mar de miel

CAFÉ & COCINA CON ENCANTO

fruit

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

For one $75
Family size $130

Mar de Miel delight $98
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 $132
Chia seeds activated in coconut milk, pecans, dates and blueberries, served with homemade jam and honey.

Guilty pleassures

French croissant $120
Our version of french toast, served with homemade jam and confectioner's sugar.

Pancakes $120
3 spongy pancakes, served with homemade jam.

Guiltless pancakes $132
Made with oats, banana and coconut milk, dates served with homemade jam and berries.

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

Cottage cheese $25 Homemade granola $20
Plain yogurt $20 Homemade jam $20

And the hen laid eggs...

Eggs any style $170 (3 pieces)
**Exclusions smoked salmon, longaniza, roast beef,*
serrano ham and bacon.

Los de cabra $170
3 eggs, fried or scrambled, with goat cheese and chives, served with fried beans and sundried-tomato bread.

Los de la región $225
3 eggs, fried or scrambled, with longaniza de Temozón, served with fried beans and chaya bread. A must try!

Los famosos Motuleños $190
2 fried eggs on top of fried tortilla with beans, turkey breast, fried plantain, fresh cheese, and peas, bathed in tomato sauce.

Mushrooms & mozzarella cheese omelette $170
Filled with mushrooms and delicious mozzarella
cheese.

Smoked salmon omelette $210
Filled with smoked salmon and cream cheese, served with green salad.

on trend

Avocado Toast $150
2 slices of our seeds bread, avocado purée, radish, chieves, and cilantro.

Açaí Bowl $180
Açai, banana, coconut milk and berries smoothie, served with almond butter, strawberries, raspberries and coconut flakes, granola and banana.

Mexican classics

Choose youir 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 beens.

Natural $160 / With egg $175
With chicken $205 / Longaniza $245

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

Panela cheese $180 / Egg $175
Chicken $205 / Longaniza $245

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

Panela cheese $175 / Egg $170
Chicken $200 / Longaniza $240

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

Panela cheese $175 / Egg $170
Chicken $200/ Longaniza $240

Quesadillas $115
2 flour tortillas or 3 corn tortillas filled with mozzarella cheese, served with guacamole.

To eat with your hands

Rise and Shine sandwich $235
Grilled chicken, bacon, mozzarella cheese, lettuce, alfalfa sprouts, tomato, red onion, avocado, cucumber, and a fried egg.

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 $170
Our croissant filled with turkey breast, roasted panela cheese, tomato, red onion, lettuce, alfalfa sprouts, avocado and cucumber.

Salmon Baguette or croissant $220
Smoked salmon (100 g), cream cheese, chives and capers mayonaisse.

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

Any change, substitution, or addition is subject to an extra charge. Prices are in MXN pesos and include VAT.

Natural Juices

Ginger shot $35

Special ginger shot $55

Orange
Medium $78 /Large$90

Pink grapefruit
Medium $78 / Large $90

Carrot
Medium $78 / Large $90

Orange, pineapple & cucumber
Medium $78 / Large $90

Orange, papaya & banana
Medium $78 / Large $90

Strawberries, apple & orange
Medium $78 / Large $90

Green juice
Medium $78 / Large $90

Mar de Miel green juice
Medium $72 / Large $85

Smoothie 1 fruit
Medium $72 / Large $86
Extra Fruit $10

add a shot of Ginger

Hot Beverages

Espresso $48

Espresso cortado $50

Espresso Macchiato $50

Black coffee refill $68

Black coffee espresso
Small $60 / Medium $65 /Large $72

Capuccino / Latte
Small $70 / Medium $78 / Large $86

Chai Latte / Matcha latte
Small $68 /Medium $80 / Large$92

Hot chcolate
Small $68 / Medium $76 / Large $90

Orea / Taro latte
Small$65 / Medium $72 /Large$85

Cold Beverages

Black coffee Cold / Frappé
Medium $72 / 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 $100 / Large $115

Fresh water

Watermelon, pineapple, cantaloupe, natural lemonade and orange.
Medium $50 / Large $62

Orangeade / Lemonade Natural or mineral
Medium $58 / Large $70

Tea selection

Tea selection & cold infusions
Medium$70 / Large $85

Tea selection & hot infusions
Small $60 / Medium $68 / Large $75

Ginger tea $65

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

Green tea
Peppermint
Ulong Orchid
Teallenium

White tea
Honey cantaloupe

Herbal tea
Chamomile lavender

Sodas

Coca-Cola, Coca-Cola Zero, Light, Sprite o Manzanita $40

Natural water 350ml $45

Mineral water 350ml $50

CUSTOMIZE YOUR BEVERAGE

Espresso shot $20, Coconut, soy or almond milk $12, Syrups shot: Vanilla, hazelnut, irish cream, chocolate or caramel $12

Protein Bar

Water based $160 • Milk based $170

Vainilla Almond
Almond milk, 1/2 banana, vanilla protein, vanilla, and almond butter.

Berry Butter chia
Almond milk, berries, 1 tbsp yogurt, and vanilla protein.

Piña colada
Coconut milk, pineapple, vanilla protein, and shredded coconut.

Matcha
Milk, matcha, vanilla protein, 1 tbsp yogurt, spinach, and milk foam.

Choco Snicker
Milk, 1/2 banana, chocolate protein, 2 dates, and peanut butter.

Proteins: Isopure Vanilla (Whey Protein) / Habits Vanilla (Vegan) / Birdman Chocolate (Vegan)
$20 Extras: Chia seeds, cacao nibs, oats, almond or peanut butter, and dates.

Tropical
Coconut milk, pineapple, vanilla protein, mango, and 2 tbsp yogurt.

the Best smell Bread

Dulce

Cheese Ball $50
Brownie $50
Chocolate Pastry $65
Conchita $32
Croissant $35
Palmier $12
Berry Turnover $35
Apple Turnover $35

Nutella Turnover $45
Slice of Carrot Cake $50
Slice of Banana Bread $50
Slice of Apple Cake $70
Chocolate Chip Muffin $40
Cinnamon Roll $32
Cookie Roll $60

Crepes

sweet

1 Ingredient $110

Extra ingredients:
Walnuts $20
Berries $25
Nutella $35
Vanilla ice cream $50
Cajeta $30

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

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