



mar
de miel

CAFÉ & COCINA CON ENCANTO

Breakfast

All our bread is homemade

FRUIT

Fruit delight

Healthy mix of fruits (cantaloupe, watermelon, pineapple and papaya).

For one \$75

Family size \$130

Mar de Miel delight \$95

Plain yogurt served with homemade granola, raspberries, blueberries, blackberries and homemade jam.

Seasonal delight \$155

Plain yogurt and seasonal fruits (mango, fig, mamey, kiwi, berries and passion fruit) with homemade granola, coconut flakes and coconut mousse.

Açai bowl \$170

Açai, banana, coconut milk and berries smoothie, served with almond butter, strawberries, raspberries and coconut flakes.

Overnight oats \$105

Oats in coconut milk with cinammon, served with strawberries, banana, raspberries and coconut flakes.

Chia pudding \$120

Chia seeds activated in coconut milk, pecans, dates and blueberries, served with homemade jam and honey.

**Enjoy it with the fruit of your choice \$20*

Cottage cheese \$25 Homemade granola \$20

Plain yogurt \$25 Homemade jam \$20

GUILTY PLEASURES

French croissant \$120

Our version of french toast, served with homemade jam and confectioner's sugar.

Pancakes \$115

3 spongy pancakes, served with homemade jam.

Guiltless pancakes \$130

Made with oats, banana and coconut milk, dates served with homemade jam and berries.

**Enjoy it with extra*

Nutella \$30 Bacon \$55 Cajeta \$30
(4pcs)

ONTREND

Avocado toast \$145

2 slices of our seeds bread, avocado purée, radish, chieves, and cilantro.

Mar de Miel's avocado toast \$170

2 slices of our seeds bread, avocado purée, arugula, cilantro, chieves, radish, with turkey breast, egg whites, and goat cheese.

Grilled cheese Sandwich \$150

3 slices of our seeds bread and a mix of 3 cheeses, with sweet potato chips

**Enjoy it with:*

Eggs \$24 Smoked salmon \$82 Longaniza de Temozón \$80

SOURDOUGH TOASTS (2 SLICES)

Mix & match, make your favorite combo!

Portobello \$175

Mozzarella and goat cheese with roasted portobello in ghee (clarified butter), with truffle oil and pink salt.

Almond butter (sugar-free) \$170

Fresh figs, goat cheese, spinach, honey and sliced almonds.

Hummus \$170

Homemade hummus, avocado, caramelized onion, arugula and a dollop of sunflower seed oil.

*All of our dishes are
made with olive oil*

AND THE HEN LAID EGGS...

Eggs any style \$155

(3 pieces) with 2 ingredientes (excluded longaniza and salmon)

Los poblanos \$165

Brioche bread with fried beans, rajas poblanas and 2 fried eggs (rajas poblanas = mix of poblano chillies, onion, sweat corn and cream).

Los de cabra \$155

3 eggs, fried or scrambled, with goat cheese and chives, served with fried beans and sundried-tomato bread.

Los de la región \$190

3 eggs, fried or scrambled, with longaniza de Temozón, served with fried beans and chaya bread. A must try!

Los famosos Motuleños \$160

2 fried eggs on top of fried tortilla with beans, turkey breast, fried plantain, fresh cheese, and peas, bathed in tomato sauce.

Huevos ahogados \$180

3 eggs, poached or scrambled, with panela cheese, served with tomato, peppers, and olive sauce, accompanied with brioche bread.

Vegetables omelette \$145

Filled with onions, zucchini, tomato and eggplant, served with paradise sauce and fried beans.

Mushrooms & mozzarella cheese omelette \$155

Filled with mushrooms and delicious mozzarella cheese.

Omelette Yucateco \$150

Filled with chaya and the famous queso de bola (adam cheese), served with fried beans.

Light omelette \$150

Made with egg whites, filled with panela cheese, onion, and peppers, served with green salad.

Smoked salmon omelette \$195

Filled with smoked salmon and cream cheese, served with green salad.

**Enjoy our omelettes with extra:*

Panela cheese \$35 Turkey breast 50g \$30

Huitlacoche omelette \$165

Filled with a mix of huitlacoche and corn, bathed with huitlacoche sauce and served with sourdough bread and fried beans.

Asparagus light omelette \$165

Filled with asparagus and mozzarella cheese with creamy avocado sauce, served with sourdough bread and salad.

Pumpkin Flower Omelette \$165

Stuffed with pumpkin flower and mozzarella or panela cheese, served with fried beans and sourdough bread

ENGLISH MUFFIN

Inglesito \$180

2 poached eggs, asparagus, sauteed spinach with ghee and bechamel sauce, served with sweet potato chips.

Traditional benedict eggs \$175

Eggs benedict, 2 poached eggs, ham and hollandaise sauce, served with sweet potato chips

**Add:*

Smoked salmon \$82 Bacon \$55 Longaniza \$80

Serrano ham \$80 Turkey breast \$30

MEXICAN CLASSICS

Choose your favorite sauce for our mexican classics.

Red sauce: made with fresh tomatoes, not spicy.

Green sauce: made with tomatillos and xcatic chilli, slightly spicy.

Mar de Miel sauce: our secret sauce, blend of 3 chillies, spicy!

Chilaquiles

Fried tortillas bathed with the sauce of your choice, topped with cream, fresh cheese, red onion and cilantro, accompanied with beans.

☞ Natural \$145

☞ With chicken \$185

☞ With eggs (2) \$160

☞ With longaniza de Temozón \$210

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Enchiladas

3 tortillas bathed with the sauce of your choice (red, green, Mar de Miel), topped with lettuce, tomatoes, onion, fresh cheese and cream.

*Fillings: Panela cheese \$160/ Chicken \$185 / Egg \$160 / Longaniza \$210

Enfrijoladas

3 tortillas bathed with bean sauce, served with fresh cheese, cream and red onion.

*Fillings: Panela cheese \$150 / Chicken \$180 / Egg \$160 / Longaniza \$200

Enmoladas

3 tortillas bathed in our signature 2 mole mixture, spicy and almond, with cream, fresh cheese and red onion.

*Fillings: Panela cheese \$150 / Chicken \$180 / Egg \$160 / Longaniza \$200

Molletes \$110

Our homemade baguette with beans and melted mozzarella cheese, served with pico de gallo.

Quesadillas \$100

2 flour tortillas or 3 corn tortillas filled with mozzarella cheese, served with guacamole.

*Extras

Eggs \$24	Turkey breast \$30
Rajas Poblanas \$45	Bacon \$55
Chicken \$55	Longaniza de
Vegetables \$20	Temozón \$80
Mushrooms \$30	Panela cheese \$35

TO EAT WITH YOUR HANDS

All our sandwiches and baguettes are prepared with our xcatic chilli dressing and come with a side of sweet potato chips.

Rise and Shine Sandwich \$200

Grilled chicken, bacon, mozzarella cheese, lettuce, alfalfa sprouts, tomato, red onion, avocado, cucumber, and a fried egg.

Croque - madame \$205

Brioche bread topped with grated mozzarella cheese, with bechamel sauce, bacon, fried egg and turkey breast. Side: Crispy Parmesan cheese, lettuce, arugula and cherry tomato.

Egg croissant \$150

Our croissant filled with scrambled eggs and mozzarella cheese, lettuce, alfalfa sprouts, tomatoes, red onion, avocado and cucumber.

Turkey breast and panela cheese croissant \$155

Our croissant filled with turkey breast, roasted panela cheese, tomato, red onion, lettuce, alfalfa sprouts, avocado and cucumber.

Salmon Baguette or croissant \$205

Smoked salmon (100 g), cream cheese, chives and capers mayonnaise.

Caramelized onion bun \$200

Brioche bread with roast beef (70g) caramelized onion, cheese, lettuce and portobello mushroom. Side: Sweet potato chips.

Chicken baguette \$165

Grilled chicken, melted mozzarella, alfalfa sprouts, lettuce and red onion.

Mini chicken sandwiches \$150

2 mini brioche breads filled with chicken, panela cheese, spinach and avocado.

Pear sandwich \$190

3 slices of our box or brioche bread, grilled chicken, gorgonzola cheese, wine pear, spinach and arugula.

Jamón Serrano baguette \$205

Baguette bread, jamón serrano, fresh mozzarella cheese and asparagus.

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CREPES

Poblano crepe \$200

A mix of our rajas poblanas with chicken, bathed in chile poblano and parmesan cheese sauce.

SWEET CREPES

1 Ingredient \$100

Extra ingredients:

Walnuts \$20

Berries \$25

Nutella \$30

Vanilla ice cream \$50

Cajeta \$30

Strawberries \$25

Banana \$20

Homemade jam \$20

Cream cheese \$30

SALADS

Pear salad \$125

Lettuce and spinach mix, goat cheese, cherry tomatoes, pear and caramelized pecans, with strawberry dressing.

*Extras:

Chicken \$60 Salmon \$82

VEGETARIAN

Quinoa & spicy chickpeas bowl \$170

Mixed white and red quinoa, spicy chickpeas, avocado, cauliflower, and broccoli marinated in peanut sauce, served with tomato dressing and olive oil.

*Change tofu for chicken.

Quinoa & chipotle bowl \$170

Mixed white and red quinoa, avocado, cucumber, roasted cherry tomatoes, beans and tofu marinated in chipotle, served with tomato dressing and olive oil.

Panaderia

Natural Baguette \$15

Seeds Baguette \$18

Bolita de Queso \$42

Brownie \$40

Chocolatín \$62

Conchita \$28

Croissant \$35

Berries Empanada \$35

Apple Empanada \$35

Nutella Empanada \$40

Chocolate Chips Muffin \$35

Box Bread (serving) \$12

Orejita \$10

Carrot Bread (slice) \$40

Banana Bread (slice) \$40

Cinnamon Roll \$30

Chaya bread \$12

Tomato bread \$12

Brioche Bun \$10

Chocolate chip cookie roll \$55

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Extras

Avocado	\$22
Egg Whites	\$20
Cajeta	\$30
Sweet Potato Chips	\$35
Mushrooms	\$30
Extra Fruit	\$20
Granola	\$20
Egg (1 piece)	\$12
Egg (2 pieces)	\$24
Vanilla Ice Cream (Scoop)	\$50
Serrano Ham (50g)	\$80
Longaniza of Temozón (100g)	\$80
Homemade Jam	\$20
Nuts	\$20
Nutella	\$30
Turkey Breast (50g)	\$30
Grilled Chicken (95g)	\$60
Shredded Chicken (85g)	\$55
Goat Cheese (50g)	\$40
Cream Cheese (50g)	\$30
Fresh Mozzarella Cheese (60g)	\$35
Mozzarella Cheese (80g)	\$35
Panela Cheese (60g)	\$35
Cottage Cheese	\$25
Rajas Poblanas	\$45
Smoked Salmon (50g)	\$82
Mar de Miel Bacon	\$56
Bacon	\$55
Veggies	\$20
Yogurt	\$20
To go container	\$8

The sale of extras is only with the consumption of a dish

Weekends only *On request*

Nutella Bread Slice	\$155
Cochinita	\$65
Cochinita Torta	\$100
Cochinita Tacos (3 pieces)	\$100

Brioche loaf	\$150
Seed white loaf (whole)	\$130
Sourdough Bread (whole)	\$90
Nutella Bread (whole)	\$570
Whole Banana bread	\$260
Whole Carrot bread	\$260

Beverages

HOT BEVERAGES

Espresso	\$45
Espresso cortado	\$46
Espresso Macchiato	\$46

Black coffee espresso

Small	\$54
Medium	\$62
Large	\$70

Capuccino

Small	\$68
Medium	\$76
Large	\$84

Latte

Small	\$68
Medium	\$76
Large	\$84

Chai Latte

Small	\$65
Medium	\$78
Large	\$85

Hot chocolate

Small	\$65
Medium	\$72
Large	\$84

Matcha/Oreo/Taro Latte

Small	\$65
Medium	\$72
Large	\$84

CUSTOMIZE YOUR BEVERAGE

Espresso shot \$20
 Coconut, soy or almond milk \$12
 Syrups shot: Vanilla, hazelnut,
 Irish cream, chocolate or caramel \$12
 Whipped cream \$13

COLD BEVERAGES

Black coffee Cold / Frappé

Medium	\$65
Large	\$76

Cold Latte

Medium	\$76
Large	\$88

Chocolate Cold / Frappé

Medium	\$76
Large	\$88

Matcha or Chai Latte Cold / Frappé

Medium	\$80
Large	\$92

Oreo or Taro Latte Cold / Frappé

Medium	\$76
Large	\$88

NATURAL JUICES

Ginger shot \$35

Special ginger shot \$55

Orange

Medium	\$66
Large	\$78

Pink grapefruit

Medium	\$68
Large	\$80

Carrot

Medium	\$66
Large	\$80

Orange, pineapple & cucumber

Medium	\$68
Large	\$80

Orange, papaya & banana

Medium	\$68
Large	\$80

Strawberries, apple & orange

Medium	\$68
Large	\$80

Green juice

Medium	\$66
Large	\$78

Mar de Miel green juice

Medium	\$65
Large	\$75

Smoothie 1 fruit

Medium	\$70
Large	\$84

FRUIT WATER

Watermelon, pineapple,
 cantaloupe, natural
 lemonade and orange.

Medium	\$40
Large	\$52

Lemonade / Orangeade mineral

Medium	\$45
Large	\$56

Sodas

\$40
 Coca-cola, Coca-cola light,
 Coca-cola Zero, Sprite &
 Manzanita.

Water bottle 350ml	\$42
Sparkling water bottle 350ml	\$45

Tea selection & cold infusions

Medium	\$60
Large	\$70

Tea selection & hot infusions

Small	\$52
Medium	\$57
Large	\$68

Ginger tea \$65

Green tea

Peppermint
 Ulong Orchid
 Teallemium

White tea

Honey cantaloupe

Herbal tisane

Chamomile lavender


Fruit tisane

Fit & fun
 Strawberry - Kiwi
 Golden fruit
 Papantla
 Guava punch
 Tango mango
 Omàs Garden




#cocinaconencanto

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