

# RUTA DE LA SEDA

*Ecopâtisserie & Té*

est. 2007

*Café Ecopâtisserie Ruta de la Seda takes its inspiration from the ancient network of roads that connected Asia and the West for centuries.*

*We opened in Coyoacán in the summer of 2007 as a café and tea house project with a selection of organic patisserie and baked goods, focused on supporting small local producers.*

*Our mission has always been to offer innovative and healthy products of the highest quality and to generate a sustainable business model. We care deeply about the origin of food and its production.*

*Since opening our café, we have strived to maintain at least 70% of certified organic supplies, thus becoming the first organic pastry house in Mexico and pioneers in the use of alternative flours and single origin tea as main ingredients—particularly matcha, the specialty of the house.*

*We currently work with more than 40 national communities and organizations, many of them governed by the principles of fair and solidarity trade, alongside sustainable agroecological practices.*

*Welcome!  
Thank you for your visit.*



## STORES

Aurora 1 (esq. Pino)  
Santa Catarina, Coyoacán,  
04010, CDMX  
T - 55 3869 4888

Ayuntamiento 110 (esq. M.A.Q.)  
Santa Catarina, Coyoacán,  
04010, CDMX  
T - 55 5484 8228

Hegel 254  
Polanco, Miguel Hidalgo,  
11560, CDMX  
T - 55 5801 6068

## ORDERS

WhatsApp - 55 4452 1691

## DELIVERY

T - 55 7923 8667

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# ORGANIC BREAKFAST

Served from 8:00 am to 1:00 pm.

Served all day long

**GRANOLA BOWL** \$135 🌱  
banana, strawberries, natural yogurt,  
house granola and agave honey.

**FRUIT PLATE** \$105  
banana, papaya and melon  
yogurt, granola and agave honey +\$55

**CROISSANT ISFAHAN** \$95  
butter, fig and rose jam

**SPINACH OMELETTE** \$165 🍳  
spinach, goat cheese, salsa verde  
egg whites only +\$15

**KUKU SABZI** \$165 🌱 🍳  
persian omelette with fresh herbs and pecan nuts,  
served with jocoque (egg whites only +\$15 / salmon (60gr) +\$70)

**OMELETTE DE LA MILPA** \$165 🌱 🍳  
squash blossoms, baby zucchini, ricotta, served with  
spicy cilantro salsa (egg whites only +\$15)

**EGG SANDWICH** \$175 🌱  
brioche bun, soft scrambled eggs with chives, mozzarella,  
chipotle aioli with bacon (egg whites only +\$15)

**EGGS ROYALE** \$210  
poached eggs served on top of an English muffin, with salmon,  
and hollandaise sauce

**EGGS BENEDICT** \$200  
poached eggs served on top of an English muffin, with bacon  
and hollandaise sauce

**EGGS FLORENTINE** \$190  
poached eggs served on top of an English muffin, with spinach  
and hollandaise sauce

**EGGS RANCHEROS / DIVORCIADOS** \$160

**EGGS TO ORDER** \$160  
scrambled / mexican scrambled / ham / fried with bacon

**FIG TOST** \$125 🌱  
rustic bread with sourdough, fresh figs, ricotta, extra virgin olive oil,  
organic raw honey, and fleur de sel

**FRENCH TOAST** 2pcs \$140  
strawberries and organic raw honey

**CROQUE MONSIEUR** \$180  
rustic bread, sliced leg ham, manchego cheese, Mornay sauce

**CROQUE MADAME** \$195  
Croque Monsieur and one fried eggs on top

**HAM AND CHEESE CROISSANT** \$150

**CHILAQUILES** \$180  
served with one eggs and salsa of your choice:  
green tomato salsa / ranchera (roasted tomatoes and jalapeño pepper) /  
guajillo chili chicken (30 gr) +\$45 / tempeh (60 gr) \$70

**CHICKEN ENCHILADAS** \$220  
green tomato salsa / ranchera (roasted tomatoes and jalapeño pepper) /  
guajillo chili

**SWISS STYLE ENCHILADAS** \$250  
green tomato salsa / ranchera (roasted tomatoes and jalapeño pepper)

## EXTRAS

shredded chicken (60 gr) \$70  
egg( 1 pza) \$20  
tempeh marinade(60 gr) \$70  
salmon (60 gr) \$70  
serrano ham(60 gr) \$70  
pork leg ham (60 gr) \$45  
bacon(60 gr) \$45  
pico de gallo (80 gr) \$20

ricotta chesese (50 gr) \$40  
manchego cheese (45 gr) \$40  
goat cheese (50 gr) \$40  
panela cheese (40 gr) \$40  
sour cream (30 gr) \$30  
strawberries(60gr) \$45  
salsa macha (30 ml) \$20  
cilantro salsa (30 ml) \$20

Turn your breakfast into a combo (8:00 a 13:00 hrs) +\$65  
Fruit plate (120 gr) or a cup of seasonal juice, alongside a cup of tea or a cup of Americano (8oz)

🌱 We recommend 🌱 Sweetened with agave syrup 🍳 Served with savory bread

# ORGANIC KITCHEN

## Savory tarts and sandwiches

**PITHIVIER** Slice \$145 (🍷) / Compl. \$750  
tart covered with puff pastry, chicken breast, organic vegetables, and manchego cheese

**SPANAKOPITA** Reb. \$145 (🍷) / Compl. \$750  
greek-style pie made from filo pastry with spinach and feta cheese filling

**QUICHE OF THE DAY** Reb. \$125 (🍷) / Compl. \$750

**FIG TARTINE** \$135  
rustic bread, fig and spices spread, sliced serrano ham, mozzarella cheese, arugula

**NORDIC TARTINE** \$150  
rustic bread, goat cheese, salmon, cucumber, dill

**JAMBON BEURRE** \$150  
baguette, artisan sliced leg ham, butter, mustard, pickles, lettuce, and tomato

**BOROBUDUR** \$190 (🍷)  
tempeh and spice sandwich, roasted peppers, eggplant, lettuce, onion, and dehydrated tomato

**CUBAN SANDWICH** \$220 (🍷) (🍷)  
brioche, baked pork leg, sliced leg ham, manchego cheese, pickles, mustard

**DE LA MANCHA** \$200 (🍷)  
sliced serrano ham, manchego cheese, and quince sandwich made with red wine and pecan nuts bread

**MOLLETES** \$170  
baguette, homemade beans, manchego cheese and pico de gallo

## Organic salads

Dishes served from 13:00 hrs onwards.

**FATUSH** \$185 (🍷)  
lebanese salad with lettuce, tomato, cucumber, radish, scallion, mint, lemon- ginger vinaigrette, pita bread and sumac

**FIG SALAD** \$210  
honey, balsamic, and rosemary oven-roasted figs, with lettuce, ricotta, arugula, radicchio, and hazelnut

**MEDITERRANEA** \$195  
tomatoes, goat cheese, olives, radicchio, lettuce, onions and balsamic vinaigrette

**MINI SALAD** \$80 (🍷)  
lettuce, arugula, tomatoes, radishes, and olive oil

### EXTRAS

shredded chicken (60 gr) \$70  
egg (1 pza) \$20  
tempeh marinade (60 gr) \$70  
salmon (60 gr) \$70  
serrano ham (60 gr) \$70  
pork leg ham (60 gr) \$45  
bacon (60 gr) \$45  
pico de gallo (80 gr) \$20

ricotta cheese (50 gr) \$40  
manchego cheese (45 gr) \$40  
goat cheese (50 gr) \$40  
panela cheese (40 gr) \$40  
sour cream (30 gr) \$30  
strawberries (60 gr) \$45  
salsa macha (30 ml) \$20  
cilantro salsa (30 ml) \$20

### About our Organic Cuisine:

At least 70 % of our ingredients are organic or eco-friendly: eggs, legumes, and dairy products (yogurt, milk, cream, cheese—manchego cheese, feta cheese, goat cheese, and panela cheese), edible flowers, coffee, tea, and infusions. Almost all our garden produce is eco-friendly: spinach, arugula, lettuce, aromatic herbs, radicchio, etc. Our fruits come from organic or eco-friendly horticultural areas. Our seeds, such as macadamia seeds, sesame seeds, pecan nuts, and flaxseeds are organic. Our charcuterie is artisanal. Since we work alongside small producers, there are instances in which our menu may vary slightly. We appreciate your comprehension of this matter.

If you are allergic to any ingredient, please notify the waiter or waitress beforehand. Thank you.

(🍷) Vegan (🍷) We recommend (🍷) Includes side dish

# ORGANIC BAKERY

## *Pan Dulce*

CONCHA WITH MATCHA FILLING \$70  
*sweetened shell-shaped bread*

BUTTER CONCHA \$50

MINI CONCHAS MIX (5 pzas.) \$120  
*matcha\* / cocoa / vanilla / hibiscus / avocado leaves - anise*  
*\*creators of the matcha concha in 2011's*

CROISSANT \$50

ALMOND CROISSANT \$70

HAZELNUT CROISSANT \$70

PAIN AU CHOCOLAT \$55

CINNAMON ROLL \$50

CARDAMOM ROLL \$55

EMPANADA OF THE DAY \$60  
*guava / rice pudding / apple*☺

## *Pan Salado*

CLASSIC BAGUETTE (350 gr) \$45 (V)

RUSTIC BREAD (500 gr) \$100 (V)

MESQUITE-FLOUR BREAD (500 gr) \$105 (V)

FIG AND PECAN NUT BREAD (500 gr) \$105 (V)

WINE AND PECAN NUT BREAD (500 gr) \$120 (V)

BRIOCHE (360 gr) \$130

OLIVE CHALLAH (600 gr) \$145  
*(only available on fridays)*

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CROSTINIS (300 gr) \$50  
*sourdough baguette tapas with olive oil and fine herbs.*

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### **About our Artisan Organic Baked Goods:**

Our bakery is aimed towards the usage of a variety of whole and eco-friendly grains and cereals. Almost all of our savory bread is made from sourdough. Since opening our bakery, we have included different kinds of organic flour, such as: mesquite, oatmeal, amaranth, rye, barley, rice, spelt, buckwheat, corn, and millet (despite wheat, which is locally sourced and certified organic, being our most used flour). At least 70 % of our other supplies are organic. All of our sweeteners are organic.

**If you are allergic to any ingredient, please notify the waiter or waitress beforehand. Thank you.**

# ORGANIC PATISSERIE

## Cakes and tarts

**KIOTO** Slice. \$115 / Compl. \$990 (R)  
*matcha cake, our specialty*

**SPLEEN** Slice. \$115 / Compl. \$990 (R)  
*lavender and vanilla cake*

**FETICHE** Slice. \$115 / Compl. \$990 (R)  
*matcha, chocolate, and vanilla cake*

**GIANDUIA** Ind. \$125 / Compl. \$1,200 (R)  
*chocolate and hazelnut cake with homemade praliné filling and homemade gianduaia on top.*

**SAKURA** Ind. \$115 / Compl. \$980 (V)  
*mascarpone mousse, rose water and red raspberry mousse*

**ZEFIR** Ind. \$115 / Compl. \$990  
*Cocoa sponge cake, chocolate mousse, red berry and blackberry jam.*

**CARROT CAKE** Ind. \$115 / Compl. \$990

**SAMARCANDA** Ind. \$115 / Compl. \$800  
*rose and raspberry tart*

**FIG TART** Ind. \$115 / Compl. \$800

**PECAN NUT AND DATE TART**  
Ind. \$125 / Compl. \$900

**LEMON-MERINGUE TART**  
Ind. \$115 / Compl. \$800

**BOSQUE ROJO TART** Ind. \$125 / Compl. \$800  
*berries and vanilla cream tart*

**LUMBERJACK** Ind. \$115  
*date and apples with a caramelized coconut topping.*

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## Teacakes

**BROWNIE WITH PEANUT** \$65

**MATCHA** \$95 / \$650

**AMANDIER** \$125 / \$900 (V)  
*french almond cake with raspberry*

**PERSA** \$95 / \$600 (R)  
*rose water and cardamom*

**BANANA AND PECAN NUTS**  
\$95 / \$600

## Otros

**MATCHA COOKIES** (200 gr) \$200

**CHOCO - CILANTRO COOKIES** (200 gr) \$170

**ALMOND - LAVENDERS COOKIES** (200 gr) \$170

**MACADAMIA NUT POLVORÓN** (200 gr) \$195

**GRANOLA MONTAÑA MIX** (500 gr) \$180 (R)

**GRANOLA WITH PEANUT BUTTER** (500 gr) \$180

**JAM** (berries / guava / fig and roses) (200 ml) \$120

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### About our Organic Patisserie:

Patisserie embodies the essence of who we are. We ensure that no less than 70 % of the supplies we use in the vast majority of our products are organic and eco-friendly. In our patisserie, we also use a wide variety of organic and alternative flours which have been carefully selected. All of our sweeteners are organic: raw cane sugar, agave syrup, and raw honey.

*If you are allergic to any ingredient, please notify the waiter or waitress beforehand. Thank you.*

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(V) Vegano

(V) Sin trigo

(R) Recomendación de la casa

(V) Endulzado con agave

# DRINKS

## Coffee

- ESPRESSO \$45 / \$60  
MACCHIATO \$50 / \$65  
ESPRESSO AMERICANO \$50 / \$55  
CAPPUCCINO \$55 / \$65  
CAFÉ LATTE \$55 / \$65  
CARDAMOM LATTE \$65 / \$75 (R)  
ICED LATTE \$75  
FLAT WHITE \$60  
COLD BREW \$60  
TURKISH COFFEE \$60  
SCENTED TURKISH COFFEE \$70 (R)  
*(with cardamom and rose water)*

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## Green Tea

- MATCHA LATTE \$75 / 90 (R) (S/A)  
ICED MATHA LATTE \$90 (S/A)  
CACAO MATCHA \$90  
HOJICHA LATTE \$85 (R) (S/A)  
*roasted green tea latte*

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## Chocolate

- CHOCOLATE DE LA CHONTALPA \$80  
*70 % organic chocolate*  
RITUAL CHOCOLTE \$70  
*artisan chocolate, served with water or milk of your choice*  
HOT COCOA \$70 / \$80  
MOCHA COFFEE \$75 / \$85  
ICED CHOCOLATE \$85  
*made with natural organic cocoa*

## Cold Drinks (300 ml)

- SEASONAL JUICE \$65 (S/A)  
*orange / grapefruit*  
LASSI \$70  
*organic yogurt and cardamom drink*  
MAKHANIA LASSI \$80 (R)  
*organic yogurt, saffron, rose water, and cardamom drink*  
VIOLET DRINK \$65 (R)  
*mineral water, lemon, and violet flower*  
FRESH GINGER BEER \$65 (R) (S/A)  
*mineral water, lemon, and ginger*  
LA VIE EN ROSE \$65 (R) (S/A)  
*mineral water, strawberry, lemon, and rose water*  
LEMONADE \$60 (S/A)  
*mineral / natural*  
MATCHA LEMONADE \$70 (S/A)  
ORGANIC APPLE JUICE \$65 (S/A)  
KALE AND NOPAL JUICE (350 ml) \$75  
GUAVA AND GINGER JUICE (350 ml) \$75  
BERRYS AND AÇAÍ JUICE (350 ml) \$75  
MINT KOMBUCHA (355 ml) \$85  
PASSION FRUIT KOMBUCHA (275 ml) \$80  
BOTTLED WATER (375 ml) \$55  
*mineral / natural*
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- EXTRA  
oat milk (3oz) + \$10 / (8oz) + \$15 / (12 oz) + \$20  
cardamom + \$15  
espresso shot + \$15

# BEBIDAS

*Our tea menu is based on a careful selection of exceptional, pure, and fresh teas from different regions of Asia and Africa. Since 2008, we have worked directly with tea producers and specialized teahouses, which has enabled us to guarantee the quality of our tea and allowed us to get to know the origin of each and every single one of them, and the people who for decades have walked the path of tea..*

## **FRESH GINGER** \$90

*Origin: Puebla, México.*

## **SENCHA\*** \$90

*Traditional Japanese green tea, with herbal fragrance and slightly sweet.*

*Origin: Kagoshima, Japón.*

## **GENMAICHA\*** \$90

*green tea with brown rice.*

*Origin: Shizuoka, Japón.*

## **CEREMONIAL MATCHA** \$90

*green tea powder with great aroma and flavor, imported directly from its producer, thus guaranteeing its quality and freshness.*

*Origin: Fukuoka, Japón.*

## **MARRAKESH** \$90

*green tea with mint and hazelnuts from green tea*

*Origin: Anjui, China*

## **PREMIUM GREEN JAZMIN\*\*** \$150

*honeyed and fragrant green tea, scented with traditional wood with jasmine flowers made with the method of Master Lin Zengqin.*

*Origin: Fujian, China.*

## **MASALA CHAI** \$90

*scented chai made with black tea and spices that transport you to India, served with water or milk of your choice.*

*Origin: India.*

## **LAPSANG SOUCHONG\*\*** \$150

*very special smoked black tea made with traditional method.*

*Origin: Wujishan, China.*

## **EARL GREY** \$90

*classic blend of black tea and bergamot*

*Origin : Nilgiri, India.*

## **OOLONG** \$90

*Medium-oxidation oolong tea leaves, harvested during May in the Wuyi Mountains.*

*Origin: Fujian, China.*

*\*Organic Certification\**

*\*\*Limited edition, while supplies last. Request your second infusion\*\**