

TROTA

RUN & CAFÉ



MENÚ

ESPAÑOL

ENGLISH



LOS CLÁSICOS

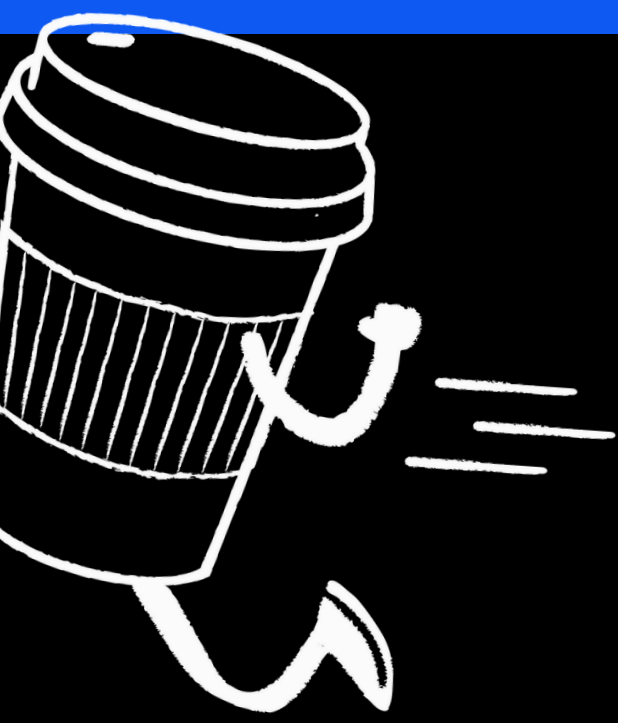
FUNCTIONAL DRINKS & TONICS

STRONG DRINKS, OTHER DRINKS,
EXTRAS BEBIDAS

EMPAREADOS

SWEET BAR

PASTRIES



LOS CLÁSICOS

	 CALIENTE	 FRÍO	 FRAPPE
* Chocolate	\$60.00	\$65.00	\$70.00
* Mocaccino	\$70.00	\$75.00	\$90.00
* Matcha Latte	\$75.00	\$80.00	\$90.00
* Chai Latte	\$75.00	\$80.00	\$90.00
* Chocomenta	\$65.00	\$65.00	\$70.00
* Latte	\$60.00	\$65.00	
* Golden Milk	\$75.00	\$80.00	
* Té Verde	\$65.00	\$70.00	
* Tisana	\$65.00	\$70.00	
* Cappuccino	\$65.00		
* Americano	\$50.00		
* Té Negro	\$60.00		
* Té Jazmín	\$60.00		
Espresso doble	\$50.00		
Flat White	\$65.00		

*HAZ TU BEBIDA GRANDE POR \$15

FUNCTIONAL DRINKS & TONICS

Espresso Tonic \$65.00

**Shaken Honey
Americano** \$80.00

TROTA Tonic ★ LATA \$95.00 ★

*Blue matcha, agua de coco, agua
tónica, jarabe de la casa, cold foam*

Orange Brew \$80.00

*Cold Brew, jugo de naranja,
agua mineral*

Ginger Brew \$75.00

*Cold Brew, jugo de limon, jengibre,
agua mineral, jarabe de la casa*

Lemon Honey \$80.00

Cold Brew, limon, miel

Sprint Tonic \$85.00

*Beet powder, fresa
liofilizada, agua de coco,
jarabe de la casa, cold foam*

**Strawberry
Matcha** \$90.00

*Pulpa de fresa, jarabe de
la casa, matcha, leche*

Dirty Chai \$90.00

*Chai, cold foam,
ralladura de naranja,
jarabe de la casa*

SHAKES 16 oz

Strawberry Shake \$125.00

*Soft serve, polvo de fresa, crema de
almendra, fresa liofilizada*

Banana Shake \$105.00

*Soft serve, polvo de banana, Nutella,
banana liofilizada*

EXTRAS

- Proteína \$45.00
- Colágeno \$35.00
- Creatina \$35.00
- Pre-workout \$35.00

**Beet
Shake** \$115.00

*Soft serve, polvo de betabel,
pitahaya liofilizada*

**Blueberry
Shake** \$125.00

*Soft serve, polvo de mora,
crema de almendra, moras
frescas*

Green Smoothie \$90.00

*Pepino, piña, nopal,
apio, limón*

STRONG DRINKS

Aperol Spritz \$140.00

Espresso Martini \$190.00

Carajillo \$160.00

Cerveza Ultra \$65.00

OTHER DRINKS

Agua gasificada con sabor \$55.00

Agua natural 750 ml \$85.00

Agua con gas \$55.00

EXTRAS BEBIDAS

Espresso \$35.00

Soft Serve \$45.00

Cold Foam \$25.00

Veggie Cold Foam \$25.00

Leche vegetal \$15.00



LATA
TROTA
+\$20.00

EMPAREADOS

Omega Bagel \$230.00

Salmón Ahumado, queso crema, alcaparras, pepino, ranch griego de eneldo y microgreens,

Turkey Trot Focaccia \$210.00

Pechuga de pavo ahumada, aguacate, mozzarella, ranch de eneldo, pimientos rostizados, tomate, ranch griego de eneldo pepino y microgreens.

Slow Pace Focaccia \$220.00

Roast Beef, mozzarella, parmesano, salsa pickled mustard alioli, pepino, pimientos rostizados y microgreens

Italian Gold Medal Focaccia \$225.00

Salami bola de cerveza, pepperoni, lomo canadiense, queso cottage, pesto de pistacho, pepinos, tomate y microgreens

Green Mile Focaccia \$185.00

Garbanzo salad, aguacate, pepino, jitomate, aderezo de cilantro-tahini y microgreens

NY Marathon Deli Bagel \$240.00

Pastrami, queso parmesano, aderezo cilantro-tahini, pimientos rostizados y microgreens

Avocado Boost \$125.00

Pan de masa madre, aguacate, queso cottage, hot honey chiltepin, microgreens

KIDS

Mini-Trotter \$95.00

pan de masa madre, jamón y queso mozzarella gratinado

SWEET BAR

Overnight oat bowl \$120.00

*Avena, datiles, chía
y linaza activados*

- 2 frutas frescas*
- + 1 topping premium*
- + 2 toppings clásicos*
- + 1 crema*

Soft Serve Bowl \$145.00

- 2 frutas frescas*
- + 1 topping premium*
- + 2 toppings clásicos*
- + 1 crema*

TOPPINGS

Fruta fresca

- Plátano*
- Moras*
- Manzana*

Clásicos

- Chía*
- Linaza*
- Granola*
- Cacao Nibs*
- Quinoa inflada*

Premium

- Fresa liofilizada*
- Plátano liofilizado*
- Pitahaya liofilizada*
- Frambuesa liofilizada*
- Coco Flakes*

Cremas

- Crema de almendra*
- Crema de cacahuete*
- No-tella*

EXTRAS

Fruta fresca	\$10.00
Premium	\$15.00
Clásicos	\$5.00
Crema	\$10.00

PASTRIES

Waffle \$50.00

Orejitas \$35.00

Chocolatín \$60.00

Croissant \$50.00

Tatan \$35.00

Concha \$50.00

Rol de Canela \$60.00

SI ERES ALÉRGICO A ALGÚN
INGREDIENTE PORFAVOR
HÁZNOSLO SABER :)

TODAS NUESTRAS BEBIDAS EN
CASA SON DE TAMAÑO GRANDE



THE CLASSICS

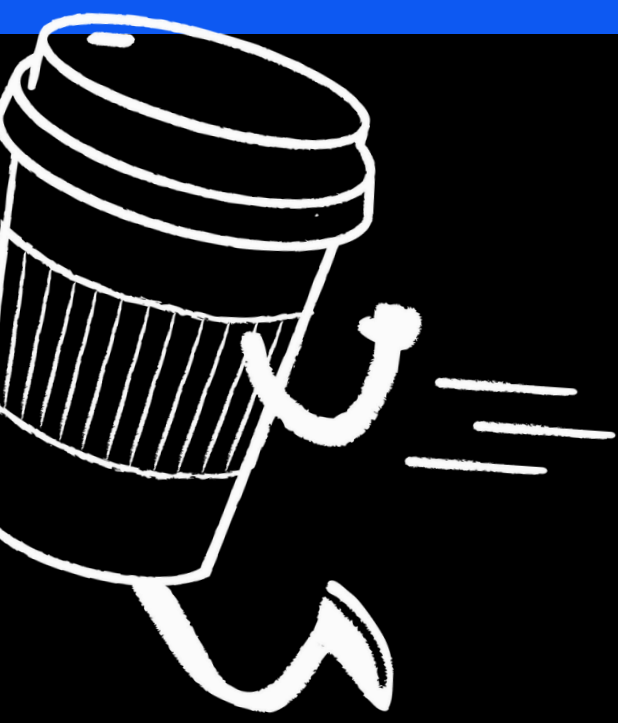
FUNCTIONAL DRINKS & TONICS

STRONG DRINKS, OTHER DRINKS,
DRINK EXTRAS

SANDWICHES

SWEET BAR

PASTRIES



THE CLASSICS

	 HOT	 ICED	 FRAPPE
* Chocolate	\$60.00	\$65.00	\$70.00
* Mocaccino	\$70.00	\$75.00	\$90.00
* Matcha Latte	\$75.00	\$80.00	\$90.00
* Chai Latte	\$75.00	\$80.00	\$90.00
* Chocomint	\$65.00	\$65.00	\$70.00
* Latte	\$60.00	\$65.00	
* Golden Milk	\$75.00	\$80.00	
* Green tea	\$65.00	\$70.00	
* Tisana	\$65.00	\$70.00	
* Cappuccino	\$65.00		
* Americano	\$50.00		
* Black tea	\$60.00		
* Jazmin tea	\$60.00		
Espresso doble	\$50.00		
Flat White	\$65.00		

*UPGRADE YOUR DRINK TO LARGE FOR \$15

FUNCTIONAL DRINKS & TONICS

Espresso Tonic \$65.00

**Shaken Honey
Americano** \$80.00

TROTA Tonic ★ CAN \$95.00 ★

*Blue matcha, coconut water, tonic,
house syrup, cold foam.*

Orange Brew \$80.00

*Cold Brew, orange juice,
sparkling water.*

Ginger Brew \$75.00

*Cold Brew, lemon, ginger,
sparkling water.*

Lemon Honey \$80.00

Cold Brew, lemon, honey

Sprint Tonic \$85.00

*Beet Powder, freeze-dried
strawberry, coconut water,
house syrup, cold foam.*

**Strawberry
Matcha** \$90.00

*Strawberry pulp, house
syrup, matcha, and milk.*

Dirty Chai \$90.00

*Chai, cold foam,
orange zest.*

SHAKES 16 oz

Strawberry Shake \$125.00

*Soft serve, strawberry powder, almond
butter, and freeze-dried strawberries.*

Banana Shake \$105.00

*Soft serve, banana powder, Nutella, and
freeze-dried banana.*

Beet Shake \$115.00

*Soft serve, beet powder, and
freeze-dried dragon fruit (pitahaya).*

**Blueberry
Shake** \$125.00

*Soft serve, blueberry
powder, almond butter,
and fresh blueberries.*

Green Smoothie \$90.00

*Cucumber, pineapple, cactus,
celery, and lemon.*

EXTRAS

- **Protein** \$45.00
- **Collagen** \$35.00
- **Creatine** \$35.00
- **Pre-workout** \$35.00

STRONG DRINKS

Aperol Spritz \$140.00

Espresso Martini \$190.00

Carajillo \$160.00

Ultra Beer \$65.00

OTHER DRINKS

Flavored sparkling water \$55.00

Still Water 750 ml \$85.00

Sparkling water \$55.00

DRINK EXTRAS

Espresso \$35.00

Soft Serve \$45.00

Cold Foam \$25.00

Veggie Cold Foam \$25.00

Vegetal milk \$15.00



TROTA
CAN
+\$20.00

SANDWICHES

Omega Bagel \$230.00

Smoked salmon, cream cheese, capers, cucumber, dill Greek ranch.

Turkey Trot Focaccia \$210.00

Smoked turkey breast, avocado, mozzarella, roasted peppers.

Slow Pace Focaccia \$220.00

Roast beef, mozzarella, parmesan, pickled mustard aioli, cucumber, roasted peppers, and microgreens.

Italian Gold Medal Focaccia \$225.00

Beer-cured salami, pepperoni, Canadian bacon, cottage cheese, pistachio pesto, cucumbers, tomato, and microgreens.

Green Mile Focaccia \$185.00

Chickpea salad, avocado, cucumber, tomato, cilantro-tahini dressing, and microgreens.

NY Marathon Deli Bagel \$240.00

Pastrami, parmesan, cilantro-tahini dressing.

Avocado Boost \$125.00

Sourdough, avocado, cottage cheese, hot honey chiltepin.

KIDS

Mini-Trotter \$95.00

Sourdough bread with ham and melted mozzarella cheese

SWEET BAR

Overnight oat bowl \$120.00

Activated oats, dates, chia, and flaxseed.

2 Fresh fruits

+ 1 Premium topping

+ 2 Classic toppings

+ 1 Nut butter/spread

Soft Serve Bowl \$145.00

2 Fresh fruits

+ 1 Premium topping

+ 2 Classic toppings

+ 1 Nut butter/spread

TOPPINGS

Fresh fruit

- *Banana*
- *Berries*
- *Apple*

Classics

- *Chía*
- *Flaxseed*
- *Granola*
- *Cacao nibs*
- *Puffed quinoa*

Premium

- *Freeze-dried strawberry*
- *Freeze-dried banana*
- *Freeze-dried dragon fruit (pitahaya)*
- *Freeze-dried raspberry*
- *Coconut flakes*

Spreads

- *Almond butter*
- *Peanut butter*
- *No-tella*
- *(Hazelnut spread)*

EXTRAS

Fresh fruit	\$10.00
.....
Premium	\$15.00
.....
Classics	\$5.00
.....
Spreads	\$10.00

PASTRIES

Waffle \$50.00

Orejitas \$35.00

mexican sweet bread

Pain au chocolat \$60.00

Croissant \$50.00

Tatan \$35.00

Concha \$50.00

mexican sweet bread

Cinamon roll \$60.00

IF YOU'RE ALLERGIC TO
ANY INGREDIENTS, PLEASE
LET US KNOW :)

ALL OUR IN HOUSE DRINKS COME
IN A LARGE SIZE.



TROTA

RUN & CAFÉ

MÉRIDA 81
ROMA NORTE
CDMX