

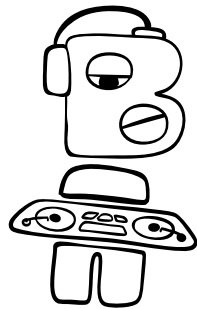
Bipolar

MENU

KARMA



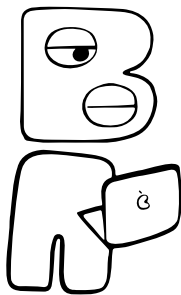
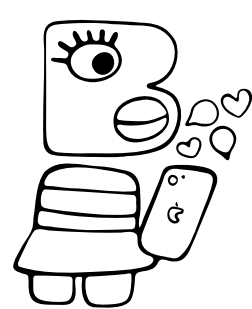
DJ flexx



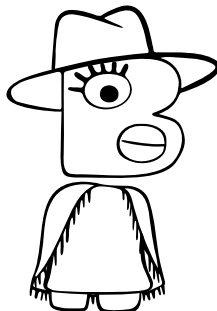
Mason



Daisy



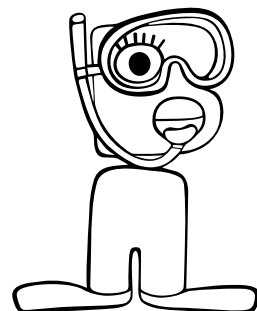
Jake



Luca



MR Bipolar



Camilla

coffee

Cocktails

All Day Breakfast

Sandwiches

FO-Pizza

Salads

All day Breakfast

Bakery

Croissant	\$95
Chocolatine	\$100
Banana bread	\$90
Carrot cake (+ frosting)	\$90
Chocolate Brownie	\$90
Cookies	\$70

Chia & Oats

Mango Chia Pudding \$150

Coconut milk, chia, mango, maple syrup, shredded coconut, and crunchy granola. 🌱🌱

Apple Pie Overnight Oats \$180

Apple pie in a cup: oats, apple, raisins, cinnamon, and walnuts, topped with unsweetened Greek yogurt, granola, and fresh apple.

Smoothie Bowls

Super Green \$200

Green smoothie bowl with avocado, banana, spinach, and kale. Topped with strawberries, blueberries, shredded coconut, and granola. 🌱🌱

Choco Loco \$250

Chocolate smoothie bowl with pure cacao, ashwagandha, maca, dates, vanilla, and banana. Topped with banana, blueberries, shredded coconut, and granola. 🌱🌱

Pancakes

Pistachio Pancakes \$270

2 pancakes with pistachio cream, finished with mixed berries, powdered sugar, and pistachios.

Savory Stack \$290

2 pancakes with avocado cream, topped with a fried egg, feta cheese, bacon, a touch of habanero honey & poppy seeds.

Toasts

Breakfast Toast \$300

Ciabatta toast with scrambled eggs mixed with spinach, melted manchego cheese, portobello mushrooms & bacon.

Avocado Toast with Egg & Feta \$290

Smashed avocado and crumbled feta, topped with a fried egg, baby arugula & chili flakes.

Avocado Toast with Cherry Tomatoes \$270

Toast with cream cheese, sliced avocado, sweet roasted cherry tomatoes, and a drizzle of balsamic.

with scrambled egg + \$40

Sweet Potato & Mushrooms \$220

Creamy spread of sweet potato with sautéed mushrooms & arugula

The DBB (Dates-Banana-Burrata) \$280

Toasted bread with a spread of dates and banana, topped with creamy burrata, walnuts, olive oil and thyme

Bagels (everything OR plain)

NY-style \$290

Avocado, fried egg, bacon & melted cheddar cheese

Tuna Melt \$280

Tuna salad with melted cheddar cheese & chives

Avocado & cream cheese \$250

Cream cheese with sliced avocado, chives & salt

Salads & FO-Pizza's

Salads | Served with toasted focaccia

Beet Salad \$270

Beet hummus base with arugula and kale mix, beet, carrot, chickpeas, Parmesan cheese & sesame oil.

Green Salad with Grilled Chicken \$300

Mixed greens with cherry tomatoes, red onion, sesame oil, grilled chicken, avocado, and **sweet potato cream OR classic hummus.**

FO-Pizza | Focaccia-based pizza slices

Margherita \$120

Pomodoro, mozzarella, tomato slices, basil & pesto.

Funghi \$120

Pomodoro, mozzarella, garlic mushrooms, and thinly sliced red onion.

Pepperoni \$150

Pomodoro, mozzarella & pepperoni

Salami \$150

Pomodoro, mozzarella, salami, onion, & black olives.

Drinks

Coffee & more

Espresso	\$60
Americano	\$70
Capuccino	\$80
Babyccino	\$30
Flat White	\$80
Latte	\$90
Chocolate	\$80
Mocha (Espresso + 174Cacao + sugar + milk)	\$120
Cacao (174Cacao + water + oat milk + dates)	\$120
Matcha Latte (ceremonial)	\$120
Vanilla Latte	\$100
Chai Latte (Chai Chai + milk)	\$120

Bipolar's Signature drinks

Mazapan Latte (Mazapan · espresso · milk)	\$100
Mazapan Frappé (Mazapan · espresso · cacao · sugar · milk · ice)	\$140
Cacao Frappé (174Cacao · espresso · oat milk · dates · ice)	\$140
Golden Milk (turmeric · ginger · cinnamon · black pepper · honey · milk)	\$100
Espresso Tonic	\$100
Cold Brew (bottle · 2 serves)	\$190
Shaken Espresso Coconut (/w coconut water or coconut milk & sugar)	\$100

Extra: Vanilla syrup / Plant-based milk: Coco · Soy · Oat | + \$10

TAKE AWAY + \$10

Fresh Teas

\$85

Ginger, Lemon, Mint, Sage or Eucalyptus

Soft drinks

Coca Cola Sprite Tonic	\$85
Lemonade or Orangeade	\$85
Ginger Beer	\$110
Coconut water	\$85
Water (sparkling or still)	\$85

Fruit Waters

\$100

- Hibiscus + Ginger + Cinnamon
- Cucumber + Lime + Chia

Fresh Juices & Shots

Ginger Shot	\$50
Orange juice	\$95
Grapefruit Juice	\$95
Revitalizer	\$100
Strawberry · Orange · Banana · Mango · Ginger · Honey	
Energizer	\$100
Banana · Grapefruit · Celery · Ginger · Pineapple · Honey	
Green Juice	\$100
Pineapple · Orange · Green Apple · Spinach · Celery · Mint · Cucumber · Ginger · Lime · Honey	
Vita C	\$100
Pineapple · Grapefruit · Mango · Orange · Carrot · Celery	

Take a bit of Bipolar Home:

OUR coffee

We work with 100% Arabica beans from Veracruz, roasted Italian-style for an intense yet balanced flavor.

Available in small ground bags of 250GR or 500GR.

OUR CACAO

174 Cacao is hand-harvested, fermented, sun-dried, and lightly roasted on a family farm in Tabasco. It contains no added ingredients and has not been in contact with pesticides.

Use it instead of coffee or matcha for smooth, steady energy. | @174cacao

Signature Cocktails

\$300 MXN

KARMA - The Herbal Healer

Condesa Gin Clásica · Sage, lime & honey cordial ·
Cynar · Ginger Beer · Top crushed ice & mango-passion fruit
reduction

DJ FLEXX - The DJ

Mango & passion fruit cordial · Sky Vodka · Chile syrup
& Ancho Reyes · Black Salt

MASON - The Raver

Huaraches de Plata infused with chamomile · Blend St
Germain & Pineapple Rosemary · Tonic water ·
Lemon twist

DAISY - The Influencer

Condesa Xoconostle · St Germain & Aperol · Strawberry · Top
Prosecco

JAKE - The Digital Nomad

Tequilaño Platinum · Hazelnut liqueur · Simple syrup ·
Lemon juice · Yogurt

LUCA - The Gentrifier

Coconut oil & coffee fat-wash with Amarás Americana ·
Licor 43 with matcha · Cold Brew · Coconut water

Mocktails

\$150 MXN

SIAN KA'AN

Coconut water · Lime · Mint · Simple syrup

IK KII

Blueberry syrup · Basil syrup · Orange · Soda

AMANECER

Pineapple syrup · Rosemary syrup · Grapefruit · Tonic

Classic Cocktails

\$285 MXN

- Negroni

- Old Fashion

- Margarita / Mezcalita

- Martini

- French 75

- Aperol Spritz

- Espresso Martini

- Carajillo

SUNSET
SOCIAL
CLUB

HAPPY HOUR | 5PM - 7PM

CLASSIC COCKTAILS \$200 MXN
AT THE ROOFTOP & IN BIPOLAR

Beers

Charro	\$120
Corona	\$85
Modelo	\$85

Wines

Red wine	\$190	\$900
White wine	\$220	\$980
Rosé		\$1200

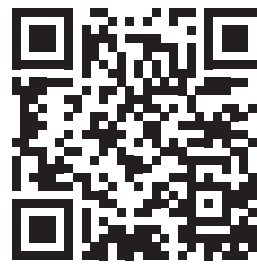
ASK FOR OUR COMPLETE SPECIALITY
COCKTAIL & WINE MENU

Please inform us of any allergies.

🚫 Lactose Free | 🌱 Vegan | 🍷 Gluten-free options available



Wifi



Google Review

Follow us on Instagram and share your experience! 📷 @bipolartulum

Build your Sandwich



Follow the steps and create your perfect sandwich within our selection of fresh ingredients that fit your mood.

STEP 1 — CHOOSE YOUR BREAD

Focaccia | Ciabatta | Rustic Bread

STEP 2 — CHOOSE YOUR COMBINATION

Name	What's Inside	Price
Vegan	Spread + 3 veggies	\$205
Classic	Spread + 1 meat or cheese + 1 veggie	\$235
Medium	Spread + 2 meats or cheeses + 1 veggie	\$265
Bold	Spread + 2 meats or cheeses + 2 veggies	\$290
Extra Bold	Spread + 2 meats or cheeses + 3 veggies	\$315
Stacked	Spread + 3 meats or cheeses + 3 veggies	\$345

EVERY DAY, ALL DAY LONG

STEP 3 — CHOOSE YOUR INGREDIENTS

SPREADS

- Classic Pesto
- Pistachio Pesto
- Beetroot Hummus
- Classic Hummus
- Sweet Potato Cream
- Classic Mayonnaise
- Garlic Mayonnaise (aioli)
- Butter
- Balsamic
- Olive Oil
- Chili Oil

MEATS & CHEESES

- Prosciutto
- Prosciutto Cotto
- Salami
- Mortadella
- Gravlax Trout
- Grilled Chicken
- Bacon
- Burrata
- Mozzarella
- Blue Cheese
- Goat Cheese
- Manchego
- Parmesan
- Stracciatella
- Cream Cheese
- Swiss Emmental Cheese

VEGGIES

- Arugula
- French Lettuce
- Onion
- Caramelized Onion
- Tomato
- Sundried Tomato
- Garlic Sautéed Mushrooms
- Portobello Mushroom
- Grilled Vegetables
- Pickles
- Capers
- Pistachios

STEP 4 — FINAL TOUCH

Olive Oil | Chili Oil | Mayonnaise | Aioli |
Balsamic | Chicharrón de chile

chef's recommendations:

Ciabatta + Cream Cheese + Gravlax Trout + Arugula + Chili Oil
The Trout / \$265 MXN

Focaccia + Pistachio Pesto + Mortadella + Stracciatella + Arugula
The Classic / \$290 MXN + Sundried Tomatoes

Rustic Bread + Mayonnaise + Mozzarella + Prosciutto Cotto
+ Tomate + Arugula
El Panda / \$290 MXN

Characters' favourites

Looking for a quick fix? Pick one of our character's favourites.

KARMA — The Herbal Healer



Arrived in Tulum looking for purpose. Now, armed with a bundle of sage, she cleanses auras and shakes off bad energy. Her sandwich? **Conscious, delicious & vegan, obviously.**

\$205 MXN

Focaccia + Hummus + Grilled Vegetables + Portobello + Arugula

DJ FLEXX — The DJ



From a small pueblito to the jungle of Tulum, Juan found his rhythm behind the turntables. If you're lucky, he might be behind the booth tonight, snacking on his **grilled sandwich**.

\$290 MXN

Ciabatta + Mayonnaise + Prosciutto Cotto + Swiss Emmental Cheese + Tomato + Arugula

MASON — The Raver



He didn't come to rest — he came on a mission: Party. All. Day. Long. His sandwich? **High on protein** to keep the party going.

\$345 MXN

Ciabatta + Olive Oil + Prosciutto + Prosciutto Cotto + Salami + Tomato + Portobello + Arugula

DAISY — The Influencer



She doesn't go anywhere without her phone — or her followers. Taste and presentation matter. Try her **colorful vegetarian creation** and don't forget to share it on the gram.

\$235 MXN

Focaccia + Beetroot Hummus + Parmesano + Arugula + Balsamic

Jake — The Digital Nomad



Calendar in 10 time zones, living off WiFi and dreams. His sandwich? **A moment of joy** between Zoom calls.

\$265 MXN

Focaccia + Butter + Prosciutto + Burrata + Sundried Tomatoes + Olive Oil

Luca — The Gentrifier



Moved to Tulum for the local culture and a more conscious life, but somehow his plate is still imported: Stracciatella from Italy & Gravlax Trout from up north. His sandwich? **Global tastes dressed up as wellness.**

\$315 MXN

Focaccia + Stracciatella + Gravlax Trout + Arugula + Portobello + Chili Oil

The Bipolar — Yes, including you



Porque todos tenemos un poco de Bipolar. Including you. A special sandwich with a surprising mix of **sweet and savory**.

\$290 MXN

Ciabatta + Olive Oil + Prosciutto + Burrata + Arugula + Mango + Balsamic