

TUESDAY MENU

EXECUTIVE \$290

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Avocado Toast:** served on sourdough bread with persillade sauce, sprouts and cherry tomato
- **Potato Wedges:** baby potatoes sautéed with garlic and Ghee butter

Main Course:

- **Ham and Cheese Sandwich:** Sliced sour dough bread filled with turkey Ham, Grana Padano cheese, lettuce, tomato, avocado, and parsley. Served with potato wedges.
- **Huevos a la Mexicana:** Scrambled eggs with tomato, onion, cilantro, accompanied by beans.
- **Vegan Forestiere:** Pasta with mushrooms in a pumpkin seed sauce with walnuts

CLEAN DIET \$375

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Cream of Pumpkin Soup:** Local pumpkin, onion, garlic, pepper and salt.
- **French Fries:** Atlantis potato fried in beef fat

Main Course:

- **Gluten Free Vegetable Crepe with Ground Beef:** Coconut Flour Crepe filled with tomato, pepper, carrot, ground beef, lettuce, sprouts, avocado and persimmon.
- **Roasted Vegetables and Mushrooms:** roasted vegetables of the day with mushrooms, potato wedges and plantain tortillas.
- **Chicken Fajitas:** Organic chicken breast served with vegetables, plantain tortillas and guacamole.

WEDNESDAY MENU

EXECUTIVE \$290

Includes coffee or tea, water of the day, an appetizer and a main course

Entrées:

- **Banana and Date Toast:** Sourdough bread with date cream and banana
- **Provençal potatoes:** baby potatoes sautéed with thyme and rosemary in olive oil.

Main Course:

- **French Toast:** French bread, La Canopée style, served with seasonal fruit
- **Little Sun:** Roasted vegetables served on a bed of quinoa, accompanied by avocado, carrot, beetroot, and gomasio.
- **Vegetable Omelette:** Egg crepe filled with carrot, garlic, tomato, bell pepper, sprouts and lettuce. Served with persillade sauce.

CLEAN DIET \$375

Includes coffee or tea, water of the day, an appetizer and a main course

Entrées

- **Colorful Salad:** mixed greens, shredded carrot, sourdough, baguette, shredded beet, sprouts, red cabbage, and cherry tomatoes. With vinaigrette dressing.
- **Sweet Potatoes:** Roasted yellow sweet potato in ghee butter with garlic, black pepper and salt.

Main Course:

- **Gluten Free Vegetable Crepe with Lamb:** Coconut flour crepe filled with roasted tomato and bell pepper, ground lamb, lettuce, sprouts, avocado and parsley.
- **Fermented Coconut Yogurt with Fruit:** Accompanied by bee pollen, seasonal fruits, honey, pumpkin seeds and mint leaves.
- **Chicken Tacos:** Grilled chicken breast served on a plantain tortilla, guacamole, pickled onions and green salsa on the side.

THURSDAY MENU

EXECUTIVE \$290

Includes coffee or tea, water of the day, an appetizer and a main course

Entrées:

- **Red Berry Toast:** Sourdough bread, date cream, red berries, chocolate with mint leaves
- **Colorful Salad:** Mixed lettuce, grated carrot, grated beetroot, cabbage, sprouts and vinaigrette dressing.

Main Course:

- **Steamed Eggs:** Sourdough avocado toast, persillada, tomato, sprouts and eggs.
- **Pasta Bolognese:** Pasta with homemade Bolognese sauce made with Grana Padano
- **Vegetable and Mushroom Crepe:** Crepe filled with carrot, pepper, tomato, mushrooms, sprouts and avocado.

CLEAN DIET \$375

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Cream of Carrot Soup:** Carrots, potatoes, homemade coconut milk.
- **Apple and avocado salad:** Mixed lettuces, avocado, green apple and a vinaigrette dressing.

Main Course:

- **Detox Eggs:** Roasted carrot, chayote and broccoli with sage, rosemary, thyme, oregano and two eggs cooked in a cast iron pan.
- **Roasted Vegetables and Mushrooms:** Mix of vegetables of the day, accompanied by baby potatoes and plantain tortillas.
- **Buffalo Bone Broth:** Buffalo bone broth with chayote, carrot, and sweet potato. Served with lime, onion, and cilantro.

FRIDAY MENU

EXECUTIVE \$290

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Manchego Apple Toast:** Served on sourdough bread with fresh apple, apple manchego cheese, honey and mint.
- **Potato Wedges:** Baby potatoes with Ghee butter, garlic, salt and pepper.

Main Course:

- **Vegan sandwich:** Sliced bread filled with turkey ham, Grana Padano cheese, lettuce, tomato, avocado, and parsley. Served with potato wedges.
- **Huevos Rancheros:** Fried eggs on a fried corn tortilla, green or red salsa on top, and salad or potatoes on the side.
- **Ratatouille Crepe:** Wheat crepe filled with our Ratatouille of eggplant, pumpkin, tomato and onion.

CLEAN DIET \$375

Includes coffee or tea, agua del día (flavored water), an appetizer and a main course.

Entrances:

- **Traditional Guacamole:** Avocado, tomato, red onion, garlic, salt and pepper with carrot and aioli to accompany
- **Nopal Ceviche:** Grilled Nopales, Avocado, Tomato, Onion, Lime, Cilantro, Garlic, Salt and Pepper.

Main Course:

- **Fish with Alioli:** Local white fish served with carrot, baby potato, fennel and cauliflower, served with quinoa and aioli cream
- **Roasted Vegetables and Mushrooms:** roasted vegetables of the day with mushrooms, potato wedges and plantain tortilla.
- **Chicken Fajitas:** Organic chicken breast served with vegetables and plantain tortilla, guacamole.

SATURDAY MENU

EXECUTIVE \$290

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Avocado Toast:** served on sourdough bread with persillade sauce, sprouts and cherry tomato
- **Carrot Cream:** Carrot cream with potato, coconut milk, ginger and persillade.

Main Course:

- **Spanish Tortilla:** A slice of tortilla filled with turkey ham, Grana Padano cheese, lettuce, tomato, avocado, and parsley. Served with potato wedges.
- **Little Sun:** Roasted Vegetables of the Day, Beetroot and Avocado, Served with gomasio and sprouts.
- **Ham and Cheese Crepe:** Turkey Ham, Goat's Manchego Cheese, Lettuce, Tomato, Sprouts, Topped with Persillade Sauce

CLEAN DIET \$375

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Coconut Ceviche:** Coconut meat with cilantro, avocado, tomato, onion, lemon, garlic, salt and pepper
- **Colorful Salad:** Shredded Carrot, Beetroot, Cabbage, Mixed Lettuce, Sprouts with a Vinaigrette Dressing

Main Course:

- **Detox Eggs:** Roasted carrot, chayote and broccoli with sage, rosemary, thyme and oregano and two eggs on top cooked in an iron pan.
- **Fermented Coconut Yogurt with Fruit:** Accompanied by bee pollen, seasonal fruits, honey, pumpkin seeds and mint leaves.
- **Liver Tacos:** Liver with onions, sourdough, pickled onions, and guacamole

SUNDAY MENU

EXECUTIVE \$290

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Avocado Toast:** served on sourdough bread with persillade sauce, sprouts and cherry tomato
- **Colorful Salad:** Mixed greens, shredded carrot, shredded beet, sprouts, red cabbage, and cherry tomatoes. With vinaigrette dressing.

Main Course:

- **Fried or scrambled eggs:** Sliced bread filled with turkey ham, Grana Padano cheese, lettuce, tomato, avocado, and parsley. Served with potato wedges.
- **Gluten Free Burrito:** Chickpea tortilla filled with black beans, lettuce, tomato, pepper, carrot, avocado, lettuce and sprouts.
- **Caesar Salad:** Mixed greens with tomato, croutons, organic chicken, and egg. Served with homemade Caesar dressing.

CLEAN DIET \$375

Includes coffee or tea, water of the day, an appetizer and a main course

Entrances:

- **Pumpkin Cream Soup:** Local pumpkin with Atlantis potatoes
- **Sweet potato potatoes:** Yellow sweet potato fried in ghee butter with garlic, pepper and salt.

Main Course

- **Omelette with cruciferous vegetables and chicken:** Crepe-shaped egg filled with cruciferous vegetables and chicken meat
- **Grilled Nopales:** Grilled nopales served with guacamole, pico de gallo, green salsa, cilantro, and plantain tortillas
- **Beef Bone Broth:** Broth made with bone and shank meat, sweet potato, chayote, carrot, rosemary, thyme, sage, oregano, onion, garlic, salt and pepper.