

El Mar

🍷 **FRUIT PLATE**

Seasonal fruit

MUESLI

Fresh fruit, oats, walnut, honey, cream, natural yogurt

🍷 **YOGURT PARFAIT**

Natural yogurt, red fruit compote, granola

WAFFLE

Cajeta sauce, banana, vanilla ice cream, walnut

HOT CAKES

Fried bacon, caramel sauce, red fruit coulis

🍷 **FRENCH TOAST**

Vanilla sauce, apple compote

EGGS

Omelette, scrambled, or fried

YOUR CHOICE OF:

Tomato, onion, peppers, spinach, mushrooms,
sweet ham, bacon, smoked salmon, goat cheese,
manchego, brie

Served with hash brown potato, sausage, bacon

MOLLETES

Peasant bread with beans, turkey ham,
manchego cheese, pico de gallo, avocado

CHEF'S SANDWICH

Chicken breast, sweet ham, manchego cheese, lettuce, tomato, avocado with chipotle dressing, potato chips

EGG WHITE WRAP

Cherry tomatoes, lettuce, avocado, manchego cheese, refried beans, cajun potato wedges, tomato sauce

EGGS "APORREADOS" WITH NEW YORK

Roasted sauce, grilled panela cheese

SHRIMP ENCHILADAS

Guajillo chili sauce, cotija cheese

EGGS WITH HOMEMADE MACHACA

Flour tortillas, refried beans, avocado

NATURAL JUICES

Carrot

Orange


Green

Beetroot

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

 Gluten free dishes

 Includes local ingredients

 Contains dairy and/or milk



Beloved
Playa Mujeres, Mexico