

Té Café

EST. 2012

FROM GARDEN TO TABLE: FRESH, LOCAL, ORGANIC

CALLE 47 ESTE, MARBELLA, PANAMÁ







The first specialty coffee and loose-leaf tea cafe in Panama! We also offer food and every beverage imaginable.

Our mission is to offer only the best quality in everything we do, which is why we go to extremes to distinguish ourselves with our products.



STARTERS

BITES AND MORE

BONELESS CHICKEN BITES 12

Soft and crispy, accompanied by our 3 homemade sauces: Bourbon BBQ, honey mustard and Buffalo.

ARTICHOKE DIP 12

With Philadelphia cheese and mozzarella.

EDAMAME HUMMUS DIP 12

Homemade edamame hummus served with pita bread toast.

CARPACCIO TÉ CAFÉ 16

Beef steak, balsamic reduction with coffee, parmesan cheese shavings, ground pistachios, and microgreens topping.

CAPRESE SALAD 13

Cherry tomatoes and basil microgreens from the Hippie Greens garden, fresh artisanal mozzarella, pistachio powder, homemade pesto, and balsamic reduction.

FRIED EMPANADITAS 10

Made with a thin puff pastry-style dough and served with mango chuckney and homemade Creole sauce.
Choose cheese, chicken, or a combination.

GRILLED EMPANADITAS 10

Made with a thin crust and served with Mago chuckney and homemade Creole sauce. Choose cheese, chicken, or a combination.

PORTOBELLO MUSHROOM FINGERS 10

Portobello mushroom sticks, tempura and served with aioli.

FRIED CALAMARI 10

Calamari with a thin, crispy crust, served with homemade tartar sauce.



FRESH, ALWAYS

SALADS

02

HIPPIE GREENS

Our salads are born in a family garden with over 20 years of history, where we lovingly cultivate every leaf and every fruit. All our organic vegetables are 100% chemical- and pesticide-free—just earth, sun, water... and lots of love!

EDAMAME HUMMUS 15

Organic mesclun from our garden, homemade edamame hummus, feta cheese, toasted almonds, cherry tomatoes, avocado, carrots, onions, and lemon vinaigrette.

CRANBERRY APPLE WALDORF 12

Chicken, dried cranberries, green apple, walnuts, and mayo.

HOUSE SALAD 14

Organic mixed greens and cherry tomatoes from our garden, hearts of palm, Hass avocado, special vinaigrette, and pumpkin seeds.

CESAR SALAD 13

House-made Caesar dressing, organic Hippie Greens mesclun, house-made croutons, and parmesan cheese flakes.

PEAR & PECAN BRITTLE 14

Organic mixed greens from our Hippie Greens garden, caramelized pecans, manchego cheese flakes, and pears, with balsamic vinaigrette.

CRANBERRY FETA 12

Hippie Greens' organic mesclun and jicama, onion, carrot, feta cheese, and dried cranberries with wine vinaigrette.

ORIENTAL FUSION 14

Oriental mix of organic lettuces with arugula wasabi, cashews, mandarin orange slices, black sesame seeds and tahini-miso dressing.

GREEK SALAD 13

Sunflower microgreens, jicama, garden cherry tomatoes, fresh oregano, feta cheese, julienned red onions, and lemon vinaigrette.



SALMON \$6 • CHICKEN \$4 • TURKEY \$4 • CHEESES \$3

AVAILABLE ALL DAY

FRESH EGGS

BACK-YARD OMELETTE 12

Choose 1: bacon, ham, turkey, smoked salmon. Choose 2: onion, bell pepper, cherry tomatoes, mushrooms, avocado, mozzarella, Swiss cheese, cheddar, provolone, Havarti, Parmesan cheese, cream cheese.

From our organic Hippie Greens garden: mesclun, radish microgreens, basil, arugula, sunflower microgreens.

Extras: \$1

TÉ CAFÉ OMELETTE 10

Portobello mushrooms, caramelized onions, and mozzarella cheese.

SCRAMBLED EGGS 12

Bed of French fries with cheddar cheese cream, bacon, and fried eggs with truffle cheese.

EGGS YOUR WAY 7

Fried or scrambled, accompanied with homemade toast.

MONTECRISTO 15

Sandwich on artisanal brioche bread coated in panko with turkey, ham, and Swiss cheese. Served with maple syrup.

SOURDOUGH OPTION FOR ALL BREAKFASTS WITH SLICED BREAD

CROQUE MADAME 11

Sandwich on artisan brioche bread with ham and Swiss cheese inside and a fried egg outside. Served with maple syrup.

3 CHEESE GRILLED CHEESE 10

Artisan brioche bread, havarti cheese, cheddar and mozzarella.

MANSA HOLJADRE 16

Crispy puff pastry with Angus beef, mozzarella, mushrooms, caramelized onions, two fried eggs, and organic mesclun.

STRAWBERRIES WITH CREAM 12

House recipe whipped cream, strawberries, pecans and condensed milk.

FRUIT SALAD 8

Pineapple, black grapes, strawberries, blueberries and kiwi.

BAGEL WITH CREAM CHEESE AND SALMON 16

Cream cheese, chives, smoked salmon, cherry tomatoes, and mesclun from our Hippie Greens garden.

SALTED CROISSANT 12

Choose 1: Ham, turkey, smoked salmon, bacon. Choose 1: Havarti, mozzarella, provolone, cheddar, Swiss, cream cheese.

Accompanied by Hippie Greens: mesclun, radish microgreens, basil, arugula, sunflower microgreens, choose your preferred sauce.

SWEET CROISSANT 8

Choose 1: Nutella, pistachio cream, dulce de leche, almond butter (unsweetened), house whipped cream.

FRENCH TOAST 10

Sourdough bread, homemade whipped cream, strawberries, banana, and maple syrup.

CRISPY FRENCH TOAST 12

Breaded with crispy panko, homemade whipped cream, strawberries and banana, and maple syrup.

SOURDOUGH OPTION FOR ALL BREAKFASTS WITH SLICED BREAD

CLASSIC PANCAKES 8

With house whipped cream, strawberries, blueberries, caramelized pecans and maple syrup.

CHOCOLATE CHIP PANCAKES 10

With white, milk, or dark chocolate chips.
With our signature whipped cream, strawberries,
blueberries, and maple syrup.

NUTELLA PANCAKES 11

Filled with Nutella and fresh strawberries. Served with our signature cream and maple syrup.

EGG WAFFLES 10

Choose 3: bacon, ham, turkey, smoked salmon, onion, paprika, cherry tomatoes, mushrooms, avocado, mozzarella, Swiss, cheddar, provolone, Havarti, Parmesan, cream cheese.

From our organic Hippie Greens garden: mesclun, radish microgreens, basil, arugula, sunflower microgreens.

Extras: \$1

TÉ CAFÉ PARFAIT 15

Greek yogurt, granola, strawberries, blueberries, kiwi, grapes, hemp seeds, pineapple and cacao nibs.



Extras

SANDWICHES

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A MEAL BETWEEN SLICES

CRISPY CHICKEN 14

Our famous signature sandwich of crispy chicken, Swiss cheese, organic mesclun from our Hippie Greens garden and tomato, with honey mustard sauce.

BLACK ANGUS PHILLY STEAK 17

Imported black angus ribeye, onion, swiss cheese.

Extra: peppers, mushrooms \$1 each

ITALIAN POMODORO 18

Breaded chicken breast, tomato sauce, and fresh mozzarella cheese.

CLASSIC PRIME BURGER 18

Black Angus USDA Prime 8oz, tomato, organic mesclun from our Hippie Greens garden, Cheddar cheese, bacon.

Extra: avocado, mushrooms, cheese, caramelized onion \$2 each

CLUB SANDWICH 17

Homemade turkey breast, ham, bacon, Hippie Greens organic mesclun, tomato, cheddar cheese, and rosemary sauce.

TURKEY APPLE PANINI 14

House-baked turkey breast, Havarti cheese, sweet apple glaze, sauteed apples, and baby arugula.

CHICKEN PESTO 16

Grilled chicken, fresh mozzarella, tomato and homemade pesto sauce.

AVOCADO BIRD 12

Artisan brioche bread filled with a creamy Hass avocado blend and shredded chicken.

*All sandwiches come with our signature crispy leek.

SWEET TEMPTATIONS

DESSERTS

APPLE PIE 7.5

Filled with fresh apples, cinnamon, and brown sugar, baked in a crispy, golden crust. Traditional and comforting + a scoop of vanilla ice cream.

PECANPIE 8

Classic American pie with caramel filling and crunchy pecans, on a golden, buttery pastry base.

MUFFIN TRIPLE CHOCOLATE 5

Dark, milk and white chocolate.

LEMON PIE 7

Crispy biscuit base with a creamy, tangy lemon filling, topped with a smooth golden meringue.

CARROT CAKE 7

Soft carrot cake with walnuts and spices, topped with creamy cream cheese frosting.



DRINKS WITH PURPOSE

HEALTH IN A DELICIOUS WAY

KOMBUCHA 6.5

Sparkling drink made from fermented black tea.

SEASONAL FLAVORS: watermelon ginger, mixed berries, passion fruit ginger.

BENEFITS: Rich in probiotics + enzymes + organic acids - supports digestion, energy and intestinal health.

COCOFLOW 6

Coconut water + chia seeds and sea salt.

BENEFITS: Fiber + electrolytes. Deep hydration + natural mineralization + intestinal health + detoxifying.

MATCHA GLOW SMOOTHIE 7.5

Ripe mango + Greek yogurt + ceremonial matcha + dates + vanilla + almond milk + sea salt.

BENEFITS: High in antioxidants. Energy without crash + supports focus and immune system.

FEEL GOOD SMOOTHIE 7.5

Strawberries + banana + fresh sage + hemp seeds + vanilla, dates + almond milk + sea salt.

BENEFITS: Omega 3 + protein + magnesium + tryptophan + antioxidants. Hormonal balance + brain support + mood boost + anxiety relief.

CACAO SOUL SMOOTHIE 7.5

Espresso + cocoa + banana + almond butter + almond milk + dates + vanilla + sea salt.

BENEFITS: Rich in magnesium and tryptophan. Boosts mood and energy without crashing.

IMMUNO BLAST SMOOTHIE 7.5

Mandarin + raspberries + fresh ginger + fresh lemon balm + raw honey + coconut water + chia seeds + sea salt.

BENEFITS: High in vitamin C + polyphenols + antioxidants.

Strengthens the immune and respiratory systems + calms
the nervous system + hydrates + revitalizes
- improves digestion.

TROPICAL DIGEST SMOOTHIE 7.5

Pineapple + passion fruit + mint + ginger + coconut water + chia seeds + dates + sea salt.

BENEFITS: High in digestive enzymes + soluble fiber + electrolytes. Improves circulation and immunity + intestinal anti-inflammatory.

BERRY GROUNDED 7.5

Strawberries + blueberries + banana + yogurt + cocoa + dates + almond milk + hemp seeds + cinnamon + sea salt.

BENEFITS: Antioxidants + omega-3 + tryptophan + magnesium. Nourishes the nervous system, naturally elevates mood, and stabilizes energy and sweet cravings. Cognitive and hormonal support with an indulgent flavor.

LUNAR CALM 7.5

Banana + mandarin + fresh basil + yogurt powder + dates + nutmeg + almond milk + sea salt + chia seeds.

BENEFITS: Rich in magnesium + potassium + calcium + vitamin C + tryptophan. Relaxes the nervous system + promotes the natural production of serotonin and melatonin + supports nighttime digestion & cellular hydration.

GREEN DETOX 7.5

Sunflower microgreens + ginger + mint + lemon balm + jicama + lemon + green apple + pineapple + chia seeds + coconut water.

BENEFITS: Rich in chlorophyll + vitamin C + digestive enzymes + prebiotic fiber. Promotes liver and lymphatic detoxification + improves digestion + alkalizes + stimulates the immune system and mental clarity.



HOT DRINKS

AWAKENS THE SENSES.



ESPRESSO 3

House blend. Creamy and sweet body with notes of chocolate, nuts, and a touch of funk.

AMERICANO 3

Espresso shot with water. 1:3 ratio.

MACCHIATO 3.5

A shot of espresso with a touch of creamy milk. 1:1 ratio.

CAPUCCINO 4

Shot of espresso and creamy milk. 1:2 ratio.

LATTE 4.25

Shot of espresso and textured milk. 1:3 ratio.

DULCE DE LECHE LATTE 5.5

Latte with dulce de leche.

MOCHALATTE 5.5

Latte with chocolate.

WHITE CHOCOLATE LATTE 5.5

Latte with white chocolate.

VAINILLA LATTE 5.5

Latte with vainilla.

PISTALATTE 8

Latte with pistachio cream and ground pistachios.

CEREMONIAL MATCHA 4.5

Matcha prepared in water in the traditional way.

MATCHA LATTE 5

Ceremonial green matcha + textured milk.

CHICHEME MATCHA 5.5

Chicheme + ceremonial matcha.

SPICED CHAI 4.75

Our special homemade blend with natural spices.

CACAO CHAI 5

Our homemade blend with natural spices + Panamanian artisanal cocoa.

GOLDEN MILK 4.75

Our homemade blend. Turmeric + black pepper, ginger, cardamom, and nutmeg with milk and raw honey.

HOT CHOCOLATE 7.5

Melted Panamanian artisanal chocolate.

HOT DULCE DE LECHE 5.5

Melted Argentinian dulce de leche.

HOT PISTACHIO 5.5

Natural pistachio cream melted with milk.

PISTACHINO 8

Cappuccino with pistachio cream and ground pistachios.

Alternartive Milks

OAT · SOY · ALMOND · COCONUT +0.75

REFRESHING DELIGHTS

ICED COFFEE 5

Two shots of espresso + ice.

ICED LATTE 5.5

Two shots of espresso + milk + ice.

COLD BREW 5.5

Cold-pressed coffee extracted for 18 hours.

ICED TEA 4

Homemade with 100% natural black tea.

VERY BERY ICED TEA 4

Homemade with loose leaf black tea and a special touch.

FRAPPES 5.5

White chocolate, chocolate, dulce de leche, cookies and cream, vanilla, salted caramel.

AFFOGATO 6

Espresso + vanilla ice cream.

NATURAL JUICES 6

Grapes, strawberries, blueberries, blackberries, raspberries, mixed berries, pineapple, passion fruit, lemonade, kiwi, mango.

NATURAL FROSTIES 6

Grapes, strawberries, blueberries, blackberries, raspberries, mixed berries, pineapple, passion fruit, lemonade, kiwi, mango, banana.

YOGURT SMOOTHIES 7

Natural fruits + yogurt

Grape, strawberry, blueberry, blackberry, raspberry, mixed berries, pineapple, passion fruit, kiwi, mango, banana.

ICED DULCE DE LECHE 6

Two shots of espresso + dulce de leche + milk + ice.

ICED CHOCOLATE 6

Two shots of espresso + hot chocolate + milk + ice.

ICED WHITE CHOCOLATE 6

Two shots of espresso + white chocolate + milk + ice.

SODAS 3

SPARKLING WATER 3



Alternartive Milks

OAT • SOY • ALMOND • COCONUT +0.75

SINGLE ORIGIN COFFEES

SELECTED AND TESTED

Our coffee comes from a select farm that we have personally inspected for its freshness and quality, guaranteeing a unique and delicious experience every time.

NATURAL ANAEROBIC GEISHA 9

Type: Green Tip Geisha

Process: Natural fermented*

Roast: Clear

Estate: Cafelino
Elevation: 1500m

Location: Boquete, Panama

Tasting Notes: Notes of lime, roses, and mango. Complex acidity with a silky body and a lingering

floral aftertaste.

WASHED CATUAL 5

Type: Catuai

Process: Washed

Roast: Light-Medium

Estate: Cafelino

Elevation: 1350 - 1400m

Location: Boquete, Panama

Tasting Notes: Balanced with notes of vanilla

and caramel. Medium acidity and juicy.

NATURAL YELLOW ANAEROBIC CATUAL 6

Type: Catuai yellow

Process: Natural fermented*

Roast: Clear

Estate: Cafelino
Elevation: 1400m

Location: Boquete, Panama

Tasting Notes: Notes of mandarin, hazelnut, and caramel. Sweet acidity with a rounded body and

a lingering fruity aftertaste.



^{*} Short fermentation with native microorganisms.

METHODS

Creating an unforgettable cup of coffee begins with selecting the beans. The three methods we use to prepare this elixir offer different results in flavor, color, texture, and mouthfeel. Coffee is a process from beginning to end; each step is as important as the next.

Method 01

HARIO V60 POUR OVER

The Hario V60 is a drip coffee brewing device known for producing a clean, crisp, and flavorful cup of coffee. It features a 60-degree conical shape, spiral grooves inside, and a single large opening at the base. This design promotes even water flow and ground coffee extraction.

Tasting Notes: Clean cup, medium body where the delicate flavors of origin stand out.

Method 02

FRENCH PRESS

A French press is a manual coffee brewing device consisting of a cylindrical carafe, a plunger, and an integrated filter. It works by steeping ground coffee in hot water and pressing the plunger to separate it from the brewed coffee. This method produces a fuller-bodied, more flavorful cup than other brewing methods.

Tasting Notes: Intense cup, full body and dense texture.

Method 03

SIPHON

Siphon coffee, also known as vacuum coffee, is a brewing method that uses a vacuum coffee maker to create a full-bodied, flavorful cup of coffee. The process involves heating water in a lower chamber, which then rises to mix with coffee grounds in an upper chamber. Once the heat source is removed, the brewed coffee is returned through a filter to the lower chamber, leaving the grounds behind.

03

Tasting Notes: Aromatic, good body and sweetness.

CHOOSE YOUR GRAIN AND YOUR METHOD.
IF YOU WANT TO KNOW MORE, JUST ASK.







LOOSE LEAF TEAS



4.00 PITCHER 500ML

WHITE TEA

SILVER MOONLIGHT WHITE

White tea with a delicate flavor, with sweet and fresh notes. High in antioxidants, perfect for calming moments.

Ingredients: White tea.

GREEN TEA

JAPAN SENCHA

Classic Japanese green tea with a clean, smooth, vegetal profile. Rich in antioxidants, ideal for daily consumption.

Ingredients: Japanese sencha green tea.

JASMINE GREEN

Aromatic Green Tea with jasmine buds, floral flavor, medium body and elegant aroma.

Ingredients: Green tea, jasmine flowers.

SENCHA CHERRY ROSE

Japanese sencha with sweet cherry notes and a delicate hint of rose. Spectacular hot or cold.

OOLONG TEA

TIKWAN YIN OOLONG

Medium-bodied oolong tea with floral and slightly creamy notes.

Ingredients: Oolong tea.

GOJI BERRY OOLONG

Semi-oxidized oolong tea with fruity notes of goji berries.

Aromatic, delicious, and rich in antioxidants.

MATCHAS

JAPAN IZU MATCHA

A smooth, full-bodied green tea with rounded notes. A touch of Gyokuro gives it a slightly astringent and elegant finish.

Ingredients: Ceremonial grade Japanese green tea.

BUTTERFLY BLUE PEA PETAL

Caffeine free

Herbal matcha made with clitoria flowers. Rich in antioxidants, it promotes memory and mental clarity. It changes from blue to violet with lemon.

Ingredients: Clitoria (butterfly pea) flower powder.







BLACK TEA

BLACK TEA GUNPOWDER

Hand-rolled black tea, shaped like gunpowder.
Earthy and slightly astringent flavor with notes of honey
and a smoky finish.

YING MING YUNNAN

Classic Chinese black tea with a smooth body, subtle sweetness, and slightly floral notes.

Ideal for quiet moments.

Ingredients: Black tea.

BLACK CURRANT

Sri Lankan black tea with floral notes and currant berries, blackberry leaves, sunflower petals, elderflowers and mallow flowers.

VANILLA BLACK CHAI

Masala Chai-style black tea with vanilla and warming spices. Stimulating, digestive, and comforting.

Ingredients: Black tea, ginger, cardamom, cloves, nutmeg, calendula petals, white and black pepper.

INFUSIONES

PEPPERMINT

Caffeine free

Pure peppermint infusion with a fresh and intense flavor. Ideal for soothing digestion or for natural refreshment.

Ingredients: Willamate peppermint leaves.

STRAWBERRY KIWI TISANE

Caffeine free

A vibrant fruit infusion with strawberry and kiwi. Refreshing, rich in vitamin C, and ideal hot or cold.

Ingredients: Strawberry, kiwi, apple, hibiscus, rosehip, natural flavors.

SMOKED VANILLA ROOIBOS

Caffeine free

Rooibos infusion with soft, sweet vanilla notes and a toasted touch.

Ingredients: Rooibos, almond pieces, calendula petals, natural flavors.

WE HAVE A TEA OR BLEND FOR EVERY MOOD AND NEED,
JUST ASK AND WE WILL BE HAPPY TO HELP.

LOOSE LEAF TEAS WITH A PURPOSE

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4.00 PITCHER 500ML

BELLY CALM

Digestive and Stomach Soother Caffeine-free

Spicy and refreshing profile. Ideal after meals or to soothe an upset stomach.

Ingredients: Ginger, peppermint, cinnamon, cardamom, lemon balm, licorice, fennel, burdock root, elder flowers.

FLU AWAY

Functional: Immune Booster

A green tea blend with superfruits and immunoactive herbs designed to strengthen the immune system, fight respiratory infections, and support flu recovery.

Ingredients: Green tea, echinacea, elderberry, rosehip, goji berries, mango, sage, raspberry pieces.

BERRY IMMUNE ROOIBOS

Functional: Immune Booster Caffeine-Free

Rooibos fruit, high in antioxidants, helps strengthen the immune system and combat flu symptoms.

Ingredients: Rooibos, elderberry, rosehip, currant, blackberry and raspberry leaves, orange, lemon, blueberry pieces.

SWEET DREAMS

Relaxing and Sleep-Promoting Caffeine-Free

A soft, floral infusion that relaxes the nervous system and helps promote restful sleep.

Ingredients: Lavender, chamomile, St. John's wort, lemon balm, valerian, licorice, fennel, peppermint.

GOLDEN PU-ERH 5 YEARS

Aged for 5 years in Yunnan caves. An ancient Chinese medicine tea that detoxifies, supports digestion and metabolism, lowers cholesterol and glucose, and enhances mental clarity and well-being.

MOOD RISE

Adaptogen and Mood Modulator Caffeine-free

Balancing infusion with adaptogenic herbs and butterfly pea flower. Supports mental clarity, reduces stress, and regulates mood.

Ingredients: Apple, ashwagandha root, tulsi (holy basil), lemon balm, St. John's wort, butterfly pea flowers, calendula petals.



4.00 PITCHER 500ML

PURE RESET

Detox Caffeine-Free

Herbal infusion with floral, sweet, and spicy notes. Supports digestion, liver detoxification, and the elimination of toxins. Ideal for naturally balancing the body.

Ingredientes: Jengibre, regaliz (licorice), tulsi (albahaca sagrada), hojas de diente de león, raíz de bardana, pétalos de rosa, flores de saúco (elder flowers), pétalos de cártamo.

THE ENERGIZER

Functional: Stimulant

A natural energizer with a bright and refreshing profile. Excellent for increasing energy, focus, and vitality. Ideal for starting the day and combating fatigue.

Ingredients: Green tea, yerba mate, guarana, guayusa, orange, grapefruit, licorice, orange blossom, calendula petals, cornflower petals.

RASPBERRY LEAF

Female Hormonal Health Caffeine-Free

Rich in vitamins A, C, B, and E, calcium, magnesium, and potassium. It supports the immune system and is astringent, diuretic, and mild laxative. Its fragarine content strengthens the uterus and relieves menstrual cramps.

Ingredients: raspberry leaves

WE HAVE A TEA OR BLEND FOR EVERY MOOD AND NEED,
JUST ASK AND WE WILL BE HAPPY TO HELP.

THANK YOU FOR YOUR PREFERENCE

& REMEMBER

COME BACK ANYTIME