

BREAKFAST

FRUIT PLATE

Seasonal fruit with homemade granola and yogurt.

MUESLI

Yogurt, oats, nuts, raisins, fruit, roasted coconut and syrup.

BAGEL

Toasted with cream cheese and marmalade.

HOT CAKES

Regular or with mascarpone cheese

ENGLISH MUFFIN

Scrambled eggs with Canadian bacon and mayo-garlic dressing.

EGG SANDWICH

Scrambled or fried eggs, bacon or sausage and cheddar cheese.

BREAKFAST BURRITO

Egg burrito, scrambled eggs, chorizo, bacon, Monterey Jack cheese and refried beans.

YOUR CHOICE OF EGGS

Whole or egg whites scrambled, fried or sunny side upAccompanied with bacon, ham or sausage and hash brown.

LUNCH

APPETIZERS

FISH OR SHRIMP CEVICHE TOSTADAS

With cucumber vinaigrette and basil mayo.

PEEL 'N' EAT SHRIMP

With habanero mignonette.

PARMESAN POTATO SKINS

Fried potato skins with curry dressing.

NACHOS WITH CHILL

Delicious nachos with homemade chilli.

CHICKEN WINGS BUFFALO OR BBQ SAUCE

Chicken wings marinated with your choice of buffalo or BBQ Sauce.

VEGGIES

SOY CEVICHE TOSTADAS

Soy ceviche on homemade tostadas with chipotle dresssing.

VIETNAMESE ROLLS

With spicy peanut sauce

VEGGIE PANINI

Grilled vegetable panini with goat cheese and balsamic reduction.

TOFU TACOS

Grilled tofu with coleslaw salad and thai sauce.

SOPAS

SOUP DU JUOR

CLAM CHOWDER

Served inside traditional New England bread.

SALADS

CAESAR SALAD

With a Parmesan cheese crust, romaine lettuce heart, blended in our house Caesar dressing and organic poached egg.

CAPRICHOSA SALAD

Panela cheese, tomato with honey parsley dressing.

3 HEART SALAD

Heart palm, artichoke and asparagus, avocado, mixed lettuce and balsamic dressing.

SHRIMP AND SCALLOP

Blackened shrimp and scallops with mixed lettuce, balsamic and shallot dressing.

SÁNDWICHES & PANINIS

BLT

Applewood bacon, heirloom tomato and lettuce with chipotle dressinG.



TURKEY BREAST

Served in baguette, thin sliced turkey, provolone cheese and parsley pesto with sliced tomato and red onion.

SHRIMP PO BOY

Blackened shrimp with melted Asiago cheese, thousand island dressing, spring mix, tomatoes and red onions.

HAMBURGER

1/4 pound of beef, cheddar cheese, bacon, caramelized onions, and Dijon mustard with french fries, onion rings and pickles.

TACOS

FISH TACOS

Grilled fish with tartar sauce on handmade tortillas.

AL PASTOR TACOS

Pork in axiote marinade and caramelized pineapple.

RIB EYE TACOS

With guacamole and grilled scallions.

ON THE GRILL

FISH FILLET

Fresh catch of the day with your choice of aioli, blackened or fine herbs marinade.

ORGANIC HALF CHICKEN

On the grill with wild rice and oregano potatoes.

NUEVA YORK 12 OZ

Angus beef, on the grill with baked potato and asparagus.

TOMAHAWK 16 OZ

Grilled Steak with roasted garlic mash potato and grilled vegetables.

SWEETS

BANANA SPLIT

CHOCOLATE FONDANT WITH BLUE CHEESE ICE CREAM

RUSTIC APPLE TART WITH VANILLA ICE CREAM

SHERBET TRILOGY WITH FRESH BERRIES AND DAMIANA SABAYON

BEVERAGES

FRESH JUICES

Naranja, toronja y zanahoriaOrange, grapefruit and carrot.

SMOOTHIES

BANANA BERRY BOOM

Banana, mixed berries, orange juice and yogurt.

DETOX

Pineapple, spinach, celery, orange juice, lime and cucumber.

IRON MAN

Apple, pineapple, banana, yogurt and spirulina

POWER

Banana, strawberries, granola, yogurt milk and honey.

REGULAR AND DECAF COFFEE ESPRESSO

CAPPUCCINO

LATTE

CARAMEL MACHIATO

FRAPPUCCINO

MOCHACCINO

CHAITEA