


Breakfast

pesos / usd approx

	FRESH FRUIT BOWL OR PLATE	\$145	8
	Diced or sliced fresh fruit	small \$100	5
	Your choice of pineapple, watermelon, cantaloupe melon, white honeydew Melon, papaya, green & red apple, banana, pear & mango		
	FRESH BERRIES CUP	\$195	10
	Mixed with yogurt & homemade granola		
	<i>Cereals</i>	\$129	7
	MULTIGRAIN	Cereal pumpkin seeds, cashews & berries	
	COUSCOUS	honey, cinnamon, raisins, almonds, & sun dried fruits	
	HOMEMADE GRANOLA	choice of milk or yogurt	
	OATMEAL	with bananas & honey	
	MUESLI	milk, apple, honey, yogurt, cinnamon, granola & berries	
	<i>Classics</i>		
	SCRAMBLED EGGS	\$185	10
	Manchego Toast multigrain bread, 3 eggs, sautéed zucchini		
	SILVER DOLLAR	\$160	8
	Brownie or Banana Pancakes, fresh fruit		
	CABO WAFFLES	\$160	8
	FRENCH TOAST	\$160	8
	HAM SERRANO & EGG FRIED	\$185	10
	Sandwich tomato, cheese, basil, avocado, mustard & rustic whole wheat Bread. House potatoes.		
	EGGS BENEDICT	\$185	10
	Poached eggs, hollandaise sauce, English muffin, choice of Norwegian Smoked salmon or Canadian bacon.		
	ENGLISH MUFFIN	\$185	10
	Bread, 2 eggs, Canadian bacon, cheese & house potatoes		
	EGGS ANY STYLE	\$185	10
	Rancheros, Mexicana, Frittata, Omelette, or Scrambled. Beans* or house Potatoes		
	SIDE ORDER	\$59	3
	Applewood smoked bacon, egg, toast, house potatoes, Canadian bacon, Salmon or pork sausage patties, homemade granola, sugar free yogurt, Hash brown & english muffin		

* Fried Mayocoba beans with onions & garlic

 *Gluten Free Items*






Executive CHEF ALEJANDRO RODRÍGUEZ PONCE

16% Tax is not included in prices - **We accept Visa, MasterCard & Discover**
Exchange rate is \$18 pesos per dollar if paying with dollar bills. Consult our staff.

Breakfast time from 7am to 12pm

Mexican Style

pesos / usd approx

	BREAKFAST SKILLET	\$220	12
	Potatoes, chorizo, spinach & onion sautéed, fried eggs, & potatoes		
	MEXICAN BREAKFAST	\$220	12
	Combo machaca, scrambled eggs, sautéed zucchini, corn tamale, panela cheese & beans*		
	AZTECA OMELETTE	\$195	10
	Zucchini blossoms, huitlacoche, requesón cheese, covered with red & Green sauce. House potatoes		
	CABO SURF MACHACA	\$205	11
	Scrambled eggs, machaca, tomato, serrano chile & beans		
	HUEVOS CON CHORIZO SOPE	\$195	10
	Egg, chorizo & beans* on our corn sope		
	HUEVOS TOMATILLO	\$195	10
	Scrambled eggs, green sauce, beans, onion & cotija cheese		
	CHILAQUILES!	\$205	11
	Tortilla, mozzarella cheese, choice of cream, red or green mild sauce, egg or chicken strips & beans*		

All fresh Juices

	CITRUS BLAST	\$95	5
	Orange, grapefruit, pineapple		
	SUNNY DAY	\$95	5
	Apple, pineapple, mint		
	WEIGHT WATCHER	\$95	5
	Apple, cucumber, orange, celery, spinach, parsley, lemon juice		
	REVITALIZER	\$95	5
	Beets, spinach, carrots, celery, cucumber juice		
	SMOOTHIES (your choice of milk: soy, almond, regular or milk)		
	Tropical Booster	\$120	6
	Mango, spinach, mint, lime, chia, honey		
	Energizer	\$120	6
	Banana, peanut butter,		
	Strawberry Banana	\$120	6
	Banana, natural strawberries, honey, ice		
	<i>with Whey PROTEIN</i>	\$155	8
	COFFEE TIME!		
	Freshly roasted & ground Piano Negro Coffee	\$48	3,
	Selva Maya Frappuccino Regular, Vanilla & Mocka	\$70	4
	China Mist Tea Selection	\$48	3
	Selva Maya Espresso	\$59	3
	Selva Maya Cappuccino	\$70	4
	Chocolate Milk	\$59	3


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Lunch time from 12pm to 5.30pm

Desayunos


pesos con iva

-  **PLATO O BOWL DE FRUTAS EN CUBOS O REBANADA** chico **\$116**
A elegir entre piña miel, sandía, melon cantaloup, grande **\$168**
Melón gota de miel, papaya, manzana, plátano, pera y mango
COPA DE FRUTOS DEL BOSQUE **\$226**
Mezclado con yogurt natural & granola artesanal

Cereal

- CEREAL MULTIGRANO** semillas de calabaza, nuez de la india, berries **\$150**
GRANOLA ARTESANAL con leche o yogurt
COUSCOUS miel, canela, pasas, almendras, & frutas deshidratadas
AVENA plátano y miel
MUESLI leche, manzana, miel, yogurt, canela, granola & berries

Clásicos

- REVUELTOS SOBRE PAN & MANCHEGO** **\$215**
Pan multigrano, calabazas salteadas
PANCAKES, Brownie o Plátano fruta fresca **\$186**
CABO WAFFLES fruta fresca **\$186**
PAN FRANCÉS fruta fresca **\$186**
SANDWICH DE JAMÓN SERRANO & HUEVO FRITO **\$215**
Tomate, queso fresco, albahaca, aguacate, mostaza antigua y
Pan rustico integral. Papas de la casa
HUEVOS BENEDICTINOS **\$215**
Pochados, salmón ahumado noruego o tocino canadiense, salsa
Holandesa, pan muffin
MUFFIN INGLES **\$215**
Pan muffin, dos huevos, tocino canadiense, queso & papa de casa
 **HUEVOS AL GUSTO** Rancheros, Mexicana, Frittata, Omelette, **\$215**
Revueltos o Fritos Frijoles o papa






Guarniciones **\$68**

Tocino ahumado en manzana, huevo, pan tostado, papa de la casa, hash
Brown, muffin, tocino canadiense, salmón o tortitas de cerdo, granola
artesanal, yogurt.

 Platos libres de gluten

Estilo Mexicano

pesos con iva

	COMAL DE DESAYUNO	\$255
	Chorizo, papa, cebolla, espinaca salteado, huevo frito.	
	PASIÓN NORTEÑA	\$255
	Machaca, huevos revueltos, calabaza salteada, tamal de elote, Queso panela & frijoles.	
	OMELETTE AZTECA	\$226
	Flor de calabaza, huitlacoche, cubierto de salsa roja, verde y requesón. Papas de la casa.	
	MACHACA CABO SURF	\$238
	Huevos mezclados con machaca, tomate, serrano & frijoles	
	SOPES DE HUEVO CON CHORIZO	\$226
	Huevo, chorizo & frijol sobre sope de maíz casero	
	HUEVOS AL ALBAÑIL	\$226
	Huevo revuelto en salsa verde, frijol, cebolla & queso cotija	
	CHILAQUILES!	\$238
	Tortilla, mozzarella, crema, salsa roja o verde, huevo o pollo & frijoles	

Jugos frescos

	CITRUS BLAST	\$110
	Naranja, toronja & piña	
	SUNNY DAY	\$110
	Manzana, piña & menta	
	WEIGHT WATCHER	\$110
	Manzana, pepino, naranja, apio, espinaca, perejil, jugo de limon	
	REVITALIZER	\$110
	Betabel, espinaca, zanahoria, apio, jugo de pepino	
	SMOOTHIES (elección de leche de soya, almendras, regular o light)	
	TROPICAL BOOSTER	\$139
	Mango, espinaca, menta, limon, chia, miel	
	ENERGIZER	\$139
	Platano, mantequilla de cacahuete, leche de almendras	
	STRAWBERRY BANANA	\$139
	Platano, fresa natural, leche de almendras, miel y hielo	
	<i>Con proteína</i>	\$180
	COFFEE TIME!	
	Cafe Recién molido Piano Negro	\$56
	Selva Maya Frappuccino Regular, Vainilla & Mocka	\$81
	Te China Mist	\$56
	Selva Maya Espresso	\$68
	Selva Maya Cappuccino	\$81
	Chocolate	\$68