## cocina del mar

## BUENOS DIAS!

TODOS SANTOS SMOOTHIE BOWL 498

Pineapple, mango, banana, hemp seed, coconut milk Mango, kiwi, coconut flakes, chia seed

SEASONAL LOCAL FRUIT 413

Strawberry, orange, banana, watermelon melon, mint & lemon Our fruit comes from: Pescadero, Santiago, Miraflores farms

PAPAYA MARADOL 371

Orange segments, cottage cheese & citrus honey

**GREEK YOGURT 442** 

Blueberry, amaranth, dates, dried figs & agave honey

FLUFFY PANCAKES 503

Organic maple syrup, hibiscus, berries, plantain coconut butter cream

AVOCADO & EGG TOAST 510 CG

Multigrain bread, lemony ricotta cheese avocado hass, marinated tomato, dill & olive oil

OMELETTE 680

3 eggs, your favorite stuffing & green salad

EGGS YOUR WAY 645

2 eggs, potato-herb hash, roasted tomato bacon or sausage

JUICFIT UP 238

Orange from Santiago, BCS, grapefruit, carrot
Carrot, ginger & lime
Beet, carrot & pineapple
Banana protein shake with soy milk
Strawberry, watermelon, chia & ginger
Honeydew, pear, spinach, celery & kale

Parsley, spinach, kale, celery, cucumber, lime & apple

VEGAN BURRITO 620

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Vegan chorizo, potatos, black beans, lettuce tomato, avocado

CHILAQUILES 630

Guajillo salsa, chicken or egg, sour cream fresh cheese, onion, cilantro

ORGANIC OATMEAL 380

Raisins, cranberries, cacaco nibs, almond milk

EGG WHITES FRITTATA 645

Spinach, tomato, Oaxaca cheese, green salad

RANCHEROS 680

Green or red sauce, refried beans, Mexican chorizo

SIGNATURE

SMOKED SALMON 720

Cream cheese, capers, olives, lemon

EGGS BENEDICT 720

Ham, hollandaise sauce, avocado salad

STEAK & EGGS 950

Potatos, charred peppers, caramelized onions

SUPER SHOTS 132

**WELLNESS** 

an invigorating blend of turmeric root fresh ginger, lime & pineapple

BLOODY MARY 413 MIMOSA 530