

BREAKFAST MENU

The Low Carb Foods are represented by this Symbol ☀

LIGHT STARTS

MARKET FRUIT SALAD

Market Fruit Salad Tossed with a Honey Ginger Dressing
FAT 5g SATURATED FAT 0g CHOLESTEROL 0mg CARBS 43g PROTEIN 2g CALORIES 260

PEACH BERRY BREAKFAST SMOOTHIE

Peaches, Strawberries, and Bananas Blended with Tropical Juices combine to create a delicious Smoothie Packed with Power
FAT 9g SATURATED FAT 1g CHOLESTEROL 0 mg CARBS 41g PROTEIN 5g CALORIES 260

CEREALS

MANGO OATMEAL

A heart-Healthy and Flavorful Irish Oatmeal made with Mango and Spices Topped with Fresh Mango and Berries
FAT 8g SATURATED FAT 1.5g CHOLESTEROL 5mg CARBS 50g PROTEIN 2g CALORIES 270

ENTRÉES

GREEK OMELET ☀

Omelet with Sautéed Tomatoes and Feta Cheese
Topped with Fresh Oregano
FAT 25g SATURATED FAT 10g CHOLESTEROL 470 mg CARBS 5g PROTEIN 19g CALORIES 320

SMOKED SALMON EGG BURRITO

Spinach Tortilla Stuffed with Smoked Salmon and Eggs, Flavored with Fresh Diced Avocado. Topped with Fresh Tomato Salsa
FAT 29g SATURATED FAT 7g CHOLESTEROL 25mg CARBS 32 g CALORIES 490

All Prices are in Pesos and Taxes Included
Service Charge not Included

ALL~DAY MENU

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APPETIZERS

CRISP OYSTER MUSHROOMS WITH CREAMY HORSERADISH SAUCE ☼

Sesame Seed Crusted, Crisply Fried Oyster Mushrooms served with
Freshly Prepared Sour Cream and Horseradish Sauce
FAT 15g SATURATED FAT 2.5g CHOLESTEROL 5mg CARBS 30g PROTEIN 12g CALORIES 280

SOUPS / SALADS

BUTTERNUT SQUASH BISQUE

A light yet hearty butternut Squash Bisque served with a Yogurt, Mint and
Pistachio Pesto Swirl
FAT 11g SATURATED FAT 1.5g CHOLESTEROL 5mg CARBS 19g PROTEIN 4g CALORIES 180

PAN SEARED ASIAN TUNA SALAD

Pan-Seared Tuna Drizzled with a Coconut-Wasabi Sauce, served with Stir-Fried
Sesame, Marinated Eggplant, and Fresh Baby Mustard Greens
FAT 12g SATURATED FAT 3.5g CHOLESTEROL 55mg CARBS 35g PROTEIN 40g CALORIES 430

TROPICAL SHRIMP COBB SALAD ☼

A Traditional Cobb with a Twist-Shrimp, Papaya, Pineapple, and Avocado with
Shredded Monterrey Jack Cheese and an Orange Walnut Vinaigrette
FAT 12g SATURATED FAT 2.5g CHOLESTEROL 95mg CARBS 17g protein 19g CALORIES 250

ENTRÉES

GRILLED GINGER SALMON ☼

Grilled Salmon with Tamari Ginger Glaze, Roasted Bell Pepper, Cous Cous, and
Grilled Asparagus with Basil Oil
FAT 10g SATURATED FAT 1.5g CHOLESTEROL 20mg CARBS 27g PROTEIN 11g CALORIES 240

SPICY SHRIMP AND PASTA

Sautéed Shrimp, Fava Beans, Butternut Squash, and Spicy Eggplant Sauce
Combinated with Penne Pasta and Garnished with Sprigs of Chervil and
Grated Parmigiano-Reggiano Cheese
FAT 24g SATURATED FAT 6g CHOLESTEROL 185mg CARBS 44g PROTEIN 66g CALORIES 670

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Service Charge not Included