

# GOOD MORNING



## BREAKFAST DEAL with coffee and fruit

### CONTINENTAL

Toast, butter and homemade jam \$30 \$60

### FRUIT SALAD

With granola and local honey \$40

add yoghurt \$50

## HOTCAKES

### PANAL

With butter and local honey or homemade jam \$40 \$70

### ROX

Nutella and banana \$50 \$80

### SOLECITO

With a fruit salad, granola and honey on top \$50 \$80

## MOLLETES

Grilled slice of bread with beans and a non spicy sauce of tomatoes onions and coriander

- with cheese \$40 \$70

- with cheese and ham or bacon \$50 \$80

- with avocado \$40 \$70

## EGGS

### CHAYA

Scrambled eggs with chaya (local spinach, like green) and onion. Comes with home cooked beans and tortillas \$45 \$75

### MEXICAN

Scrambled eggs with tomato, onion and peppers. Comes with home cooked beans and tortillas \$45 \$70

### FRIED/SCRAMBLED

Scrambled or fried eggs (2) with home cooked beans, tomato and tortillas \$45 \$70

### MR. B

Scrambled eggs with bacon, ham and onion. With home cooked beans, tomato and tortilla's \$55 \$85

### MAYA OMELETTE

With chaya, pumpkin and edam cheese filling, tomato, onion and avocado \$50 \$80

### OMELETTE RANCHERO

Bacon or ham, cheese and onion filling with red sauce and avocado. Comes with home cooked beans \$50 \$80

### CLASSIC CHILLAQUILES

Fried tortilla with red sauce, fried egg, avocado, cream and cheese \$50 \$80

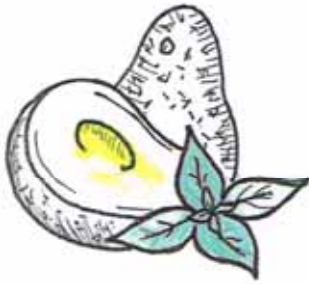
### MANATI CHILLAQUILES

Fried tortilla with a red sauce, sauteed, chaya, with spices, pumpkin and avocado. \$55 \$85

### BLT

Grilled bread with cream cheese, fried or scrambled egg, bacon, tomato, lettuce and avocado. Yummy! \$80 \$110





## PANINIS

With oregano bread and fresh basil

### CLASSIC

Ham, cheese, avocado, tomato and onion.

### MANATI

Jack and cream cheese, with tomato, avocado and onion.

### 4 CHEESE

Monterey jack, edam, cream and white cheese with fresh avocado

\*add a fried/scrambled egg

\$55

\$50

\$55

+ \$10

## HOUSE SPECIALS

### VEGETARIAN BURGER

Oats, seeds and spices patty. Served with cheese, avocado, tomato and lettuce, served in a homemade bun.

### QUESA DILLAS

Soft tortilla with melted cheese, epozate (herb), cream and fresh veg on top.

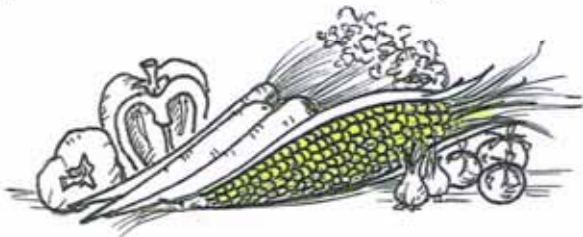
### ENMOLADAS

Traditional Mexican mole sauce meal. Tortilla wrapped potato, carrots and hibiscus flower in a dark mole sauce (with over 20 ingredients. Such as chocolate, seeds and chilli) With avocado and onion. (optional: cream and cheese)

\$60

\$50

\$60



### LA FRESCA SALAD

Fresh vegetables, moringa leaves, sprouts and avocado with sesame seeds, balsamic vinaigrette and garlic infused pure olive oil

\$55

### TROPICAL SALAD

Cucumber, chaya (spinach like green), pineapple, avocado, seeds and chives with a honey mustard dressing.

\$55

### SIDE ORDERS

- Potato halves, small paprika sauteed potatoes with onions
- Guacamole with chips

\$40

\$40



## DESSERTS

### ICE CREAMS AND SORBETS

- One scoop
- Two scoops

\$20

\$40

### Chocolate and nuts brownie

\$35

### Raman seed flour biscuits

\$35

### Cream and fresh vanilla banana slices

\$35

### Cake Slice

\$40



VEGAN



GLUTEN FREE

HEALTHY • NATURAL • LOCAL



## SMOOTHIES

Orange juice or milk, with fruit and ice.

0,5L	1L.
\$35	\$60

Papaya  
Banana  
Pineapple  
Ginger  
Apple  
Melon  
Avocado  
Watermelon

### SEASONAL FRUIT

Guava  
Dragon fruit  
Mango  
Mandarin



## FAVOURITE SMOOTHIES

### VIT C

Lime, ginger, orange and honey

0,5L	1L.
\$35	\$60

### ENERGY

Apple, ginger, orange, avocado and banana

0,5L	1L.
\$35	\$60

### ANTIOX

Pineapple, banana, apple and honey.

0,5L	1L.
\$35	\$60

Super foods: add moringa, golden, paste or ramon flour

+ \$10

### FRESH DRINK OF THE DAY

### NATURAL FRUIT DRINK

(choose one fruit)

### ORANGE JUICE

0,5L	1L.
\$15	\$25
\$20	\$40
\$30	\$60

Cup of coffee

\$25

French press coffee

\$35

Iced Coffee / frappe

\$35

Cappuccino / Latte

\$20

Tea

Golden Milk : Tumeric paste with coconut oil, warm milk (or almond milk) and honey

\$35

We invite you to visit our shop and Art Gallery, where you will find unique handmade design garments, organic -, fairtrade products and art pieces on sale



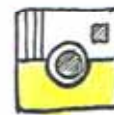
Ask about boat or sailboat tours



Accommodation and activities information



Menu Illustrations and Design by "Paint and Pose"



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