

Healthy ones

\$159 OVERNIGHT OATMEAL & CHIA BOWL | 200 g | 420 cal
Made with sugar free coconut and almond milk served with red fruits and homemade low sugar granola ★

\$162 AVOCADO TOAST | 1 PIECE | 473 cal
With scrambled or poached eggs (2 pieces), cilantro and olive oil

\$142 SUGAR FREE GREEK PLAIN YOGURT | 200 g
Prepared with red fruits & vanilla essence, topped with homemade trail mix

\$99 FRUIT PLATE | 450 g
With cottage cheese or yoghurt (60 g) and homemade granola

\$145 PANELA CHEESE AND TURKEY HAM SANDWICH | 1 PIECE
Housemade bread, tomato, lettuce, avocado and mayonnaise

\$69 OATMEAL | 250 g | 380 cal
Traditional, prepared with milk or water

\$145 EGG WHITES' MEXICAN STYLE | 4 PIECES | 360 cal
Served with grilled panela cheese and roasted vegetables

CLASSIC BREAKFASTS

\$269 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) 🍋

\$269 HOUSE BREAKFAST
Fruit plate, seasonal juice, tirado-style eggs (scrambled with beans, 2 pieces), green enchilada, grilled panela cheese, coffee, tea or milk, bread or tortillas ★

\$249 AMERICAN BREAKFAST
Fruit plate and juice, coffee, tea or milk, pastries or toast; eggs (2 pieces) with bacon, ham or sausage (30 g), refried beans, grilled panela cheese and fried plantain

\$282 ENGLISH BREAKFAST
A classic breakfast served with sausage (30 g), smoked bacon (20 g), hash brown potato (1 piece), sautéed mushrooms and grilled tomato

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).

OMELETTE \$189

3 EGGS
With refried beans, grilled panela cheese and fried plantain

HAM AND CHEDDAR CHEESE OMELETTE

EGG WHITE OMELETTE WITH SPINACH, TOMATO AND GOAT CHEESE 🍋

HUITLACOCHÉ AND OAXACA CHEESE OMELETTE 🍋

POBLANO PEPPER AND CORN OMELETTE 🍋

EGGS 🍋 \$148

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 // Huitlacoche
// Squash blossom // Ham // Bacon
// Turkey breast // Chorizo // Caramelized onion // Oaxaca cheese // Cheddar cheese // Panela cheese // Goat cheese
// Cream cheese

HOMEMADE BREAD

3 PIECES
Pastries // Bun // Sliced bread
\$59

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 PIECE
EGG | 1 PIECE

BEVERAGES

\$62 🍋 JUICE | 300 ml
Orange, grapefruit, carrot, green

\$62 🍋 MILK | 300 ml
Low-fat, soy, lactose-free

\$62 🍋 MILK CHOCOLATE | 210 ml
Hot or cold

\$62 🍋 COFFEE | 210 ml

\$72 🍋 ESPRESSO | 40 ml

\$79 🍋 DOUBLE ESPRESSO | 80 ml

\$72 🍋 CAPPUCINO | 210 ml

\$72 🍋 LATTE | 210 ml

\$72 🍋 CHAI LATTE | 210 ml

\$62 🍋 TEA | 210 ml, 1 bag

REGIONAL SPECIALS

MOCHOMO | 120 g
A traditional Sinaloa's breakfast with machaca (dried meat)
\$199

BEEF TONGUE | 150 g
Beef tongue stewed in a delicious green chili sauce
\$202

CHILORIO SOPECITOS | 3 PIECES
With beans, cotija cheese and cream
\$165

MODERN CLASSICS

\$122 CHILAQUILES
Red or green or Mexican mole sauce, with sour cream, cheese, cilantro and onion 🍋

+ **\$33 With chicken | 150 g**

+ **\$17 With egg | 2 pieces**

+ **\$123 With flank steak | 150 g**

\$165 ENCHILADAS | 3 PIECES
Stuffed with chicken (150 g), your choice of red, green, Mexican mole sauce or suizas, topped with cheese, sour cream, onion and cilantro 🍋

\$195 MEXICAN BEEF TRIPE SOUP | 200 g
A regional delight 🍋 ★

\$209 EGGS BENEDICT | 2 PIECES
With hash brown

\$175 VERACRUZ-STYLE EGGS | 3 PIECES
Burritos filled with Mexican-style scrambled eggs, with bean sauce, chorizo, sour cream and cheese, with roasted chilli

\$148 EGGS RANCHERO-STYLE | 2 PIECES
Two fried eggs over corn tortilla poured with red ranchera sauce, accompanied with roasted plantain, grilled panela cheese and refried beans 🍋

\$158 MEDITERRANEAN FRITTATA | 3 EGGS
Egg whites only, tomato, feta cheese, olive oil and sea salt 🍋

\$222 QUESABIRRIAS | 3 PIECES
Birria-style cooked beef folded into a tortilla with melted cheese and served with a side of broth 🍋 ★

\$245 MARKET FLAVORS
Mexican beef tripe soup (100 g), sope with fried egg (1 piece) and quesabirria (1 piece) 🍋 ★

SWEET CLASSICS

\$139 FRENCH TOAST | 4 PIECES

\$142 TRADITIONAL PANCAKES | 5 PIECES

\$155 WAFFLES | 4 PIECES

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

Maple syrup 🍁

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

🍋 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 MAZatlán | August, 2023.