

IT'S FRUIT MADNESS!

VEGAN SMOOTHIE & JUICE MENU
MENÚ DE LICUADOS Y JUGOS VEGANOS



VALLARTA

VEGAN SMOOTHIE & JUICE MENU

MENÚ DE LICUADOS Y JUGOS VEGANOS

SUPER GREENS

MATCHA | APPLE | CUCUMBER | CELERY |
PINEAPPLE | GINGER | LEMON

TROPICAL GOLDEN MILK

COCONUT MILK | BANANA | TURMERIC |
CINNAMON | DATE | GINGER | PEPPER

DETOX

PARSLEY | CUCUMBER | CELERY |
PINEAPPLE | GINGER | LEMON

SUNSHINE BEACH

STRAWBERRY | BANANA | OAT |
CHIA SEEDS | ALMOND MILK

CHOCOLATE SHAKE

PEANUT BUTTER | BANANA | VANILLA
ALMOND MILK | CHOCOLATE

HARD ROCK MOCHA

BANANA | ALMOND | ESPRESSO | CACAO |
DATE | ALMOND MILK | CHOCOLATE

IMMUNE BOOSTER

GINGER | LEMON | PINEAPPLE | TURMERIC |
ORANGE JUICE | BLACK PEPPER

NAYARITA

LEMON | GINGER | ORANGE JUICE |
PINEAPPLE | CHIA SEEDS

BARRIGUITA FELIZ

PINEAPPLE | GRAPEFRUIT | GINGER |
CAYENNE PEPPER

SUPER GREENS

MATCHA | MANZANA | PEPINO | APIO | PIÑA |
JENGIBRE | LIMÓN

TROPICAL GOLDEN MILK

LECHE DE COCO | PLÁTANO | CÚRCUMA |
CANELA | DÁTILES | JENGIBRE | PIMIENTA

DETOX

PEREJIL | PEPINO | APIO | PIÑA |
JENGIBRE | LIMÓN

SUNSHINE BEACH

FRESA | PLÁTANO | AVENA | SEMILLAS DE CHÍA |
LECHE DE ALMENDRAS

CHOCOLATE SHAKE

MANTEQUILLA DE MANÍ | PLÁTANO | LECHE
DE ALMENDRAS | CHOCOLATE | VAINILLA

HARD ROCK MOCHA

PLÁTANO | ALMENDRAS | ESPRESSO | CACAO |
DÁTILES | LECHE DE ALMENDRAS | CHOCOLATE

IMMUNE BOOSTER

JENGIBRE | LIMÓN | PIÑA | JUGO DE NARANJA |
CÚRCUMA | PIMIENTA NEGRA

NAYARITA

LIMÓN | JENGIBRE | JUGO DE NARANJA |
PIÑA | SEMILLAS DE CHÍA

BARRIGUITA FELIZ

PIÑA | TORONJA | JENGIBRE |
PIMIENTA DE CAYENA

NO STRESS

BANANA | OAT | COCONUT MILK
(OPTIONAL WITH CHOCOLATE)

NIÑA FRESA

STRAWBERRY | BANANA | MINT |
ORANGE JUICE

ANTIACID

PAPAYA | ORANGE | PINEAPPLE

ALKALINE

CELERY | PINEAPPLE | GINGER | PARSLEY

BUENA VISTA

CARROT | LEMON

ENERGETIC

MANGO | BANANA | COCONUT MILK

NO STRESS

PLÁTANO | AVENA | LECHE DE COCO
(OPCIONAL CON CHOCOLATE)

NIÑA FRESA

FRESA | PLÁTANO | MENTA |
JUGO DE NARANJA

ANTIACID

PAPAYA | NARANJA | PIÑA

ALKALINE

APIO | PIÑA | JENGIBRE | PEREJIL

BUENA VISTA

ZANAHORIA | LIMÓN

ENERGETIC

MANGO | PLÁTANO | LECHE DE COCO

SHOTS SHOTS

FLU SHOT

GINGER | LEMON | HONEY |
CAYENNE PEPPER

TURMERIC

TURMERIC | ORANGE JUICE | PEPPER

FLU SHOT

JENGIBRE | LIMÓN | MIEL |
PIMIENTA DE CAYENA

TURMERIC

CÚRCUMA | JUGO DE NARANJA | PIMIENTA

 GLUTEN FREE / SIN GLUTEN

 SUGAR FREE / SIN AZÚCAR

THE MARKET

BUFFET RESTAURANT

FRESH JUICES

grapefruit / orange
green (pineapple, celery, nopal cactus,
parsley, orange)

MILK

whole milk / skim milk / low fat milk
lactose - free milk

VEGAN MILK

almond milk / soy milk / coconut milk

TROPICAL FRUIT PLATTER

papaya, melon, watermelon
and pineapple

VARIETY OF YOGURTS



plain / light / strawberry

Greek yogurt parfait with berries and homemade granola




VARIETY OF CEREALS

corn flakes / frosted flakes / coco puffs
fruit loops / special k

WARM OATMEAL (NO MILK ADDED)

served with banana slices,
accompanied with granola  

BASKET OF PASTRIES

glazed donuts
nutella donuts
double chocolate baked donuts
pond cake / conchas / croissant  
white bread / peasant bread 

WHITE TOAST BREAD OR WHOLE WHEAT TOAST BREAD

GLUTEN FREE BREAD

VANILLA MUFFINS

SWEET CORN BREAD

WHOLE WHEAT BAGEL OR WHITE BAGEL

With cream cheese and dill,
smoked salmon, fried capers,
watercress and masago

HOT CAKES / WAFFLES

FRENCH TOAST

Served with butter / maple syrup
honey / homemade jam

NUTELLA FRENCH TOAST

Served with maple syrup, whipped
cream and strawberry

CRISPY CHICKEN WAFFLE SANDWICH

With crispy chicken breast,
fresh mozzarella cheese, tomato, arugula
and mustard honey dressing



Gluten free



Dairy Product



Eggs



Vegan



Soy



Tree Nuts



Peanuts

SANDWICHES

CROQUE MONSIEUR

Slices of artisan bread filled with pork ham, mozzarella cheese, bechamel sauce and gratin with parmesan cheese

CROISSANT SÁNDWICH

With turkey breast, arugula, manchego cheese, dehydrated tomato

HOUSE GRILLED BREAD

(AVAILABLE WITH GLUTEN FREE BREAD)

Grilled slice of natural fermentation bread topped with cottage cheese, grilled avocado, slices of homemade pastrami, pumpkin seeds, and corn sprouts

MEXICANOS

TLAYUDAS DE CHICHARRÓN

Large oval shape tortilla served with refried beans, white cabbage, lemon, tomato, pork rinds, fresh cheese, pickled onion and radish

CHILAQUILES (GREEN / RED)

Tortilla chips topped with cheese in red or green sauce, sour cream, coriander and onion

WHEAT FLOUR QUESADILLA (OPTION GF CORN TORTILLA)

cheese / chicken / pumpkin blossom / beef

EGGS

EGGS BENEDIC

MEXICAN STYLE

Poached eggs served on a thick corn tortilla, tender pork carnitas covered with mexican hollandaise sauce and pork cracklings

HASH BROWN BASKET

Two hash brown baskets filled with spinach cream, topped with fried egg, caramelized bacon and chives

EGGS TO ORDER

fried / scrambled / omelette
white omelette

CHOICE OF

ham / onion / spinach / mushroom
cheese / tomato / chorizo

SIDE ORDERS

pork sausage / bacon / hash brown
fried beans

VEGAN

BURRITO

Burrito stuffed with mushrooms, spinach, olives and candied peppers

VEGAN HOT CAKES

Made with banana. oatmeal, chia, cinnamon and coconut milk



Gluten free



Dairy Product



Eggs



Vegan



Soy



Tree Nuts



Peanuts