



mar *de* miel

CAFÉ & COCINA CON ENCANTO

Breakfast

All our bread is homemade

FRUIT

Fruit delight \$75
Healthy mix of fruits
(cantaloupe, watermelon, pineapple and papaya).

Mar de Miel delight \$95
Plain yogurt served with homemade granola, raspberries, blueberries, blackberries and homemade jam.

Overnight oats \$110
Oats in coconut milk with cinammon, served with strawberries, banana, raspberries and coconut flakes.

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 homemade jam and strawberries.

**Enjoy it with extra*

Nutella \$35 Bacon \$60 Cajeta \$30

ON TREND

Avocado toast \$145
2 slices of our seeds bread, avocado purée, radish, chieves, and cilantro.

Açai bowl \$175
Açai, banana, coconut milk and berries smoothie, served with almond butter, strawberries, raspberries and coconut flakes.

AND THE HEN LAID EGGS...

Eggs any style \$160

3 pieces

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

Los de cabra \$160
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, fresh cheese, and peas, bathed in tomato sauce, accompanied with fried plantain.

Mushrooms & mozzarella cheese omelette \$165
Filled with mushrooms and delicious mozzarella cheese, topped with chieves, and fried beans on the side.

Smoked salmon omelette \$200
Filled with smoked salmon and cream cheese, topped with chieves, and green salad on the side.

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

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!

Natural \$150

With eggs (2) \$165

With chicken \$190

With longaniza de Temozón \$220

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

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.

Eggs \$24	*Extras	Turkey breast \$35
Rajas Poblanas \$45		Bacon \$60
Chicken \$60		Longaniza de
Vegetables \$20		Temozón \$85
Mushrooms \$30		Panela cheese \$35

CREPES

SWEET CREPES

1 Ingredient \$105

Extra ingredient
 Walnuts \$20
 Berries \$25
 Nutella \$35
 Vanilla ice cream \$50
 Cajeta \$30

Strawberries \$25
 Banana \$20
 Homemade jam \$20
 Cream cheese \$30

TO EAT WITH YOUR HANDS

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

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.

Rise and Shine \$215

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

Mini chicken sandwiches \$155

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

Chicken baguette \$175

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

PANADERIA

Bolita de Queso \$45

Brownie \$45

Chocolatín \$65

Conchita \$30

Croissant \$35

Empanada de Frutos Rojos \$35

Empanada de Manzana \$35

Empanada de Nutella \$42

Muffin de Chispas de Chocolate \$35

Orejita \$10

Rebanada de Panqué de Zanahoria \$40

Rebanada Panqué de Plátano \$40

Roll de Canela \$30

Chocolate chip cookie roll \$55

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 Dátiles



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



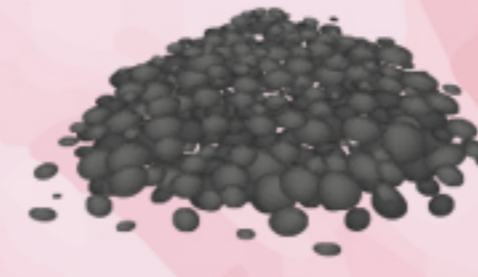
2 cucharadas de
yogurt griego
sin azucar

Extras

\$8



Cacao
nibs



Chia



Avena



Crema de
almendra o cacahuete



Datil

#cocinaconcanto

Follow us & recommend us



@mardemiel.cafeteria



@mardemiel.cafeteria



Mar de Miel

Beverages

HOT BEVERAGES

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

Black coffee refill	\$68
---------------------	------

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
Special ginger shot	\$55

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

Green tea

Peppermint
Ulong Orchid
Teallemium

Fruit tisane

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

#cocinaconencanto

Follow us



@mardemiel.cafeteria



@mardemiel.cafeteria



Mar de Miel