

Breakfast

pesos / usd approx

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|--|---|--------------|-----------|
| | FRESH FRUIT BOWL OR PLATE 🌱 | \$172 | 8 |
| | Seasonal fruit, Your choice of pineapple, watermelon, cantaloupe, honeydew melon, papaya, apple, banana, pear, mango | | |
| | FRESH BERRIES 🌱 | \$195 | 9 |
| | Seasonal berries, with yogurt & granola | | |
| | ROLLED OATS OATMEAL with banana, cinnamon, berries 🌱 | \$150 | 7 |
| | BELGIAN WAFFLES fresh fruit | \$195 | 9 |
|  | AVOCADO TOASTED Multigrain bread | \$195 | 9 |
| | With <i>salmon, eggs or caprese salad</i> | \$279 | 13 |
| | 7 Seas Favorites | | |
|  | ALL AMERICAN BREAKFAST | \$279 | 13 |
| | 2 Eggs, 2 dollar pancakes, smoked bacon, seasonal fruit, house potatoes | | |
| | VEGETARIAN WRAP 🌱 | \$279 | 13 |
| | Arugula, tomato, avocado, asparagus, black beans with epazote, ranchero sauce and house potatoes | | |
|  | THREE EGG OMELET OR SCRAMBLE (4 INGREDIENTS) | \$279 | 13 |
| | Apple smoked bacon, Canadian bacon, chorizo, machaca, sausage, Monterey jack cheese, spinach, mushroom, tomatoes, onion, bell peppers, house potatoes | | |
| | Additional ingredients | \$107 | 5 |
| | Classics | | |
| | PANCAKES | \$195 | 9 |
| | With berries, syrup, unsalted butter | | |
| | 7 SEAS FRENCH TOAST | \$195 | 9 |
| | Homemade baguette, flambé fruit | | |
| | TRADITIONAL FRENCH TOAST | \$195 | 9 |
| | Seasonal fruit, unsalted butter, syrup | | |
|  | ENERGY BOWL 🌱 | \$258 | 12 |
| | Chicken breast or poached egg, goat cheese, black beans with epazote, spinach, beet, snow peas, tomatoes, avocado, grapefruit, chives | | |
|  | SUPREME EGG SKILLET | \$258 | 12 |
| | Poached or baked eggs, salmon, mushrooms, tomatoes, jocoque, spinach, black beans with epazote | | |
|  | EGGS BENEDICT | \$279 | 13 |
| | Two poached eggs, Hollandaise sauce, English muffin, choice of Norwegian smoked salmon or Canadian bacon, asparagus | | |
|  | BAGUETTE SANDWICH 🌱 | \$258 | 12 |
| | Multigrain homemade bread, eggs, roast beef, roasted peppers, French lettuce, ranch dressing, cherry tomatoes | | |
|  | GINGER, ONION & MUSHROOM OMELET | \$279 | 13 |
| | House potatoes, hollandaise sauce | | |
|  | FRITTATA CLASSICA 🌱 | \$258 | 12 |
| | Eggs, mushroom, Monterey jack, spinach, onion, house potatoes | | |
|  | SPANISH SCRAMBLED EGGS | \$258 | 12 |
| | Scrambled eggs, ham, house potatoes | | |













SEAFOOD GRILLE

Extras

\$107 5

Seasonal fruit, homemade granola, natural organic yogurt, seasonal fruit yogurt, muffin, toast, toasted baguette, sweet bread, Canadian bacon, applewood smoked bacon, pork sausage links, smoked salmon, eggs(2), avocado, house potatoes, hash brown

Viva México

| | | | |
|---|---|--------------|-----------|
|  | MEXICAN COMBINATION  | \$279 | 13 |
| | Machaca, poblano enchilada, one egg ranchero, black beans with epazote, aguacate, panela cheese | | |
|  | MACHACA WITH OR WITHOUT EGG  | \$279 | 13 |
| | Scrambled egg, machaca, salsa mexicana, aguacate, black beans with epazote, panela cheese | | |
|  | CHIKEN ENCHILADAS  | \$279 | 13 |
| | Chicken breast, green, red or poblano sauce, avocado, corn, cilantro, sour cream, manchego cheese, black beans with epazote | | |
|  | CHILAQUILES  | \$258 | 12 |
| | Tortilla chips, green or red sauce, Monterey jack cheese, sour cream, egg or chicken strips, avocado, onion, cilantro, black beans with epazote | | |
|  | HUEVOS RANCHEROS  | \$258 | 12 |
| | Sunny eggs, corn tortilla, ham, salsa ranchera, avocado, black beans with epazote | | |
|  | EGGS MEXICANA  | \$236 | 10 |
| | Scrambled eggs, salsa mexicana, avocado, black beans with epazote | | |

Free range organic eggs and chicken



Gluten free



We use fresh seasonal fruit, egg and chicken from organic, free range chicken. The granola, chorizo, and our breads are homemade. The machaca, fresh cheese and most vegetables are from the town of Miraflores area.

Executive CHEF ALEJANDRO RODRÍGUEZ PONCE

16% Tax is not included in prices - We accept Visa, MasterCard

Exchange rate is \$20 pesos per dollar if paying with dollar bills. Consult our staff.




18% service charge added to parties of 8 or more. For parties over 12 guests, please email us at reservas7seas@gmail.com or call us at 624 142 2676 ext 3.

Breakfast time from 7am to 11:00am




Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food borne illness.

Desayunos

pesos con iva

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|--|--------------|
| PLATO DE FRUTA O BOWL  | \$199 |
| A elegir fruta de temporada, piña miel, sandia, melon, melón gota de miel, papaya, manzana, plátano, pera, mango | |
| COPA DE FRUTOS DEL BOSQUE  | \$226 |
| Berries de temporada, yogurt artesanal, granola | |
| AVENA Plátano, miel, menta, frutos del bosque  | \$174 |
| WAFFLES Fruta de temporada | \$226 |
| PAN TOSTADO CON AGUACATE Pan Multigrano, | \$237 |
| Con salmon, huevos o ensalada caprese | \$282 |

Favoritos del 7 Seas

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|---|--------------|
| TODO UN DESAYUNO AMERICANO  | \$323 |
| 2 Huevos, 2 hot cakes, tocino ahumado, fruta de temporada, papas de la casa | |
| BURRITO VEGETARIANO  | \$323 |
| Arugula, tomate, aguacate, espárragos, frijoles negros con epazote, salsa ranchera, papas de la casa | |
| OMELET 3 HUEVOS O REVUELTOS (4 INGREDIENTES)  | \$323 |
| Tocino ahumado, tocino Canadiense, chorizo, machaca, salchicha de puerco, queso Monterey, espinaca, champiñón, tomates, cebolla, pimientos, papa de la casa | |
| INGREDIENTE ADICIONAL | \$124 |

Clásicos

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|--|--------------|
| PANCAKES | \$225 |
| Frutos del bosque, maple, mantequilla sin sal | |
| 7 SEAS PAN FRANCES | \$225 |
| Baguette hecho en casa, fruta de temporada flambeada | |
| PAN FRANCES TRADICIONAL | \$225 |
| Fruta de temporada, maple, mantequilla sin sal | |
| <i>Pregunte por nuestra opción libre de gluten</i> | |
| ENERGIA  | \$299 |
| Pechuga de pollo o huevo pochado, queso de cabra, frijoles negros con epazote, espinaca, betabel, chícharo chino, tomates, aguacate, toronja, cebollín | |
| HUEVOS AL HORNO EN SARTEN  | \$282 |
| Dos huevos pochados o al horno, salmon, champiñones, tomates, jocoque, espinaca, frijol negro con epazote | |
| HUEVOS BENEDICTINOS  | \$323 |
| 2 Huevos pochados, salsa Holandesa, pan muffin, salmón Noruego ahumado o tocino Canadiense, espárragos | |
| SANDWICH BAGUETTE  | \$299 |
| Huevo, baguette hecho en casa, roast beef, pimientos asados, lechuga francesa, aderezo ranch, tomates cherrys | |
| OMELET DE JENGIBRE, CEBOLLA, CHAMPIÑONES  | \$323 |
| Papas de la casa, salsa Holandesa | |
| FRITTATA CLASICA  | \$299 |
| Huevos, champiñones, queso Monterey, espinaca, cebolla | |
| REVUELTO DE PAPAS Y JAMON  | \$299 |
| Huevo revuelto, jamón, papas de la casa | |


pesos con iva

Guarniciones

\$124

Fruta de temporada, granola hecha en casa, yogurt natural orgánico, yogurt de temporada, pan muffin, pan tostado, baguette tostado, pan dulce, tocino Canadiense, tocino ahumado, salchicha de puerco, salmón ahumado, huevos (2), aguacate, papa de la casa, papa rallada

Viva México

-  **COMBINACION**  **\$323**
Machaca, 1 enchilada poblana, 1 huevo ranchero, frijoles negros con epazote, aguacate, queso panela
-  **MACHACA CON HUEVO O SIN HUEVO**  **\$323**
Huevo revuelto, machaca, salsa mexicana, aguacate, frijoles negros con epazote, queso panela
-  **ENCHILADAS DE POLLO**  **\$323**
Pechuga de pollo, verde, roja o salsa poblana, aguacate, elote, cilantro, crema acida, queso manchego, frijoles negros con epazote
-  **CHILAQUILES**  **\$299**
Totopos fritos, salsa verde o roja, queso Monterey, crema acida, huevo o pollo, aguacate, cebolla, cilantro, frijoles negros con epazote
-  **HUEVOS RANCHEROS**  **\$299**
Huevos fritos, tortilla de maíz, jamón, salsa ranchera, aguacate, frijoles negros con epazote
-  **HUEVOS A LA MEXICANA**  **\$273**
Huevo revuelto, salsa mexicana, aguacate, frijoles negros con epazote

Huevo y pollo organico de corral



Gluten free



Nosotros usamos fruta de temporada, el huevo y el pollo son organicos, gallinas de pastoreo libre. La granola, chorizo y todo nuestro pan es hecho en casa. La machaca, el queso fresco y la mayoría de nuestros vegetales son regionales, de la comunidad de Miraflores.

CHEF EJECUTIVO ALEJANDRO RODRÍGUEZ PONCE

Precios incluyen 16 % IVA -Aceptamos Visa, MasterCard
Tipo de cambio 20 pesos por dolar. Consulta con nuestro staff.

18% de cargo por servicio agregado a grupos de 8 o más. Para grupo mayores a 12 invitados, envíenos un correo a reservas7seas@gmail.com o al teléfono 624 1142 676 ext 3.

Breakfast time from 7am to 11:00am

El consume de carnes, aves, mariscos o huevos crudos o poco cocidos puede aumentar el riesgo de enfermedades transmitidas por los alimentos.