

Beverage

COFFEE OR TEA

CHOCOLATE *(Hot or Cold)*

ENERGETIC JUICE

ASIAN: PEARS, GINGER, CARROT & ORANGE

RED: CELERY, APPLE, BEET & SPIRULINA

GREEN: PINEAPPLE, GRAPEFRUIT, CACTUS, CELERY & PARSLEY

FRESH SQUEEZED JUICE

Orange, Grapefruit, Papaya, Pineapple, Carrot and Tomato

PROTEIN AND LINSEED SMOOTHIE

Yogurt, Banana, Strawberries and Orange Juice

Fruits & Cereal

OAT MEAL

Served with Banana or Strawberries and Cinnamon

BIRCHER MUESLI

Roasted Oat, Apple, Yogurt, Dates and Almonds

FRUIT PLATTER

Papaya, Pineapple, Melon, Banana and Grapefruit

Eggs, Omeletts & Others

BENEDICT

Poached over Canadian Bacon and Hollandaise Sauce

BENEDICT WITH SALMON

Poached over Smoked Salmon and Hollandaise Sauce

BURRITOS

Stuffed with Scrambled Eggs with Cured Beef, Tomato, Onions, Green Chili and Avocado. Served with Red Sauce and Sour Cream

CHICKEN CHILAQUILES

Red or Green

MOTULEÑO EGGS

Two Fried Eggs on Crispy Corn Tortilla with Ranchero Sauce, Ham, Peas and Cheese

FRIED OR SCRAMBLED

With Sausage, Ham or Bacon

EGG WHITE OMELET

Mushrooms, Spinach, Asparagus and Cherry Tomatoes

Complete Breakfasts Selection

(Toast and Coffee or Tea Included)

AMERICAN

Fresh Squeezed or Energetic Juice, Fruit, Choice of Eggs with Bacon, Sausage or Ham

BUFFET

CONTINENTAL

Fresh Squeezed Juice, Fruit, White Toast or Pastry Basket

HEALTHY

Fresh Squeezed or Energetic Juice, Fruit, Egg White Omelet with Mushrooms, Asparagus, Spinach and Cherry Tomatoes. Served with Wheat toast