with or without seasonings. Served with coffee or hot chocolate in lactose-free milk, house-made bread, jam, and soy butter.

Spinach Tortilla – \$22.000

Made with hogao and fresh organic vegetables. Served with coffee or hot chocolate in lactose-free milk, house-made bread, jam, and soy butter.

Omelet – \$17.500

Filled with vegetables and mushrooms.

French Toast – \$16.500

Made with seven-grain bread, served with banana, strawberries, honey, and cinnamon.

Super Breakfast – \$26.500

Omelet with vegetables, one French toast, a portion of seasonal fruit, coffee with lactose-free milk or hot chocolate, plant-based butter, and jam.

Saludpan Breakfast – \$22.900

Farm-fresh eggs with caramelized onion, tomato, and thyme-seasoned vegetarian ham. Served with coffee or hot chocolate in lactose-free milk and house-made bread.

Breakfast Additions

Strawberries & Banana – \$5.900

Granola – \$5.900

House-Made Yogurt – \$6.900

Lactose-Free Milk – \$4.900

Plant-Based Milk – \$6.900

Vegetarian Ham – \$3.900

Corn Arepa – \$5.500

Portion of Fruit – \$5.900

Mogolla Bread with Cheese – \$5.800

Jam – \$3.800

Butter – \$3.000



SANDWICHES & CREPES

Choose your preferred bread to enjoy a delicious sandwich:
Seven-grain bread, rustic bread, or ciabatta.

Vegan Sandwich – \$22.900

Made with seven-grain bread, vegan ham, grilled tofu cheese, fresh tomatoes, lettuce, and pesto.

Chicken Sandwich – \$23.500

Shredded chicken with vegetables, mozzarella cheese, lettuce, tomato, and quinoa sauce.

Salmon Sandwich – \$46.000

Served on gluten-free or rustic bread with feta cheese, mixed greens, avocado, fresh and sun-dried tomatoes.

Turkey Sandwich – \$27.900

Made with turkey ham, tomato, avocado, caramelized or raw onion, peanut butter, and sun-dried tomato.

Vegetarian Crepe – \$23.900

Spinach tortilla filled with vegetables, tofu, and quinoa protein in house sauce.

Chicken & Vegetable Crepe – \$25.900

With mozzarella cheese and tomato.

GLUTEN-FREE CREPES

Vegetarian – \$32.000

Made with gluten-free flour, vegetables, and a quinoa mix.

Chicken – \$32.000

Made with vegetables and julienned chicken.

Grilled Cheese Melt – \$12.500

Served on rice bread or ciabatta with melted cheese.



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VEGETARIAN & VEGAN BURGERS

Choose your preferred bread: Rustic, seven-grain, or ciabatta.

All burgers are served with your choice of a quinoa, chickpea (falafel), or lentil patty, lettuce, tomato, mozzarella cheese or grilled tofu, sweet pickles, and caramelized onions, accompanied by house sauce.

Quinoa Burger – \$25.500

Falafel Burger – \$25.500

Lentil Burger – \$26.500

Includes a delicious sweet potato mix.

MINI BURGERS

Vegetarian Mini Burger – \$15.900

With a quinoa or lentil patty



GLUTEN-FREE DISHES

Rice Pasta with Vegetables – \$25.600

Wok-cooked vegetables, quinoa meatballs, and nut sauce.

Vegetable Wok – \$23.800

A variety of sautéed vegetables with flax seeds, tofu, toasted quinoa, and sesame seeds.

Wok Rice Mix – \$29.900

Wok-cooked vegetables with wild rice and brown rice in house-made teriyaki-style sauce.

Rice Arepa – \$17.800

Served with a quinoa patty, cheese, tomato, onion, and basil.

Portobello Sandwich – \$27.900

Made with rice bread, served with organic lettuce, fresh tomatoes, tofu, and roasted tomato sauce with balsamic vinegar.

Grilled Chicken Option for Woks – \$19.900

SALUDPAN HAS ITS OWN ORGANIC GARDEN, ENSURING THAT OUR DISHES ARE MADE WITH ECO-FRIENDLY INGREDIENTS, FREE FROM PESTICIDES AND FUNGICIDES.



CHICKEN AND FISH DISHES

Salmon Salad – \$44.900

Sesame-crusted salmon served with a mix of fresh lettuces and two house-made vinaigrettes.

Salmon Bowl – \$46.900

Grilled salmon with quinoa pesto mix, kale, tomatillos, house sauces, and sautéed vegetables.

Chicken Roll – \$36.900

Stuffed with spinach and ricotta cheese, served on a bed of creamy green basil rice.

Grilled Chicken Burger – \$32.800

Mini Chicken Burger – \$15.900

Shredded chicken breast with lettuce and tomatoes in quinoa sauce.

Keto Chicken Salad – \$28.700

Grilled chicken, hard-boiled eggs, fresh greens, pesto touches, and avocado

If your dish includes animal protein such as chicken or fish, enjoy a healthy lunch free of fried or refined products, served with whole grains, a variety of spices, a delicious and nutritious salad, and a refreshing, healthy drink..

Saludpan has its own organic garden, ensuring that our dishes are made with eco-friendly ingredients, free from pesticides and fungicides.



We are committed every day to our goal of offering dishes made with 100% natural and healthy ingredients.



WHAT A TREAT:

FRESH AND HEALTHY BREADS.

At Saludpan we make every effort in selecting the seeds to make our breads. They are mostly made with whole grains, thus ensuring optimization of their nutritional values, flavors and textures.

OUR SPECIALTY:

GLUTEN FREE BREAD

We seek to deliver high quality products for our customers' optimal nutritional value. We also provide a wide range of gluten-free bakery and pastry products using flour and whole grains that do not contain gluten, such as quinoa, amaranth, rice, and almonds, among others. Try our special vegan and wheat-free chocolate cake.

Enjoy one of our favorite breads: PAN ESEÑO OR PAN EZEQUIEL made with germinated organic wheat. Consuming this bread helps control the glycemic index..





We are committed to promoting local products, organic farming and fair trade. We embrace relations with small producers and agricultural associations that trade with only one goal in mind: Ecological production.

OUR CLIENTS + SALUDPAN: = GENERATES:

Aware of a healthy diet

Responsible consumers of oneself and the planet

Working with local products

Paying fair prices to our farmers

Encouraging ecological production

Providing health and flavor to our customers

Creating healthy dishes made with ingredients available at the moment (intelligent cooking)

Stimulus and growth for local **AGROECOLOGY**

Environmental protection.

A quality of life for many families

Health, Flavor and Wellbeing for our customers





ENJOY
OUR FARMERS' MARKET
ON SATURDAYS.

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