

Our state of being

We are 100% plant based, free of refined sugar, dairy, preservatives and (except for honey) we don't use any animal products.

We make our coconut milk fresh everyday from local coconuts.

We soak and dehydrate all of our nuts and seeds for optimal nutrition.

We make everything on the menu from scratch, with all the love we have.

We choose to source our ingredients organic and local whenever possible.

We strive to be chemical free from our dish soap and cookware to our produce disinfectant.

We compost and recycle and ask that you think twice before choosing to use biodegradable disposable containers containers and straws.



*We believe that, as individuals
we are learning along
our different paths,
but together as humanity,
all paths lead to*

~ One Love ~



Raw Love

We value your opinion.
Please let us know what you think.



Raw Love Tulum



/rawlovetulum

Rawlovekitchen.com



• WE ONLY ACCEPT CASH PAYMENT •
• Thank you •



Living Cuisine

at  Ahau Tulum



Entrees

QUINOA SALAD mixed greens, carrots, sprouts, avocado, red pepper, hummus, pesto-quinoa and sunflower seeds, drizzled with a smokey sweet dressing	\$230
AVOCADO TOAST pumpernickle sourdough, avo-caper mash, tomato, purple sauerkraut, sprouts and cashew cheese	\$200
LIVING PIZZA sprouted seed crust, topped with herbal almond "cheese", tomato, marinated portobello mushroom, pesto, hearts of palm and capers	\$200
BLACK BEAN BURGER grilled black bean and portabello burger, topped with fresh tomato, lettuce, onion, avocado, cashew cheese and mustard, on a wholewheat bun with a side of rustic baked potatoes	\$260
ZUCCHINI ALFREDO zucchini pasta bathed in a garlic cashew cream, basil pesto and sun-dried tomatoes, over a bed of arugula with walnuts and hemp seeds	\$220
NEARLY RAW PAD THAI carrots, red pepper, zucchini, purple cabbage, peas, cilantro and hemp seeds bathed in a sweet peanuty sauce	\$220
COCONUT CURRY broccoli, cauliflower, carrot, onion, zucchini, spinach, red pepper and rice (or quinoa) stewed in creamy coconut curry	\$240
MAKI ROLL mix of fresh greens, carrot, avocado, mango (seasonal) red pepper, jicama and ginger-miso dressing wrapped in Nori seaweed	\$190
PINK SUSHI balsamic beet, avocado and asparagus with fava-mint paste	\$220

Soups

Served warm to preserve enzymes and nutrients

CARROT GINGER with cilantro and fresh coconut milk	\$100
MISO LOVING miso with seaweed, sesame and avocado cubes	\$100
CREAM OF HERBS spinach, parsely, garlic, chives, avocado, coconut milk	\$120

Drinks

Sweetened with organic mayan honey

PASSION ELIXIR coconut water, passionfruit, pineapple, ginger, moringa, turmeric	\$120
HYDRATE coconut water, aloe, goji berry, lime, chia	\$120
Q-COOLER cucumber, mint, lime, ginger	\$100
MATE LIMEADE yerba mate tea, lime	\$80
RE-VITAL coconut water, lime, spirulina, turmeric	\$120
KOMBUCHA	\$100
WHOLE COCONUT fresh local coconuts	\$90
SPRING WATER natural / sparkling	12oz \$60 / 22oz \$100

Food Farmacy Shots

VIBRANT wheatgrass and lime	\$ 90
DIGEST pineapple, ginger, aloe vera	\$ 70
FLU FIGHTER ginger, lime, turmeric, cayenne pepper	\$ 80
LIFE ENERGY reishi, chaga, shilajit, honey	\$ 100

Superfood Smoothies and Bowls

Turn any smoothie into a Bowl topped with fresh fruit, chia, amaranth sprouted nuts and seeds, goji berries, and shredded coconut

	SMOOTHIE	BOWL
GREEN GODDESS spinach, moringa, spirulina, pineapple, banana, ginger, passionfruit, coconut milk <i>[remineralizing, essential amino acids, vitamin K]</i>	\$130	\$190
MACA-VANILLA MILKSHAKE peanut butter, maca, banana, vanilla, hemp protein, dates, almond milk <i>[protein, energy boost, hormone balance]</i>	\$150	\$200
HEALTHY BELLY papaya, ginger, turmeric, aloe, banana, passionfruit, coconut milk <i>[digestive, anti-inflammatory]</i>	\$140	\$190
TROPICAL KISS pineapple, mango, banana, papaya, ginger, passionfruit, coconut milk <i>[alkalizing, antioxidant, digestive, vitamin C]</i>	\$140	\$190
BERRY LOVE strawberry, blueberry, banana, passionfruit, chia, bee pollen, coconut milk <i>[antioxidant, B Vitamins, high fiber]</i>	\$150	\$200
CHOCOLATE DREAM organic cacao, banana, maca, ashwaganda, vanilla, dates, almond milk <i>[adaptogenic, energy boost, antioxidants, magnesium]</i>	\$150	\$190
ALKALIZE UP spinach, lime, cucumber, celery, avocado, ginger, moringa, almond milk <i>[phytonutrients, regulates blood sugar, remineralizing]</i>	\$130	\$190
AÇAÍ BERRY acai berry, blueberry, strawberry, banana, passionfruit, agave, coconut milk <i>[antioxidant, energy, detox, immune boost]</i>	\$160	\$220
CHIA PUDDING chia seeds soaked in fresh almond milk, cinnamon, cardamom, activated almonds, papaya and honey	\$100	
COCONUT YOGHURT young coconut meat cultured with probiotics mixed with seasonal fruit and honey	\$140	

Boosters and AddOns

\$40 Amla berry Ashwaganda Cashew Butter Rawtella (chocolate-Hazelnut) Shilajit Spirulina Hemp protein Reishi-Chaga extract Avocado	\$30 Maca Goji berries Electrolites Aloe vera Juice Almond butter Moringa Turmeric	\$20 Coconut butter Peanut Butter Cacao Nibs Chia Seeds Coconut Sugar Cacao powder Flax meal Bee pollen
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PLEASE LET US KNOW
IF YOU HAVE ALLERGIES

Biodegradable to-go container \$15

GLUTEN

SPICY

CAFFEINE

Desserts

All free of sugar, gluten, dairy

LOVE CAKES chocolate / carrot / lemon pie / peanut butter	\$95
GRAWNOLA BAR sprouted seed bar covered in dark chocolate	\$80
RAW BROWNIES made with pecans, cacao, coconut and dates	\$60
BLISS BALL peanut + cacao nibs / cashew + lemon	\$35
RAW VEGAN GOURMET CHOCOLATE stone ground organic cacao beans and coconut sugar, ask for flavors	
Bar \$170 / Heart \$40 / CBD Heart	\$100

Coffee and Tea

(add fresh almond or coconut milk for \$ 20)

ORGANIC COFFEE espresso/americano	\$60
COLD BREW coffee brewed using cold water extraction (cold)	\$80
POWER-BREW Chaga, Shilajit, cold brew coffee, coconut milk, stevia (cold)	\$120
FRAPPACHINO organic coffee, cacao, almond milk, honey cardamom, cinnamon (iced)	\$100
LATTE organic espresso coffee with coconut milk	\$80
CAPUCCINO organic espresso coffee with almond milk	\$80
ORANGE MOCHA espresso, cacao, cardamom, orange, honey, coconut milk	\$90
TRAIN WRECK espresso, yerba mate, cacao, honey, almond milk	\$100
IMMUNI-TEA medicinal reishi-chaga mushroom extract with ginger	\$100
ORGANIC TEA green / black / rooibos	\$60

Lattes

*Recommended warm for a full flavor experience (Iced + \$15)
(sweeten with agave or honey)*

GOLDEN MILK ayurvedic recipe with turmeric, black pepper, coconut milk	\$90
MATE LATTE yerba mate brew, coconut milk	\$80
INDIAN CHAI SPICE cinnamon, ginger, cardamom, clove, black pepper, coconut milk <i>(add black tea or cacao for \$10)</i>	\$90
HIBISCUS KISS hibiscus flower, cinammon, lime, fresh coconut milk, bee pollen	\$80
MATCHA LATTE premium Japanese matcha powder, almond milk	\$90
SHROOM BREW medicinal reishi-chaga mushrooms brewed with organic cacao and almond milk	\$120

