

Healthy ones



- \$180 AVOCADO TOAST**
| 1 PIECE | 473 cal
With scrambled or poached eggs (2 pieces), cilantro and olive oil
- \$90 SUGAR FREE GREEK PLAIN YOGURT** | 150 g
Prepared with red fruits & vanilla essence, topped with homemade trail mix
- \$138 FRUIT PLATE** | 450 g
With cottage cheese or yoghurt (60 g) and homemade granola

- \$179 PANELA CHEESE AND TURKEY HAM SANDWICH** | 1 PIECE
Homemade bread, tomato, lettuce, avocado and mayonnaise
- \$65 OATMEAL** | 250 g | 380 cal
Traditional, prepared with milk or water
- \$160 EGG WHITES' MEXICAN-STYLE**
| 4 PIECES | 360 cal
Served with grilled panela cheese and roasted vegetables

- EGGS**  **\$185**
- 2 PIECES**
Served with refried beans, grilled panela cheese and fried plantain
- YOUR CHOICE OF UP TO 4 INGREDIENTS (60 g in all):**
// Tomato // Onion // Mushroom
// Spinach // Peppers // Mexican truffle
// Squash blossom // Ham // Bacon
// Turkey breast // Chorizo // Caramelized onion // Oaxaca cheese // Cheddar cheese // Panela cheese // Goat cheese
// Cream cheese

CLASSIC BREAKFASTS

Our classic breakfasts include: fruit plate (250 g), juice or milk (300 ml), house coffee (refill) or tea (210 ml), pastries or whole wheat or white toast (2 pieces).

- \$270 CALORIE-WISE** | 636 cal
Egg whites Mexican-style with grilled panela cheese and roasted vegetables, overnight oatmeal and chia bowl (100 g) and grapefruit juice (250 ml) 
- \$270 AMERICAN BREAKFAST**
Eggs (2 pieces) with bacon, ham or sausage (30 g), refried beans, grilled panela cheese and fried plantain
- \$270 HOUSE BREAKFAST**
Tirado-style eggs (scrambled with beans, 2 pieces), green enchilada, grilled panela cheese, bread or tortillas 
- \$270 CANADIAN BREAKFAST**
Pancakes, fried or scrambled eggs (2 pieces), bacon (30 g) and hash brown

- OMELETTE** **\$185**
3 EGGS
Served with refried beans, grilled panela cheese and fried plantain
- HAM AND CHEDDAR CHEESE**
- EGG WHITES ONLY WITH SPINACH, TOMATO AND GOAT CHEESE** 
- MEXICAN TRUFFLE AND OAXACA CHEESE** 
- POBLANO PEPPER AND CORN** 

SWEET CLASSICS

Served with your choice of:
• Yogurt • Berries coulis • Domestic maple

- \$150 FRENCH TOAST**
| 4 PIECES
- \$150 TRADITIONAL PANCAKES**
| 5 PIECES
- \$150 WAFFLES**
| 4 PIECES


MODERN CLASSICS

- \$159 CHILAQUILES**
Red or green with sour cream, cheese, cilantro and onion 
- \$175 With chicken** | 150 g
- \$170 With egg** | 2 pieces
- \$245 With flank steak** | 150 g
- \$199 VERACRUZ-STYLE EGGS**
| 3 PIECES
Burritos filled with mexican-style scrambled eggs, with bean sauce, chorizo, sour cream and cheese, with roasted chilli
- \$160 RANCHERO-STYLE EGGS**
| 2 PIECES
Two fried eggs over corn tortilla poured with red ranchera sauce, accompanied with roasted plantain, grilled panela cheese and refried beans 
- \$230 QUESABIRRIAS** | 3 PIECES
Birria-style cooked beef folded into a tortilla with melted cheese and served with a side of broth  
- \$99 CEREAL** | 355 cal
Your choice of whole, lactose-free or light milk (240 ml), with banana slices or strawberry slices:
Frosted Flakes (30 g), Froot Loops (25 g), Corn Pops (30 g), Choco Krispis (38 g), Special K (50 g), All-Bran (38 g), Corn Flakes (25 g)

EXTRAS | \$49

- HAM** | 60 g
BACON | 60 g
TURKEY HAM | 60 g
GRILLED PANELA CHEESE | 60 g
REFRIED BEANS | 180 g
AVOCADO | 60 g
HASH BROWN | 1 pieza
EGG | 1 pieza

OUR FAMOUS ENCHILADAS

- | 3 PIECES | \$199
Red, green or creamy sauce.
Stuffed with chicken (150 g), topped with cheese, sour cream, onion and cilantro 

HOMEMADE BREAD

- 3 PIECES** | \$79
Pastries // Bun // Sliced bread

Maple 

Try the delicate and soft flavor of the original Canadian maple syrup extracted from maple trees sap. It will uplift your dishes to a whole new level of delight. You got to taste it!

UPGRADE IT FOR \$50 EXTRA

BEVERAGES

- \$55 JUICE** | 300 ml
Orange, grapefruit, carrot, green
- \$50 MILK** | 300 ml
Light, soy, lactose-free, whole
- \$85 CHOCOLATE MILK** | 210 ml
Hot or cold
- \$68 COFFEE** | 300 ml
- \$68 ESPRESSO** | 40 ml
- \$75 DOUBLE ESPRESSO** | 80 ml
- \$89 CAPPUCCINO** | 300 ml
- \$89 LATTE** | 300 ml
- \$65 TEA** | 210 ml, 1 bag
- \$68 SODA** | 300 ml

REGIONAL SPECIALS

MOTULEÑO-STYLE EGGS

| 2 PIECES
Fried eggs on tortilla and beans, bathed in tomato sauce, ham, peas, served with aged cheese and fried plantain

\$185

PREPARED TAMALES

| 1 PIECE
Oaxacan-style tamale bathed in homemade green or red sauce, gratin and served with refried beans

\$185

RANCHERO-STYLE EGGS WITH MOLE SAUCE

| 2 PIECES
Fried eggs on tortilla bathed in xiqueño mole served with fried plantains and white rice

\$185

 LIGHT

 SPICY

 CHEF'S CHOICE

• The consumption of raw or undercooked meat, poultry, seafood or egg products increases the risk of foodborne illnesses • Prices in Mexican pesos • Tax included • Average weight of food before cooking

• Emporio Ciudad de México | March, 2026.