



## HEALTHY BREAKFAST

🍏🌿 Vegetable vitamins (carrot, tomato and celery)

🍏🌿 Seasonal fruit platter

Bread basket: Cereal bread and toasted whole wheat bread

🍏🌿 Egg white omelette with tomato, Gouda cheese, mushrooms and onion

## AMERICAN BREAKFAST

🍏🌿 Fresh fruit juices: orange, pineapple, grapefruit, melon, watermelon and tomato with spices

🍏🌿 Seasonal fruit platter

Bread basket: white baguette bread, cereal bread, toasts, butter and jam

Pancakes with chocolate or strawberry sauce

Or

Waffles with maple syrup and crispy bacon

Or

Eggs of your choice (fried, scrambled or omelette) with onion, ham, bacon, cheese, bell peppers, tomato and mushrooms

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🍏 These are healthy dishes which help in maintaining balanced diet

🌿 These are gluten free dishes

## A LA CARTE

### FRESH FRUIT JUICES

- 🍏 🌿 Orange, pineapple, grapefruit, melon, watermelon and tomato with spices
- 🍏 🌿 Red vitamins (strawberry, raspberry and melon)
- 🍏 🌿 Vegetable vitamins (carrot, tomato and celery)
- 🍏 🌿 Vitamin C (carrot, orange and lemon)

### FRESH FRUIT

- 🍏 🌿 Seasonal fruit platter: Honeydew, cantaloupe, pineapple, watermelon, papaya, orange

### PASTRY

Basket of Danishes and sweet rolls: mini butter croissant, mini cream croissant, mini chocolate bread and mini chocolate cake

### BAKERY

Bread basket: white baguette bread, cereal bread, toasts, butter and jam

## PANCAKES. WAFFLES & MORE

Pancakes with chocolate or strawberry sauce

Pancakes with banana, peanut butter, Chantilly and topped with caramel

Cheese cream pancakes layers, raisins and caramel sauce

Waffles with maple syrup and crispy bacon

Waffles with strawberry, Chantilly and chocolate, sprinkled with toasted almonds

French toast with orange scented and wild berries compote

Grilled cheese sandwich. Grilled fresh cheese and tomato, avocado and alfalfa sprout on caraway muffin

## CEREALS

All-Bran, Choco Krispies, Frosted Flakes, Granola, Corn Flakes, Bran Flakes, Special K or Müesli with nuts and dried fruit

## YOGURT

🍏 With raisins, pecans, honey or homemade granola

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

- 🍏 These are healthy dishes which help in maintaining balanced diet
- 🌾 These are gluten free dishes
- 🥛 This dish contains dairy and/or milk
- 🌱 Whole Food Plant-Based option
- 🌶️ These are spicy dishes

## EGG MENU

Eggs of your choice (fried, scrambled or omelette) with onion, ham, bacon, bell peppers, tomato and mushrooms, served with homemade potatoes (roasted new potatoes, Fetta cheese and green onions)

Hardboiled egg wrapped in bacon, “au gratin” with a light Mornay Swiss cheese sauce

Fried eggs in its trilogy of bacon, sausage and pork loin

Poached eggs on wheat meal toast, spinach and glazed with Hollandaise sauce

Poached eggs served over toasted English muffin, ham and chipotle sauce (not spicy)

- 🍏🍴 Egg whites omelette with tomato, Gouda cheese, mushrooms and onion

## MEXICAN BREAKFAST

- 🌙🍏 Ranchero eggs: Your choice of eggs over corn tortilla, refried beans, Ranchera sauce and fresh cheese

- 🌙 Northern Mexico burrito Scrambled eggs, potato with chorizo, molcajete sauce

Motul Eggs, fried eggs over corn tortilla with refried beans, Ranchera sauce, fried plantain, green peas and cheese

- 🌙 Chilaquiles, garnished of your choice: Chicken, fried eggs, red or green salsa

Viva Mexico! eggs. Scrambled eggs with black beans, fried plantains, fresh salsa and cotija cheese



EXCELLENCE

PLAYA MUJERES, MEXICO