

# ENERGY BAR

## JUICES, SHAKES AND SMOOTHIES

### **SUPER GREEN**

MATCHA / APPLE / CUCUMBER / CELERY / PINEAPPLE / GINGER / LIME

### **TROPICAL GOLDEN MILK**

COCONUT MILK / BANANA / TURMERIC ROOT / CINNAMON / DATES / GINGER / BLACK PEPPER

### **DETOX PUNCH**

PARSLEY / CUCUMBER / CELERY / PINEAPPLE / GINGER / LIME

### **SUNSHINE BLAST**

STRAWBERRY / BANANA / OATS / CHIA SEEDS / ALMOND MILK

### **CHOCOLATE BOOST**

PEANUT BUTTER / BANANA / ALMOND MILK / CHOCOLATE / VANILLA

### **HARD ROCK MOCHA**

ESPRESSO SHOT / BANANA / COCOA / ALMONDS / DATES / ALMOND MILK / CHOCOLATE

### **IMMUNE BOOSTER**

PINEAPPLE / LIME / ORANGE JUICE / TURMERIC ROOT / GINGER / BLACK PEPPER

### **MAYAN**

ORANGE JUICE / LIME / PINEAPPLE / CHIA SEEDS / GINGER

### **STRESS AWAY**

COCONUT MILK / BANANA / OATS  
(OPTIONAL: CHOCOLATE)

### **NIÑA FRESA**

STRAWBERRY / BANANA / MINT / ORANGE JUICE

### **ANTI ACID**

PAPAYA / ORANGE / PINEAPPLE

### **ALKALINE**

CELERY / PINEAPPLE / PARSLEY / GINGER

### **BUENA VISTA**

CARROT / LIME

### **ENERGETIC**

MANGO / BANANA / COCONUT MILK

## **NATURAL JUICES**

### **ORANGE**

### **PAPAYA WITH LIME**

### **GREEN JUICE**

CHAYA LEAFS, PINEAPPLE, CUCUMBER, CELERY, ORANGE

## **POWER SHOTS**

### **ANTI FLU**

GINGER / LIME / HONEY / BLACK PEPPER

### **SUPER TUMMY**

PINEAPPLE / GRAPEFRUIT / GINGER / CAYENNE PEPPER

### **TURMERIC**

TURMERIC ROOT / ORANGE / BLACK PEPPER

## **HOT BEVERAGES**

OUR COFFEES COULD BE PREPARED WITH REGULAR OR DECAF COFFEE. OPTIONS OF MILK, WHOLE, LIGHT, LACTOSE FREE, SOY, COCONUT AND ALMOND MILK

### **AMERICAN COFFEE**

#### **ESPRESSO**

#### **LATTE**

#### **CAPUCCINO**

#### **CAPUCIAO**

MILK FOAM WITH A SHOT OF ESPRESSO AND AMARETTO SYRUP (NO ALCOHOLIC)

### **TEA SELECTION**

ASK FOR OUR DILMAH TEAS VARIETY

# BREAKFAST MENU

## FRUITS, CEREALS AND DAIRYS

### MILKS

WHOLE / LOW FAT/LIGHT / LACTOSE FREE

### VEGAN MILKS

ALMOND / SOY / COCONUT

### YOGURT

NATURAL / LIGHT / STRAWBERRY

### GREEK YOGURT PARFAIT

WITH RED FRUITS AND HOMEMADE GRANOLA  

### TROPICAL FRUIT PLATE

PAPAYA, CANTALOUPE, WATERMELON AND PINEAPPLE

### ASSORTED CEREALS


CORN FLAKES / SUGAR FLAKES / COCOA KRISPIS  
FROOT LOOPS / SPECIAL K

### HOT OAT MEAL (NO MILK)

SERVED WITH BANANA AND HOMEMADE GRANOLA  

## FROM OUR BAKERY

DONUT OF THE DAY 

CHOCOLATE CROISSANT / CINNAMON ROLL/  
CROISSANT   
PEASANT BUN

### TOASTED BREAD WHITE OR WHOLE WHITE (2 PCES)

### GLUTEN FREE BREAD (2 PCES)

VANILLA MUFFIN   

CORN BREAD   

### WHITE OR WHOLE WHEAT BAGEL

CREAM CHEESE, DILL, SMOKED SALMON,  
OLIVES TAPENADE AND RUCULA

### SALMON CREPES

CREPE STUFFED WITH CREAM CHEESE AND SMOKE  
SALMON

### PANCAKES / WAFFLES / FRENCH TOAST

SERVED WITH BUTTER AND MAPLE  
SYRUP / HONEY / HOMEMADE JAM

### FRENCH TOAST WITH NUTELLA

SERVED WITH MAPLE WHIPED CREAM AND  
STRAWBERRIES

## FROM THE BARN

### EGGS AT YOUR CHOICE

FRIED / SCRAMBLED / OMELETTE /  
EGG WHITE OMELETTE

### OPTIONS

BACON / HAM / CHORIZO / SHREDED CHEESE /  
TOMATOE / BELL PEPPERS / SPINACH /  
MUSHROOMS

### SIDES

SAUSAGE / BACON / HASHBROWN / FRIED BEANS

### BENEDICTINE EGGS

ENGLISH MUFFIN WITH HAM OR PANCETA TOPPED  
WITH A POACHED EGG COVERED WITH HOLLANDAISE  
SAUCE, SERVED WITH PAPRIKA SAUTÉED POTATOES

## MEXICAN DISHES

### GREEN OR RED CHILAQUILES

CORN CHIPS WITH RED OR GREEN SAUCE, FRESH CHEESE, SOUR CREAM, ONIONS AND CILANTRO

### MEXICAN STYLE BEEF STRIPES

BEEF STRIPES SEASONED WITH "RANCHERA" SAUCE, SERVED WITH FRIED BEANS AND CORN TORTILLA CHIPS

### CHICKEN "ENCHILADAS"

CORN TORTILLAS STUFFED WITH CHICKEN WITH A CREAMY SAUCE AND GRATED WITH MANCHEGO CHEESE, SERVED WITH FRIED BEANS

### QUESADILLA IN WHEAT TORTILLA (GLUTEN FREE OPTION WITH CORN TORTILLA INSTEAD)

CHEESE / CHICKEN / SQUASH BLOSSOM / BEEF SERVED WITH GUACAMOLE AND FRIED BEANS

## SANDWICH

### CROQUE MONSIEUR

SLICES OF ARTISAN BREAD, PORK HAM, MOZZARELLA CHEESE, COVERED WITH BECHAMEL SAUCE AND GRATED WITH PARMESAN CHEESE SERVED WITH FRIES

### TURKEY HAM CROISSANT

TURKEY BREAST HAM, RUCULA, MANCHEGO CHEESE, SUNDRIED TOMATO

## VEGAN CORNER

### VEGAN BURRITO

WRAP OF MUSHROOMS, SPINACH OLIVES AND CONFITED PEPPERS

### VEGAN PANCAKES

MADE WITH ALMOND FLOUR, OATS, ALMOND MILK, OLIVE OIL, SERVED WITH OUR HOUSE RÉCIPE OF RED FRUIT COULIS