

Desayuno - Breakfast

BEBIDAS - BEVERAGES

Cafe americano, Cappuccino o Espresso

Regular Coffee, Cappuccino or Espresso

1-84 kcal · 0.1-3.8 g Protein · 0-3.7 g Fat · 0-9.6 g Carbohydrates

Chocolate de Oaxaca Mexicano

Mexican Chocolate from Oaxaca

165 kcal · 7 g Protein · 4 g Fat · 21 g Carbohydrates

Chocolate Frio o Caliente

Cold and Hot Chocolate

201 kcal · 9 g Protein · 3 g Fat · 34 g Carbohydrates

Variedad de Tes

Assortment of Teas

0 kcal · 0.03-0.25 g Protein · 0-0.04 g Fat · 0.5-1.14 g Carbohydrates

SUPER ALIMENTOS Organicos para agregar a Licuados, fruta o yougurt

Chia, Curcuma, granos de Cacao, semilla de Hemp

SUPERFOODS Organic for adding to Blends, fruit or yogurt

Chia, Curcuma, Cacao beans, Hemp

JUGOS NATURALES DE FRUTAS - NATURAL FRUIT JUICES

Naranja, toronja, piña, melon y sandia

Orange, Grapefruit, Pineapple, Melon and Watermelon

57 kcal · 0,67 g Protein · 0,86 g Fat · 13,16 g Carbohydrate

VEGETALES PARA LICUADOS - VEGETABLES FOR BLENDS

Zanahoria, Betabel, Apio, Perejil, "Chaya" planta nativa

Carrot, Red Beet, Celery, Parsley, "Chaya" Native Plant.

80-120 kcal · 1-2 g Protein · 0 g Fat · 12-35 g Carbohydrates

PANADERIA FRANCESA - FRENCH VIENNOISERIE

Croissant, Pan de uva pasa con crema pastelera, pan de chocolate

Croissant, Raisin bread with pastry cream, chocolate bread.

Entrantes - Starters

Yogurt servido con culis de frutos rojos, chia y granola

Yogurt served with wild berries coulis, chia and granola

95-165 kcal · 9-10 g Protein · 2-4.5 g Fat · 12-22 g Carbohydrate

Plato de Frutal de temporada - "Villa Rolandi's" Seasonal Fruit Plate

Platano, Melon, Piña, Papaya, Sandia con miel de abeja de Yucatan

Banana, Melon, Pineapple, Papaya, Watermelon with Honey Bee from Yucatan

195 kcal · 4 g Protein · 0 g Fat · 51 g Carbohydrates

Pan Frances con fresas, crema batida con rayadura de limón y nutella

French Toast with strawberries, whipped cream with lemon skin and Nutella

346 kcal · 12.5 g Protein · 13 g Fat · 46 g Carbohydrates

Hotcakes servido con miel de abeja de Yucatan, Nutella y Cajeta Mexicana

Harina regular, integral o sin Gluten

Pancakes, served with Honey Bee, Nutella, "Cajeta" Mexican caramel

Regular, wholegrain or gluten free pancakes

Per Hot Cake: 232 kcal · 6 g Protein · 2.5 g Fat · 45 g Carbohydrates

Huevo al Gusto - Eggs at your Choice

Revueltos, fritos o estrellados y Omelet

Servidos con ensalada mixta, papa hash brown y frijoles refritos

Scrambled, Fried and Omelet

Served with: mixed salad, hash brown, bacon and black beans

180-300 kcal · 14-21 g Protein · 12.5-21 g Fat · 1-30 g Carbohydrates

Huevos hervidos 3, 6 y 9 minutos, ciabatta y mantequilla

Boiled 3, 6 and 9 minutes, ciabatta and butter

180-300 kcal · 14-21 g Protein · 12.5-21 g Fat · 1-30 g Carbohydrates

Huevos Rancheros con salsa roja mexicana servido sobre tortilla frita con frioles refritos

Fried Eggs Ranchero style with a red Mexican salsa, served on top of corn tortillas and black beans purée

180-300 kcal · 14-21 g Protein · 12.5-21 g Fat · 1-30 g Carbohydrates

Especialidades del Chef - Specialty's of the Chef

Huevos Ledoyen - Eggs Ledoyen

Huevos estrellados servidos sobre una cama de espárragos pochados, salsa Hollandesa y parmesano

Fried eggs served on top Asparagus bed with extra virgin olive oil, parmesan cheese and hollandaise sauce

180-210 kcal · 14-17 g Protein · 12.5-18 g Fat · 1-23 g Carbohydrates

Omelet de Provincia - Provence Omelet

Huevos con fnas hierbas relleno de tomate confitado, tomate oliva, queso de cabra y queso mozzarella

Whipped eggs with fine herbes stuffed with sautéed tomatoes confit, olive tomatoes goat chees with chives and mozzarella cheese

135-225 kcal · 16-23 g Protein · 1.5-12 g Fat · 4-14 g Carbohydrates

El Azteca - The Aztec

Huevos Poche sobre una brioche tostada salsa de huitlacoche, crudo de nopales con pico de gallo, chorizo y queso panela

Poached eggs o top toasted Brioche bread, huitlacoche sauce, pickled "nopales" with Pico de gallo sauce,

chorizo and panela cheese

180-210 kcal · 14-17 g Protein · 12.5-18 g Fat · 1-23 g Carbohydrates

Omelet Poblano - Omelet Poblano style

Omelet relleno de queso Oaxaca y pollo, bañados con salsa mole y sus semillitas de ajonjolí.

Omelette stuffed with Oaxaca cheese and chicken, coverd with "Mole poblano" sauce and sesame

35-225 kcal · 16-23 g Protein · 1.5-12 g Fat · 4-14 g Carbohydrates

Huevos "Au four" - Eggs "Au four"

Cocidos al horno de leña con un toque de crema, queso parmesano y espárragos.

Cooked on the wood brick oven with touche of cream, parmesan cheese and asparagus

35-225 kcal · 16-23 g Protein · 1.5-12 g Fat · 4-14 g Carbohydrates

Huevos franceses - French eggs

Espinaca a la crema, huevos fritos, jamón york y su tostada de baguette.

Spinach a la crème, fried eggs, jam and baguette toasts

180-300 kcal · 14-21 g Protein · 12.5-21 g Fat · 1-30 g Carbohydrates

Huevos del campo - Farm eggs

Base de hongos portobello, huevo pochado, rodaja de tomate y crema al cebollin

Portobello mushroom, poached eggs, grilled tomato and soar cream with chives

35-225 kcal · 16-23 g Protein · 1.5-12 g Fat · 4-14 g Carbohydrates