

# Breakfast

pesos / usd approx

## FRESH FRUIT BOWL OR PLATE

Diced or sliced fresh fruit

Your choice of pineapple, watermelon, cantaloupe melon, white honey dew Melon, papaya, apple, banana, pear & mango

## FRESH BERRIES CUP

Mixed with Yogurt & Homemade Granola

OATMEAL with bananas & honey

## Classics

### CROISSANT SANDWICH

Roasted regional cheese, scrambled egg, sautéed spinach, tomato, ranchera sauce, syriacha dressing, house potatoes.

CLASSIC PANCAKES Or Banana Pancakes, fresh fruit

WAFFLES fresh fruit

FRENCH TOAST fresh fruit

Ask for gluten free option

### EGGS ANY STYLE

With house potatoes or refried beans, toast bread or tortillas

### EGGS BENEDICT

2 Poached eggs, hollandaise sauce, english muffin, choice of norwegian smoked salmon or canadian bacon.

### HUEVOS RANCHEROS

Sunny eggs over corn tortilla, ham covering with red middle sauce.\*

### EGGS MEXICANA

scramble eggs, tomatoes, onions, serrano pepper.\*

### CREATE YOUR OMELETTE 3 ITEMS\*

\*Avocado \*spinach \*mushroom \*crispy bacon \*chorizo \*canadian bacon

\*cheese \*machaca \*mexicana sauce \*bell peppers or any other vegetable

every extra item

\*Choice of Beans or House Potatoes

### SIDE ORDER

-Smoked bacon | Egg | Canadian bacon | smoked salmon  
pork sausage patties | Avocado



-Toast or muffin bread | house potatoes | pastry bread | granola  
sugar free yogurt | Hash brown | english muffin

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 11:30pm**

# Mexican Style

pesos / usd approx

## MEXICAN COMBINATION

Mexican machaca, chicken enchilada poblana, fried egg, beans and avocado.

## CABO SURF MACHACA

Scrambled eggs, machaca, tomato, serrano chile & beans

## CHIKEN ENCHILADAS

Chicken breast, medium hot green sauce, manchego cheese, black beans & cotija cheese

## CHILAQUILES!

Tortilla, mozzarella cheese, choice of cream, red or green mild sauce, egg or chicken strips & beans

## 7 SEAS OMELETTE

Semi-dehydrated tomato, goat cheese, red pepper pesto, mixed lettuce, house potatoes.

Gluten free

## All Fresh Juices

### CITRUS BLAST

Orange, grapefruit, pineapple

### GREEN SURFER

Green apple, cucumber, celery, spinach, parsley

### REVITALIZER

Beets, spinach, carrots, celery, cucumber juice

## Smoothies (your choice of milk: coconut, soy, almond or regular milk)

### Tropical Booster

Mango, spinach, mint, lime, chia, honey

### Energizer

Banana, peanut butter,

### Strawberry Banana

Banana, natural strawberries, honey, ice

**ADD whey PROTEIN for**

### COFFEE TIME!

Freshly roasted & ground Selva Maya Coffee

Selva Maya Frappuccino Regular, Vanilla & Mocka

Selva Maya Espresso

Selva Maya Cappuccino

Chocolate Milk

Tea Selection

## PLATO O BOWL DE FRUTAS EN CUBOS O REBANADA

A elegir entre piña miel, sandia, melon cantaloup,  
Melón gota de miel, papaya, manzana, plátano, pera y mango

## COPA DE FRUTOS DEL BOSQUE

Mezclado con yogurt natural & granola artesanal

AVENA plátano y miel

## Clásicos

### CROISSANT

Queso regional asado, huevo revuelto, espinaca salteada, tomate, salsa ranchera, aderezo de siriacha, papas de la casa.

PANCAKES, Clasicos o Plátano, fruta fresca

WAFFLES fruta fresca

PAN FRANCES fruta fresca

*Pregunte por nuestra opción libre de gluten*

### HUEVOS BENEDICTINOS

2 Huevos pochados, salmón ahumado o tocino canadiense, salsa Holandesa, pan muffin

HUEVOS AL GUSTO, tortillas o pan tostado, papas de la casa o frijoles

### HUEVOS RANCHEROS

Estrellados sobre una tortilla frita y jamon de pavo, bañados con salsa roja con papas de la casa o frijoles

### HUEVOS MEXICANA

Revueltos con chile, tomate y cebolla, papas de la casa o frijoles

### OMELETTE AL GUSTO 3 ingredientes

Aguacate | espinaca | champiñón | queso | chorizo salsa  
mexicana | pimientos | machaca | tocino | papas tocino canadiense |  
y cualquier otro vegetal del menú, cada ingrediente extra

### Guarniciones

Tocino ahumado | tocino canadiense | salmón ahumado | salchichas de cerdo. | Aguacate

Huevo | pan tostado o dulce | papa de la casa | hash Brown | muffin | granola artesanal  
| yogurt

## COMBINACION

machaca a la mexicana, 1 enchilada poblana, 1 huevo frito, frijol y aguacate.

## MACHACA CABO SURF

Huevos mezclados con machaca, tomate, serrano & frijoles

## ENCHILADAS SUIZAS PICOSITAS

Pechuga de pollo, salsa verde, queso manchego, frijoles negros refritos, queso cotija

## OMELET 7 SEAS

Tomate semideshidratado, queso de cabra, pesto de pimiento rojo, lechugas mixtas, papas de la casa.

## CHILAQUILES!

Queso mozzarella, crema, salsa roja o verde, huevo o pollo, aguacate & frijoles

 Libre de gluten

## Sugos

### CITRUS BLAST

Naranja, toronja & piña

### SURF GREEN

Manzana, pepino, apio, espinaca, perejil

### REVITALIZER

Betabel, espinaca, zanahoria, apio, jugo de pepino

## Smoothies (elección de leche de soya, almendras, regular o light)

### TROPICAL BOOSTER

Mango, espinaca, menta, limon, chia, miel

### ENERGIZER

Platano, mantequilla de cacahuete, leche de almendras

### STRAWBERRY BANANA

Platano, fresa natural, leche de almendras, miel y hielo

*Con proteína*

### COFFEE TIME!

Cafe Recién molido Piano Negro

Selva Maya Frappuccino Regular, Vainilla & Mocka

Selva Maya Espresso

Selva Maya Cappuccino

Chocolate

Te China Mist

Tisana China Mist