



**AYU**  
**Being Human**  
Plant Based Artisanal Kitchen

## CONCEPT

Proper nutrition is fundamental for the development of the being.

We explore and utilize styles, methods and techniques of the culinary arts born from experiencing different cuisines and cultures around the world, inspired on ayurvedic principles and always cooking with love and pure intention to provide our diners with a healthy, delicious and unique experience.

Our meals are designed to take care of our body's main needs by combining the ingredients and spices in a way that promotes an optimal digestion and therefore proper absorption of nutrients.

### Characteristics:

- Balanced meals
- Homemade condiments
- Plant & Fungi based diet
- Customizable menus

## ALL-DAY MENU SAMPLE:

	Day 1	Day 2	Day 3
Breakfast (Self Service)	Tropical fruit Sourdough bread Cream cheese (cashews) Berries compote Granola Oat milk Tea bags Natural sweetener	Tropical fruit Sourdough bread Hummus Berries compote Granola Oat milk Tea bags Natural sweetener	Tropical fruit Sourdough bread Cream cheese (cashews) Berries compote Granola Oat milk Tea bags Natural sweetener
Lunch (Buffet)	Chayotes en pipian (Mexican pumpkin seeds sauce)  Rice with corn  Black beans with herbs  Rainbow salad with lime dressing	Falafel  Pita bread  Quinoa tabbouleh  Roasted green beans in bell pepper sauce  Tahini dressing	Aloo gobi (Indian curry)  Jeera rice (basmati & cumin)  Masoor dal  Spinach & cucumber salad with raita dressing
Dinner (Family style)	Potato-leeks soup Stuffed eggplant Seeds crackers (GF)	Borscht Avo-pesto fettuccine roasted broccoli Seeds crackers (GF)	Carrot-ginger soup Fried Thai rice noodles  Seeds crackers (GF)

BRUNCH & DINNER MENU SAMPLE:

	Day 1	Day 2	Day 3
BRUNCH	<p>Chilaquiles rojos y verdes</p> <p>Sauteed veggies</p> <p>Avocado, cream and condiments</p> <p>Coffee &amp; infusion</p> <p>Oat/Almond milk</p> <p>Granola</p> <p>Natural sweeteners</p> <p>Tea bags</p> <p>Tropical fruit</p>	<p>Sourdough toast</p> <p>Mashed avocado</p> <p>Beet hummus</p> <p>Salsas and toppings</p> <p>Coffee &amp; infusion</p> <p>Oat/Almond milk</p> <p>Granola</p> <p>Natural sweeteners</p> <p>Tea bags</p> <p>Tropical fruit</p>	<p>"Omelette" with spinach &amp; mushrooms</p> <p>Corn tortillas</p> <p>Salsas</p> <p>Coffee &amp; infusion</p> <p>Oat/Almond milk</p> <p>Granola</p> <p>Natural sweeteners</p> <p>Tea bags</p> <p>Tropical fruit</p>
DINNER	<p>Chayotes en Pipian (Mexican pumpkin seeds sauce)</p> <p>Rice with corn</p> <p>Refried beans</p> <p>Salsa tatemada</p> <p>Rainbow salad with lime dressing</p> <p>Corn tortillas</p>	<p>Falafel</p> <p>Pita Bread</p> <p>Roasted green beans in bell pepper sauce</p> <p>Quinoa Tabbouleh</p> <p>Tahini dressing</p> <p>Cashew creamy dressing</p>	<p>Aloo gobi (Indian curry)</p> <p>Jeera rice (basmati &amp; cumin)</p> <p>Daal</p> <p>Spinach salad</p> <p>Cucumber Raita</p> <p>Chapati</p> <p>Green chutney</p>

## SNACKS & BEVERAGES:

\*1 snack + 1 beverage always available after 11am

Herbal & spices infusions
Agua fresca (varied flavors)
Energy balls
Fresh fruit
Nuts mix
Banana cake
Veggie sticks