



Buenos Dias/ Good Morning

Chilaquiles ♥ GF \$17

Green or red salsa over handmade tortillas, topped with vegan sour cream, onions, and cheese. Served with rice and beans. Add "Huevos A La Mexicana" for \$4

Gorditas ♥ GF \$7

Choice of

-Nopales con rajas and pinto beans

-“Huevos A La Mexicana” scramble tofu

-“Carne deshebrada” shredded jackfruit in chile adobo

Add rice and beans for \$4

Breakfast burrito ♥ \$16

Handmade flour tortilla, scrambled tofu “Huevos A La Mexicana”, rice, and beans. Comes with chips.

Avocado Toast ♥ \$16

Toasted sourdough, mayo, smashed avocado, microgreens, pickled red cabbage, and crushed peppers

Huevos a la mexicana ♥ GF \$18

Scrambled tofu, onions, tomato, jalapeños. Served with a side of rice, beans, and handmade tortillas.

Koko Kai Yogurt ♥ GF \$14

Probiotic- rich coconut yogurt sweetened with maple syrup, granola, and seasonal fruit

Cacao Amor Toast ♥ \$16

Toasted sourdough, dark chocolate hazelnut spread, fresh strawberries, ripe bananas, crunchy cacao nibs, and a sprinkle of hemp seeds.

Buenas Tardes/ Good Afternoon

Enchiladas ♥ GF \$18

Handmade tortillas dipped in guajillo salsa, filled with potatoes & carrots, topped with cashew sour cream, cheese lettuce, and onions. Served with rice.

Flautas de Papa ♥ GF \$21

Crispy handmade corn tortilla filled with potatoes, mushrooms, chile poblano, topped with lettuce, pickled red cabbage, and cashew sour-cream. Served with rice.

Tres Taco Dinner ♥ GF \$21

Choice of “meat”

-Asada- mushrooms, onions, cilantro, red house salsa and a lime wedge

-Birria- shredded jackfruit in chile adobo, cilantro, and onion

-Al Pastor- mushrooms with guajillo, pineapple, cilantro, and onion

Served with rice and beans

Burrito ♥ \$17

Handmade flour tortilla, beans, rice, choice of “meat”, sour cream, and cheese. Served with chips.

Mushroom Quesadilla ♥ \$21

Handmade flour tortilla filled with cheese, and mushrooms topped with cashew sour cream and lettuce.

Add smashed avocado for \$4.00

Antojitos/ Appetizers

Guacamole with chips ♥ GF \$13

Avocado, tomato, onions, and cilantro

Nachos ♥ GF \$17

Tortilla chips topped with cashew cheese, refried beans, pico de gallo, cashew sour cream, lettuce, and jalapeños

Chaskas/ Corn in a cup ♥ GF \$9

Corn, mayo, cheese, key lime, cayenne pepper, and sea salt

Corn Ribs ♥ GF \$12

Crema, Abuelita Coco salsa, cilantro, and lime

Papas ♥ GF \$12

French Fries

Salsa and Chips ♥ GF \$10

House-made tomato salsa with chips

Sandwiches

La Nieta Mushroom al ajo ♥ \$22

Toasted sourdough, al ajo mushrooms, lettuce, tomato, avocado, mustard, and mayo. Served with fries.

Sandwich a La Mexicana ♥ \$22

Toasted sourdough, “Chihuahua cheese”, lettuce, tomato, avocado, and mayo. Served with zanahorias en vinagre and fries

Adicional/Additional

Arroz/ Rice ♥ GF \$5

Frijoles/ Beans ♥ GF \$5

Nacho Cheese ♥ GF \$8

Zanahorias en vinagre ♥ GF \$3

Avocado ♥ GF \$5

Fin de Semana/ Weekends

Tamales ♥ GF without Mole or Pipián \$22

Dos tamales topped with mole or pipián verde. Served with rice and beans.

Menudo ♥ GF \$22

A rich, spiced broth with slow-simmered mushrooms. Served rice and handmade tortillas.

Pozole ♥ GF \$22

Jackfruit pozole tender jackfruit and chickpeas in a smoky red chile broth, topped with radish, red cabbage, onions, lime, and a side of chips.

“Meats”

-Asada- Oyster mushrooms

-Birria- Shredded jackfruit in Chile adobo

-Al Pastor- Oyster mushrooms with guajillo and pineapple

Please be advised: though we follow strict protocols to accommodate our guest with allergies, we cannot guarantee against cross- contamination. Please communicate any food allergies.

Smoothies

Cielito Lindo/Cute Little Sky ♥ GF \$13

Almond mylk, pineapple, banana, almond butter, dates, vanilla, and blue spirulina.

Junio 1952/June 1952 ♥ GF \$13

Almond mylk, coffee, dates, cacao, cashews, maca, and lucuma

Ojitos Verdes/Green Eyes ♥ GF \$13

Almond mylk, banana, dates, spinach, hemp seeds, spirulina, fresh mint, and peppermint extract. Add Omega +3

La Nieta/Granddaughter ♥ GF \$13

Almond mylk, strawberries, banana, goji berries, cacao nibs, and dates

Bonita/Pretty ♥ GF \$13

Almond mylk, blueberries, raspberries, dates, nettle leaf, moringa, cacao nibs, and collagen.

En Las Nubes/In the Clouds ♥ GF \$13

Coconut mylk, coconut meat, cashews, chia seeds, and vanilla. Add sea moss for \$3

Corazon Mio /My heart ♥ GF \$13

Almond mylk, orange juice, pink dragon fruit, pineapple, and dates. Add vitamin D+K2+ CQ10 +\$3

Yo soy fuerte/ I am strong ♥ GF \$13

Almond mylk, blueberries, banana, coconut butter, chocolate protein, maca, lucuma, dates, cinnamon, adaptogen, and vanilla.

Chocomil/ Milkshakes

- Strawberry ♥ GF \$11
- Vanilla ♥ GF \$11
- Chocolate ♥ GF \$11

Dulces/ Desserts

Chia Pudding ♥ GF \$11

Coconut mylk, chia, vanilla, maple syrup, and strawberries

Flan ♥ GF \$16

Coconut mylk, hint of turmeric, agar agar, vanilla, and maple syrup

Our House-made Ice Cream ♥ GF \$14

Two scoops of our creamy, house-made ice cream. Ask about our available flavors.

Gluten- Free Chocolate Chips Cookies with Mylk ♥ GF \$21

Goopy gluten- free cookies served with a glass of mylk for dipping. A cozy classic.

Affogato ♥ GF \$11

A scoop of our house-made vanilla ice cream drowned in a shot of hot espresso. The perfect pick-me-up dessert.

Shots

"Tequila shot" ♥ GF \$7

Ginger, lemon, cayenne pepper, and a slice of lime. *Immune support/detox*

Ginger shot ♥ GF \$7

Ginger, and a slice of lime. *Digestion-pms-support-weight loss*

Turmeric shot ♥ GF \$7

Turmeric and black pepper. *Inflammation support*

Fire shot ♥ GF \$11

Water, Colloidal Silver, and Oregano Oil

Mas Amor/ More Love

Almond butter +1 ♥ GF

Banana +1 ♥ GF

Cacao +1 ♥ GF

Camu camu +1 ♥ GF

Chia seeds +\$1 ♥ GF

Spirulina +1 ♥ GF

Coconut meat +2 ♥ GF

Coconut oil +1 ♥ GF

Goji Berries +2 ♥ GF

Hemp seeds +2 ♥ GF

Blue Spirulina +3 ♥ GF

Lucuma +1 ♥ GF

Maca +1 ♥ GF

Sea moss +3 ♥ GF

Creatine +3 ♥ GF

Schisandra +3 ♥ GF

Bowl

Acai Bowl ♥ GF \$15

Açaí, blueberries, banana, and almond mylk

Topped with granola, seasonal fruit, cacao nibs, hemp seeds, drizzled almond butter, and maple syrup

Bebitas Calientes/ Hot Drinks

Shilajit Latte ♥ GF \$10

Mylk, shilajit, cacao, and maple syrup

Superfood Caramel Latte ♥ GF \$10

Mylk, espresso shot, and caramel

Herbal Coffee ♥ GF \$10

Mylk, herbal coffee, and maple syrup ♥ GF

Butterfly Pea Flower ♥ GF \$9

Mylk, vanilla, butterfly pea flower, and maple syrup

Matchaful ♥ GF \$7

Mylk, ceremonial-grade matcha, and maple syrup

Schisandra Matcha Latte ♥ GF \$10

Anima Mundi Dirty Rose Chai Latte ♥ GF \$9

Abuelita Hot Chocolate ♥ GF \$9

Café de Olla ♥ GF \$7

Latte ♥ GF \$7

Cappuccino ♥ GF \$7

Selection of Signature Teas ♥ GF \$8

7 Medicinal Mushrooms & Cacao ♥ GF \$8

Rose Latte ♥ GF \$8

Coffee ♥ GF \$4

Bebitas Frias/ Cold Drinks

Horchata ♥ GF \$8

Jamaica ♥ GF \$8

Cold Press Juice ♥ GF \$12

Kombucha ♥ GF \$7

Valley Spring Water ♥ GF \$8

Valley Sparkling Water ♥ GF \$8

Please be advised: though we follow strict protocols to accommodate our guest with allergies, we cannot guarantee against cross-contamination

Please communicate any food allergies



**Olvídate De Todo
Menos De Mi.**





Kids Menu

Soy Valiente/ I Am Brave ♥ \$9

Mini quesadilla

Flour tortilla with melted cheese.

Soy Brillante/ I Am Bright ♥ GF \$12

Mini fiesta

Rice, beans, one corn quesadilla, and
smashed avocado.

Soy Alegre/ I Am Joyful ♥ GF \$9

Kid's Smoothie

A smaller version of our classic smoothies-
banana, almond mylk, cacao, maple syrup,
and touch of vanilla.



Abuelita Coco's Mission ♥

Abuelita Coco's is more than a café—it's a tribute to the love, wisdom, and warmth of my grandmother and godmother, Maria Del Socorro Serna, known to all as Coco. Born on June 12, 1952, she filled every meal with intention and care, creating moments of love around the table. Though she is no longer here physically, her presence is woven into every corner of this space, guiding and inspiring us every day.

As the first vegan café in Oak Lawn, a place I've always called home, Abuelita Coco's is built on the values she lived by: love, community, and nourishment from the heart. More than just serving food, we are cultivating a space where everyone feels embraced, empowered, and truly themselves. Every dish is prepared with thought and intention, using only pure, high-quality ingredients—because food should be made with the same care that only a grandmother can give.

At Abuelita Coco's, everyone is family, and every meal is a reminder that love transcends time and space.

Bienvenidos a nuestra casa—welcome to our home.

Founder & Owner

Casandra Flores

Partner

Ariana Flores

Executive Chef

Sandra Serna Lopez



HERBS TO HEAL YOUR SOUL ♥

Holy Basil Leaf – Highly revered in Ayurveda as an overall adaptogenic healer. Used to aid digestion, soothe the nervous system and adrenals, reduce inflammation, and more.

Dong Quai Root – Known as the “female ginseng.” Supports women’s health and helps relieve cramps and hormonal imbalance.

Ginger – Helps with a variety of conditions, including nausea, indigestion, and cholesterol levels.

Ashwagandha – Promotes youth and longevity. Rejuvenating for men and provides balanced energy.

Chamomile – Soothes the nervous system and supports restful sleep.

Cinnamon – Digestive aid and stimulant for the circulatory system.

Red Clover – May support menopause, bone health, skin conditions, and respiratory wellness.

Marshmallow Root *– Soothes and moistens mucous membranes of the respiratory, digestive, and urinary tracts.

Dandelion Leaf – Supports liver, gallbladder, and blood health. Invaluable for women going through hormonal shifts.

Sarsaparilla Root- Known for its blood- purifying properties, supports hormone balance, reduces inflammation, and promotes healthy skin. Traditionally used to boost libido support liver function, and detox the body.

Medicinal Plant

HERBS TO HEAL YOUR SOUL ♥

Lemon Balm * – Reduces stress and anxiety, promotes sleep, improves appetite, and eases pain and discomfort from indigestion.

Raspberry Leaf – Used as a women's reproductive health ally.

Astragalus – Anti-viral, supports kidney and liver health, and boosts the immune system.

Nettle – Supports kidneys and urinary system, helps relieve arthritis and joint pain.

Mugwort – Calms anxiety, promotes restfulness, and relieves insomnia.

St. John's Wort – The classic “anti-depressant” of the natural world. A remedy for those with low mood.

Chrysanthemum * – Soothes the liver, clears heat from the body, improves eyesight, and helps with allergies.

Milk Thistle – Supports the liver's natural detoxification process and helps regulate liver enzymes (great for fatty liver).

He Shou Wu – Stimulates proper blood circulation throughout the body, including the scalp, which improves hair growth and melanin production.

Burdock – Blood purifier that nourishes a sluggish liver and helps reduce acne-causing bacteria.

Echinacea – Supports the immune system and helps treat colds and flu.

Head Aid – Nervous system support. A blend of white poppy, orange ray, oatstraw, and cooling peppermint.

White Willow – Eases pain and reduces inflammation. Traditionally used for low back pain and osteoarthritis.

Breath Tea – Lung health support.

Mineral Tea – Mineral-rich infusion that promotes overall vitality and health. A blend of gynostemma leaf, nettle leaf, oatstraw, horsetail, astragalus, and rose.

Calm Tea – Effective for stress relief. Contains essential nervines like holy basil, chamomile, milky oats, rose, marshmallow, and ginseng.

Recovery Tea – A soothing blend that aids recovery and supports the lymphatic system.

Dream Tea – Contains relaxing nervines like skullcap, blue lotus, and passionflower to encourage restful sleep and lucid dreaming.