



# 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.

### Seasonal delight \$175

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

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 \$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

All our dishes are cooked with olive oil.

### Açaí Bowl \$180

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

### 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.

## on trend

### Avocado Toast \$150

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

### Avocado Toast Mar de Miel \$180

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

### Grilled Cheese Sandwich \$180

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

## Muffin Inglés

Smoked salmon \$85, Bacon \$60, Longaniza \$85  
Serrano ham \$80, Turkey breast \$40 MDM bacon (4pieces) \$62 Arrachera \$110

### Mar de miel's benedict eggs \$185

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

### Inglesito \$190

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

## Sourdough Toasts

(2pieces)

Extras: Egg (2) \$24  
Smoked Salmón 50gr \$85  
Longaniza de Temozón 100gr \$85  
Poached egg whites 1piece \$24

### Portobello \$180

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

### Almond butter (sugar free) \$175

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

### Hummus \$175

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

¡has la combinación que más te guste!

# And the hen laid eggs...

## Eggs any style \$170 (3 pieces)

\*Exclusions smoked salmon, longaniza, roast beef, serrano ham and bacon.

### Los poblanos \$180

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

### 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.

### Huevos ahogados \$200

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 and fried beans.

### Mushrooms & mozzarella cheese omelette \$170

Filled with mushrooms and delicious mozzarella cheese.

### Omelette Yucateco \$165

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

### Light omelette \$170

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

### Smoked salmon omelette \$210

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

### Huitlacoche omelette \$175

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

### Asparagus light omelette \$180

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

### Pumpkin Flower Omelette \$175

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

### ★American Breakfast

2 eggs sunny-side up or scrambled, 2 strips of bacon, 3 sausage links, and 2 pancakes.

Classic pancakes — \$195

Guilt-free pancakes — \$205

Extras: Salmón 50gr \$85 / Bacon (4 pieces) \$60 /  
Longaniza 100gr \$85 / Turkey breast ham 50gr \$40 /  
Jamón serrano 100gr \$80 / MDM Bacon \$62 (4 pieces)  
/ Arrachera \$120 / Birria 150gr \$120

## 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 \$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 onion.

Panela cheese \$175 / Egg \$170

Chicken \$200 / Longaniza \$240

## More mexican classics

### Molletes \$115

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

### ★ Quesabirrias \$260

3 com quesadillas dilled with our homemade birria, served with a cup of birria soup (consome), onion and cilantro.

### ★ Sincronizada de arrachera \$260

2 flour tortillas with a mix of 2 cheeses and arrachera, served with a side of fried beans, pico de gallo and guacamole.

### Quesadillas \$115

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



## On the weekends

Side of cochinita \$75

Torta de Cochinita \$130

Tacos de Cochinita \$130

## 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.

### Croque - madame \$225

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 \$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 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 \$215

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

### Jamón Serrano baguette \$220

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

### ★ Pepito de arrachera \$290

Homemade bread, arrachera, fired beans, lettuce and tomatom served with serrano chillies, pico de gallo and sweet potato chips

## Crepes

### Poblana \$220

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

### 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

## Salads

### Pear Salad \$130

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

With chicken 95 gr \$70

With Salmon 50 gr \$85

## Vegetarian

### Quinoa & spicy chickpeas bowl \$185

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 \$185

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

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

*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 chocolate  
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  
Teallemium

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



*Vanilla Almond*

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



*Choco Snicker*

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

## Protein Bar

Water based \$160 • Milk based \$170



*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.



*Tropical*

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

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

Follow us and recommend us!



mardemiel.cafeteria



Mar de Miel

*the best smell: bread.*

## *Sweet*

- 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
- Maple Roll \$70
- Nutella Babka slice \$165 (weekends only)
- Brownie Celebration \$150

## *Salad*

- Natural Baguette \$15
- Seeded Baguette \$18
- Brioche Pillow Roll \$10
- Bread Basket Order \$15  
(seeded, brioche, and sourdough)
- English Muffin \$16
- Sandwich Roll \$12
- Chaya or Tomato Braid \$12

## *Made to order*

- Whole Brioche Bread \$150
- Whole Seed Loaf Bread \$130
- Whole Sourdough Bread \$90
- Whole nutella Babka \$640
- Whole Banana Pound Cake \$350
- Whole Carrot Pound Cake \$350
- Whole Apple Pound Cake \$500



*Banberry*