



de **mar
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 \$165

Seasonal fruits, served with homemade granola, plain yogurt, coconut flakes and coconut mousse.

Açaí bowl \$175

Açaí, banana and coconut milk smoothie, topped with almond butter, berries, coconut flakes, granola and banana.

Overnight oats \$110

Oats soaked in coconut milk, served cold. Topped with berries, homemade jam and honey.

Chia pudding \$125

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 \$20 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, dates and coconut milk, served with berries and homemade jam.

**Enjoy it with extra*

Nutella \$35 Bacon \$60 Cajeta \$30
(4pcs)

ON TREND

Avocado toast \$145

2 slices of our seeds bread, avocado purée, radish, chives, and cilantro, topped with black pepper and olive oil.

Mar de Miel's avocado toast \$180

2 slices of our seeds bread, avocado puree, arugula, cilantro, chives, radish, turkey breast, poached egg whites topped with goat cheese, black pepper and olive oil, Mar de Miel sauce on the side.

Grilled cheese Sandwich \$155

4 slices of our brioche bread or seeds bread, and a mix of 3 cheeses, molten, with red sauce and sweet potato chips on the side.

SOURDOUGH TOASTS

(2 SLICES)

Mix & match, make your favorite combo!

Portobello \$180

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.

**Enjoy it with:*

Eggs \$24 Smoked salmon \$85 Longaniza de Temozón \$85
poached egg whites \$24

*All of our dishes are
made with olive oil*

AND THE HEN LAID EGGS...

Eggs any style \$165

3 pieces

-*Exclusions: smoked salmon, longaniza de Temozón, Roast beef, Serrano ham and bacon.

Los poblanos \$175

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 \$165

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

♥ Los de la región \$200

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

Los famosos Motuleños \$170

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

Huevos ahogados \$185

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

Vegetables omelette \$165

Filled with onions, zucchini, tomato and eggplant, served with paradise sauce, topped with chives, and fried beans on the side.

Mushrooms & mozzarella cheese omelette \$165

Filled with mushrooms and delicious mozzarella cheese, topped with chives, and fried beans on the side.

Omelette Yucateco \$165

Filled with chaya and the famous queso de bola (adam cheese), topped with chives, and fried beans on the side.

Light omelette \$165

Made with egg whites, filled with panela cheese, onion, and peppers, topped with chives, and green salad on the side.

Smoked salmon omelette \$200

Filled with smoked salmon and cream cheese, topped with chives, and green salad on the side.

*Enjoy our omelettes with extra:

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

Egg whites only \$20

Huitlacoche omelette \$170

Filled with a mix of huitlacoche and corn, bathed with huitlacoche sauce, topped with chives, sourdough bread and fried beans on the side.

Asparagus light omelette \$170

Filled with asparagus and mozzarella cheese with creamy avocado sauce, topped with chives, sourdough bread and green salad on the side.

Pumpkin Flower Omelette \$170

Stuffed with pumpkin flower and mozzarella or panela cheese, topped with chives, sourdough bread and fried beans on the side.

ENGLISH MUFFIN

Inglesito \$180

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

Mar de Miel's Eggs Benedict \$180

2 poached eggs, turkey breast ham and hollandaise sauce, on our english muffin, sprinkled with sesame seeds, served with sweet potato chips.

*Add:

Smoked salmon \$88 Bacon \$60 Longaniza \$85

Serrano ham \$85 Turkey breast \$35

Sweet & spicy Mdm bacon \$62

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 \$150

🌸 With chicken \$190

🌸 With eggs (2) \$165

♥ With longaniza de Temozón \$220

*All of our dishes are
made with olive oil*

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 \$165 / Chicken \$190 / Eggs \$165 / Longaniza \$220

Enfrijoladas

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

**Fillings: Panela cheese \$160 / Chicken \$185 / Eggs \$160 / Longaniza \$215

Enmoladas

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

*Fillings: Panela cheese \$160 / Chicken \$185 / Eggs \$160 / Longaniza \$215

Molletes \$115

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

Quesadillas \$110

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

TO EAT WITH YOUR HANDS

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

Rise and Shine Sandwich \$215

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

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Croque - madame \$215

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 \$155

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

Turkey breast and panela cheese croissant \$165

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

Salmon Baguette or croissant \$210

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

Caramelized onion bun \$210

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

Chicken baguette \$175

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

Mini chicken sandwiches \$155

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

Pear sandwich \$195

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

Jamón Serrano baguette \$215

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

CREPES

Poblano crepe \$210

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

SWEET CREPES

1 Ingredient \$105

Extra ingredients:

Walnuts \$20

Berries \$25

Nutella \$35

Vanilla ice cream \$50

Cajeta \$30

Strawberries \$25

Banana \$20

Homemade jam \$20

Cream cheese \$30

Brownie dessert \$150

2 of our homemade brownies with a scoop of vanilla ice cream

SALADS

Pear Salad \$150

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

*Extras:

Chicken \$65 Salmon \$85

VEGETARIAN

Quinoa & spicy chickpeas bowl \$175

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

Quinoa & chipotle bowl \$175

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

Lorem ipsum

From our bakery

Bolita de Queso \$45

Brownie \$45

Chocolatín \$65

Conchita \$30

Croissant \$35

Berries Empanada \$35

Apple Empanada \$35

Nutella Empanada \$42

Chocolate Chips Muffin \$35

Orejita \$10

Banana Bread (slice) \$40

Carrot Bread (slice) \$40

Cinnamon Roll \$30

Chocolate chip cookie roll \$55

Box Bread (serving) \$15

Natural Baguette \$18

Seeds Baguette \$10

Brioche Bun \$10

Chaya bread \$12

Tomato bread \$12

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made with olive oil*

Barrafit

WITH WATER \$160
WITH MILK \$170

PROTEÍNAS:

ISOPURE, SUERO DE LECHE (VAINILLA) HABITS (VAINILLA) BIRDMAN (CHOCOLATE)

Vainilla *almond*



Leche almendra
sin azucar



Medio
platano



Scoop de
proteina



Estracto de
vainilla



Crema de
almendra

Berry *butter chia*



Leche almendra
sin azucar



Mix de
berries



1 cucharadas de
yogurt griego
sin azucar



Scoop de
proteina

Choco *snicker*



Leche de tu
elección



Medio
platano



Scoop de
proteina de
chocolate



2 Datiles



Crema
de cacahuete

Matcha



Leche de tu
elección



Matcha



Scoop de
proteina



1 cucharada de
griego yogurt
sin azucar



Espinaca



Espuma de
leche

Piña *colada*



Leche
de coco



Piña
congelada



Scoop de
proteina



Coco rallado

Tropical



Leche
de coco



Piña
congelada



Scoop de
proteina



Mango
congelado



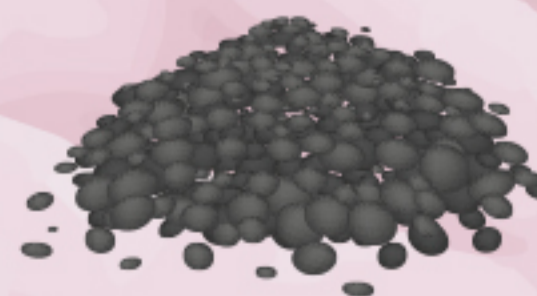
2 cucharadas de
yogurt griego
sin azucar

Extras

\$8



Cacao
nibs



Chia



Avena



Crema de
almendra o cacahuete



Datil

Beverages

HOT BEVERAGES

Espresso	\$48
Espresso cortado	\$50
Espresso Macchiato	\$50

Black coffee refill	\$68
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Black coffee espresso

Small	\$60
Medium	\$65
Large	\$72

Capuccino

Small	\$70
Medium	\$78
Large	\$86

Latte

Small	\$70
Medium	\$78
Large	\$86

Chai Latte

Small	\$68
Medium	\$78
Large	\$86

Hot chocolate

Small	\$68
Medium	\$76
Large	\$86

Matcha/Oreo/Taro Latte

Small	\$65
Medium	\$72
Large	\$85

Mocha Latte

Small	\$88
Medium	\$96
Large	\$106

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	\$70
Large	\$85

Cold Latte

Medium	\$80
Large	\$98

Chocolate Cold / Frappé

Medium	\$80
Large	\$95

Matcha or Chai Latte Cold / Frappé

Medium	\$80
Large	\$95

Oreo or Taro Latte Cold / Frappé

Medium	\$80
Large	\$95

Mocha latte Cold / Frappé

Medium	\$98
Large	\$116

NATURAL JUICES

Ginger shot	\$35
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Special ginger shot	\$55
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Orange

Medium	\$70
Large	\$82

Pink grapefruit

Medium	\$72
Large	\$85

Carrot

Medium	\$72
Large	\$85

Orange, pineapple & cucumber

Medium	\$72
Large	\$85

Orange, papaya & banana

Medium	\$72
Large	\$85

Strawberries, apple & orange

Medium	\$72
Large	\$85

ADD GINGER SHOT!

Green juice

Medium	\$70
Large	\$82

Mar de Miel green juice

Water, celery, green apple,
ginger, kale, lemon and a
little bit of orange

Medium	\$70
Large	\$82

Smoothie 1 fruit

Medium	\$72
Large	\$86
Extra Fruit	\$10

FRUIT WATER

Watermelon, pineapple,
cantaloupe, natural
lemonade and orange *
without sweetener

Medium	\$45
Large	\$56

Lemonade / Orangeade

mineral

Medium	\$55
Large	\$64

Sodas

\$40

Coca-cola, Coca-cola light,
Coca-cola Zero, Sprite &
Manzanita.

Water bottle 350ml	\$45
Sparkling water bottle 350ml	\$48

Tea selection & cold infusions

Medium	\$70
Large	\$85

Tea selection & hot infusions

Small	\$60
Medium	\$68
Large	\$75

Ginger tea	\$65
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Green tea

Peppermint
Ulong Orchid
Teallemium

Fruit tisane

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



#cocinaconencanto

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Mar de Miel