

## ORGANIC APPETIZERS



BRUSCHETTA ..... \$ 85

A delicious mix of tomatoes, basil, garlic and olive oil, served on artisanal toasted bread.

QUESADILLAS (GLUTEN FREE)

CORN TORTILLAS (3) ..... \$ 75

Tortillas filled with organic cheese, served with a side of pico de gallo.

CHIA & OAT TORTILLA (2) ..... \$ 85

With cheese, spinach and a side of salsa.

GORDITAS RANCHERAS

AL COMAL (GLUTEN FREE) ..... \$ 75

2 heirloom corn gorditas filled with nopales, beans, cheese and salsa.

MUSHROOMS (CHAMPIGNON AL AJILLO) ... \$ 95

Seasoned in olive oil, garlic and guajillo chili.

NACHOS ..... \$ 95

Home-made tortillas chips with beans, cheese, sourcream and pico de gallo.

TOSTADAS MEXICANAS ..... \$ 75

Three tostadas served with beans, lettuce, sourcream, cheese, salsa and avocado (in seasonal).

GUACAMOLE (in seasonal) ..... \$ 95

Served with heirloom corn chips.

HUMMUS AND OLIVES ..... \$ 95

A delicious mediterranean dish prepared with chickpea beans, garlic, tahini, olive oil and lemon, served with pita chips.

GOAT CHEESE ..... \$ 135

Goat cheese, sun dried tomatoes, covered with olive oil and herbs.

## ORGANIC BURGERS



All burgers come with a side salad and herb roasted potatoes.

VEGETARIAN ..... \$ 95

GRASS FED BEEF (IF AVAILABLE) ... \$ 120

SAGE SEASONED TURKEY .... \$ 120

Our meat is free range and organic.

## ORGANIC SALADS



VIA ORGANICA SALAD ..... \$ 95

A bed of mixed greens with sauteed veggies, goat cheese and your choice of dressing.

MIXED SALAD ..... \$ 95

CEASAR SALAD ..... \$ 98

GREEK SALAD ..... \$ 120

Mixture of crisp lettuce or spinach, onion, cucumber, bell peppers, olives, feta or goat cheese and your choice of dressing.

BEET SALAD ..... \$ 120

Beets, chickpea, served on a bed of green mix lettuce whit blue cheese and pecan.

CAPRESE SALAD ..... \$ 125

Slices tomato with mozzarella, basil and balsamic vinaigrette.

ARUGULA SALAD ..... \$ 120

Arugula with seasonal fruit, goat cheese, served with our citrus ginger dressing and caramelized pecans.

FENNEL SALAD ..... \$ 98

Mixed greens with slices of tomato, fennel, cucumber and your choice of dressing.

Add grilled chicken for an additional \$ 45 pesos.

Dressing: Honey mustard • Balsamic vinaigrette.

## SANDWICHES

Served in ciabatta bread, with herb roasted potatoes and a mix of our greens salad.

VEGETARIAN ..... \$ 95

Seasonal grilled vegetables spread with goat cheese.

HUMMUS..... \$ 95

Prepared with creamed chickpea, cucumber, olives and avocado (in seasonal).

AVOCADO (in seasonal) ..... \$ 95

Prepared with goat cheese, onion, lettuce, cucumber, tomato and sprouts.

GRILLED CHICKEN ..... \$ 110

CHICKEN SALAD ..... \$ 110

TURKEY HAM ..... \$ 95

Turkey Ham layered with lettuce, tomato, and onion.

## ORGANIC MEXICAN DISHES

CHILE RELLENO ..... \$ 145

Roasted poblano pepper stuffed with grilled zucchini and panela cheese, covered with a delicious tomato sauce seasoned with herbs, served with heirloom corn tortillas.

MEATBALLS IN CHIPOTLE AND TOMATO SAUCE ..... \$ 160

Mexican style beef meatballs in a tomato and chipotle sauce, served with heirloom corn tortillas.

### ENCHILADAS

Rolled heirloom corn tortillas stuffed with cheese or chicken covered with a red or green sauce.

CHEESE ..... \$ 135

CHICKEN ..... \$ 145

### ENMOLADAS

Rolled heirloom corn tortillas stuffed with cheese or chicken covered with mole sauce.

CHEESE ..... \$ 135

CHICKEN ..... \$ 155

CHICKEN MOLE ..... \$ 175

Chicken served with mole sauce accompanied by heirloom corn tortillas, rice and beans.

CHICKEN PIPIAN ..... \$ 175

Delicious souce made with tomato, pumpkin seeds, parsley, cilantro, lettuce, garlic and onion.

Accompanied by rice and beans.

### TAMALES

Served with beans, covered with tomato sauce, sourcream optional.

VEGETARIAN ..... \$ 110

Made with heirloom corn and olive oil.

Stuffed with veggies (spinach, mushroom or poblano).

WITH CHICKEN ..... \$ 125

### BURRITOS

Organic Flour tortilla made in house.

VEGETARIAN ..... \$ 115

BEEF OR CHICKEN ..... \$ 145

### VEGETARIAN

PROTEIN DISH ..... \$ 75

Rice, beans and salad.

All mexican dishes are accompanied with rice, beans and salad.

To consume these **foodstuff** we make **community**, support **local producers** and enjoy **eating healthy**.



## ORGANIC HOUSE SPECIALITIES

House specialities include a side salad.

### VEGETARIAN LASAGNA

WITH SALAD ..... \$ 155

Delicious homemade pasta layered with seasonal veggies, parmesan and mozzarella cheese.

VEGETARIAN QUICHE ..... \$ 145

### CHICKEN

MILANESA ..... \$ 155

Breaded chicken breast.

GRILLED ..... \$ 155

Served with steam vegetables and mash potatoes.

### VEGETARIAN CROQUETTES

(GLUTEN FREE) ..... \$ 120

Quinoa, parmesan, swiss chard, pecans and amaranth croquettes covered with a delicious house tomato sauce.

TROUT TO TASTE ..... \$ 195

Served with steamed veggies, rice and roasted mash potatoes.

## ORGANIC SOUPS

GREEN SOUP ..... \$ 75

VEGETABLES ..... \$ 75

ROASTED ZUCCHINI AND TOMATO ..... \$ 85

LENTIL ..... \$ 85

AZTEC (TORTILLA SOUP) ..... \$ 95

MINISTRONE ..... \$ 85

LEEK AND POTATOE ..... \$ 75

ROASTED CARROT AND GINGER ..... \$ 75

Soups includes a side of local handmade bread.

ORGANIC  
PIZZAS 

VIA ORGANICA

Spinach, peppers, olives, roasted garlic, parmesan, mozzarella and goat cheese, garnished with fresh basil.

ATHENA

Spinach, red peppers, greek olives, onion, feta and mozzarella cheese.

MEXICAN

Chipotle - tomato sauce, with black beans, bell peppers, onion, garlic and fresh mozzarella cheese.  
Topped with avocado (when in season) and pico de gallo. Served with a side of hot sauce.

CLASSIC

Italian turkey sausage, mushrooms, onions, peppers, olives and a mixture of three cheeses.

HAWAIIAN

Turkey ham and pineapple, covered with mozzarella cheese.

SPANISH STYLE

Mozzarella and parmesan cheese, shredded chicken breast, mushrooms, covered with red onions, peppers & garlic. Garnished with fresh thyme and parsley.

- MEDIUM ..... \$ 180
- LARGE ..... \$ 220
- EXTRA LARGE ..... \$ 250



MARGARITA

Sliced tomatoes covered with mozzarella and parmesan cheese.

- MEDIUM ..... \$ 160
- LARGE ..... \$ 190
- EXTRA LARGE ..... \$ 220

PIZZA OF THE DAY

- SLICE ..... \$ 32
- SLICE WITH SALAD ..... \$ 68



ORGANIC  
ITALIAN 

GLUTEN FREE WHOLE WHEAT OR REGULAR.  
Pasta include a side salad.

- BOLOGNESE PASTA ..... \$ 165
- PESTO ..... \$ 145
- EGG PLANT PARMESAN ..... \$ 165  
Served with tomato sauce and parmesan.
- PASTA WITH VEGETABLES ..... \$ 165  
WITH CREAM SAUCE OR BUTTER, PARSLEY AND GARLIC.
- ALFREDO PASTA ..... \$ 165

Add chicken for an additional \$ 45 pesos.



## ORGANIC BREAKFAST



EGGS 8 AM -1 PM

2 farm fresh eggs served with herb roasted potatoes, beans and corn tortillas.

MEXICAN .....	\$ 85
SCRAMBLE WITH HAM OR VEGGIES .....	\$ 85
RANCHEROS .....	\$ 85
Served over 2 tortillas, topped with salsa.	
OVER EASY .....	\$ 85
DIVORCED (Two different sauces) .....	\$ 85
ALBANIL .....	\$ 85
(Frittata with nopales and pasilla sauce)	

### VIA ORGANICA

POACHED EGGS..... \$ 88

Served on a bed of mushrooms and spinach, covered with creamy spinach sauce, accompanied by herb roasted potatoes.

OMELETTE OR FRITATTA ..... \$ 85

Served with herbs roasted potatoes, salad or fruit.

SPINACH, CHARD OR MUSHROOMS
HAM
MEXICAN
MANCHEGO OR GOAT CHEESE

### CHILAQUILES

RED OR GREEN SOUCE .....	\$ 75
WITH CHICKEN .....	\$ 120

BREAKFAST SANDWICH ..... \$ 125

Over easy eggs, turkey sausage pattie, lettuce, onion and tomato.

MOLLETES..... \$ 65

Open face ciabatta bread topped with refried beans, melted cheese and pico de gallo.

FRENCH TOAST OR  
PANCAKES ..... \$ 95

Served with seasonal fruit and agave syrup, jam or honey.

HOT CAKES AND SEASONAL  
FRUIT (whole grain) ..... \$ 95

Served with agave syrup or jam.

OATMEAL ..... \$ 45

SEASONAL FRUIT PLATE ..... \$ 45

FRUIT, GRANOLA AND  
YOGHURT ..... \$ 58

### SIDE ORDERS WITH BREAKFAST ONLY

1 SLICE GRILLED TURKEY HAM .....	\$ 35
1 VEGETARIAN PATTIE .....	\$ 35
1 EGG .....	\$ 20
EXTRA CHICKEN .....	\$ 45
POTATOES .....	\$ 30
AVOCADO .....	\$ 30

## ORGANIC BEVERAGES

SEASONAL FRUIT JUICE ..... \$ 40

ORANGE, CARROT, GRAPEFRUIT

FRESH FRUIT DRINK

PITCHER .....	\$ 95
GLASS .....	\$ 25

### SPARKLING LEMONADE

PITCHER .....	\$ 115
GLASS .....	\$ 35

GREEN JUICE ..... \$ 45

Ask your server for todays harvest.

SMOOTHIE WITH FRESH  
FRUIT AND YOGHURT..... \$ 55



ICE TEA ..... \$ 30

COFFEE OR TEA ..... \$ 30

### CAPPUCCINO

CLASSIC .....	\$ 40
AMARETTO • BAILEYS • EGGNOG .....	\$ 60

LATTE ..... \$ 40

MOCHA ..... \$ 40

ESPRESSO ..... \$ 40

DOUBLE ..... \$ 45

OAXACAN HOT CHOCOLATE ..... \$ 35

GLASS OF MILK ..... \$ 28

## ORGANIC DESSERTS

CARROT CAKE ..... \$ 75

SEASONAL FRUIT CAKE ..... \$ 75

BROWNIE ..... \$ 75

CHOCOLATE CAKE ..... \$ 75

CHEESECAKE ..... \$ 75

PECAN PIE ..... \$ 75

GLUTEN FREE

CHOCOLATE CAKE ..... \$ 75

ICE CREAM ..... \$ 65

PIE WITH ICE CREAM ..... \$ 95

Ask your server  
for the gluten free desserts.





## Via Organica thanks all the hardworking farmers and producers

**DAIRY** - Our dairy products come from small farms where the cows, calves and goats are able to graze freely. This creates happy animals which make healthy products.

**EGGS** - The eggs come from our farm and local farms visited by us. This allows us to verify the appropriate living conditions. This process allows us to assure that the chickens are fed and taken care of so each and every egg is healthy.

**TORTILLAS, CHIPS AND TOSTADAS** - Taste the difference in our tortillas, which have been prepared traditionally from "nixtamal". In this method, the maize is soaked in water and lime for a few hours to enhance its nutrients and flavor.

**TRADITIONAL HANDMADE BREAD** - Is the only non-organic product on our menu. We are fortunate to have many artisan bakers in San Miguel who offer a wide variety of breads. (Everything baked here in Via Organica is made with organic flour).

**OLIVE OIL AND OLIVES** - Our dishes are cooked with olive oil from North Baja California, part of the project called "Las Hierbas" which rescues and grows organic olive trees.

**FRESH HERBS** - Basil, parsley, cilantro, rosemary, mint and all the herbs in the store are cultivated at Via Organica farm-school in Membrillo community. The garden soil is fed by the organic waste from our kitchen. Every day the herbs are brought to our restaurant completely fresh to season our dishes.

**BAKED GOODS** - Via Organica's kitchen has fresh rolls, empanadas, desserts, cookies and quiches prepared daily. All of these ingredients are organic, including the flour.

**GREENS, VEGETABLES AND FRUITS** - These come from a local and regional small farms including Rancho "Toyan", Rancho "La Trinidad", Granja de Texcoco and a group of farmers in Colón Qro.

**CHICKEN** - The excellent quality chicken we use is from an organic certified farm called "Bio Pollo", where the chickens have a healthy life where they can grow freely.

**BEEF** - We are proud of bringing this certified organic meat to our menu. This beef is from Rancho La Rumorosa, where the cattle are raised on green grass pastures and fed natural grains. We also have local grass fed meat from Rancho Cañada de la Virgen and Rancho Santo Niño in Dolores Hidalgo.

**TURKEY** - Brought from the family farm "Cocotla" which is certified organic. Try the exquisite turkey Burger seasoned with sesame and sage. Rancho Via Organica also raises the turkey for our Thanksgiving special "Thanksgiving dinner".

**FLOUR** - We obtain the organic flour from an organization called "Eden" which is certified organic. We use this flour for our delicious pizza and desserts.

**ORGANIC WINE** - We have a selection of Adobes and Sandogal.

Via Organica works with over 150 local producers in our project.

Via Organica is non-profit organization.

Our mission is to promote organic agriculture, fair trade, health and sustainability.

