



MANGLE

BEACH BAR

CUISINE OF ORIGIN

A kitchen inspired by locally gathered ingredients, ancestral techniques such as smoking, slow cooking, and the use of aromatic leaves that perfume each preparation.

OUR MORNING RITUAL

"A pleasure repeated at every breakfast"

Café de olla

Our house coffee infused with piloncillo, cinnamon, clove, anise, and orange.

Village Basket **"The baker and his bread"**

Traditional Mexican bread, from our oven to your plate.

Choose one option from each section:

RISE AND SHINE

Light, to begin the day

READY FOR THE DAY

Full belly, happy heart

Our granola.

Toasted oats with muscovado sugar, flaxseed, chia, amaranth, dried fruits, crystalized papaya, coconut, pineapple, ginger and pumpkin seeds (nut free).

ALL PRICES ARE SHOWN IN MXN AND INCLUDE TAXES

RISE AND SHINE

"Gently nourishing, naturally energizing"

Fruit platter **250grs**

Seasonal fruit served with house granola, local honey and greek yogurt.

Flamingo Bowl **220grs.....\$205**

Oats soaked in orange juice, vanilla, cinnamon and toasted spices. Served with house granola, amaranth, red berry Greek yogurt with beetroot, berries, strawberries, and honey.

Cream Tea **1 bread**

Sweet vanilla focaccia served with dried-fruit compote, honey butter, an citrus accents. We suggest pairing it with traditional black tea.

French Toast **1 bread.....\$233**

Brioche soaked in vanilla-cinnamon custard, dusted with brown sugar and toasted spices, finished with mint-lemon cream and maple syrup.

Early Bird TACO **order of 3**

House-made flour tortilla with Oaxaca cheese, soft scrambled eggs, pico de gallo, avocado, rustic salsa and fresh cheese.

Oaxacan Quesadilla **order of 3**

Corn tortilla base with melted Oaxaca cheese, and hoja santa. Served with a nopales salad, avocado, rustic salda, and fresh cheese (not spicy).

Avocado Toast **1 bread**

Ricotta base, sliced avocado, pickled cucumber, and fresh cilantro on traditional sourdough.

Omelette or Scrambled? **2 eggs**

Served with house beans or a mix of fresh greens.

Choose one filling: Mushrooms & cheese | Ham & cheese | Bacon & cheese

Classic (onion, tomato, serrano chili) | *Mediterranean* (potato, onion, bell peppers)

Pancake Marquesita **order of 3**

Traditional vanilla pancakes served with Nutella, grated edam cheese, banana, and strawberries.

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READY FOR THE DAY

"The energy you need, before you need it"

Motul Panucho **2pcs**

Fried tortilla with black beans, topped with eggs in Motul sauce, turkey ham, peas, avocado, fried plantain, fresh cheese and cilantro.

Mexican Toast **1 bread | 2 eggs**

Fried eggs over charro beans, rustic salsa, fresh cheese and cilantro on sourdough.

Turkish Toast **1 bread | 2 eggs**

Roasted red hummus, two poached eggs, traditional tzatziki, mixed greens and pumpkin seeds on sourdough.

Chilaquiles **230gr**

Blue and yellow corn tortillas with your choice of sauce, topped with sour cream, fresh cheese, red onion, cilantro and avocado.

Choose your sauce: red, green, or charro bean sauce | *Add:* bacon, chicken, egg, or skirt steak

Enfrijoladas Rancheras **120grs | order of 3**

Corn tortillas filled with chicken, topped with refried bean sauce, and served with sour cream, fresh cheese, chorizo, onion, and cilantro.

Madame Flamingo **1 bread | 1 egg.....\$265**

House-made puff pastry filled with spinach, chaya, epazote, hoja santa, mushrooms with huitlacoche, and serrano ham. Finished with white butter sauce and a soft egg gratinated with edam cheese. Served with fresh greens.

Cazuela & Cheese **2 eggs.....\$294**

Fried eggs in a creamy cheese sauce with bacon, topped with plenty of grated edam. Served with sourdough loaf and fresh greens.

Smoked Toast **1 bread | 60grs of salmon.....\$339**

Goat cheese base with a touch of tzatziki, avocado, smoked salmon, pickled cucumber and mixed greens on sourdough.

Italian Toast **1 bread | 65grs serrano.....\$383**

Serrano ham & melon with creamy goat cheese, a touch of nut brittle honey, and Modena balsamic on sourdough.

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KIDS MENU

Flamingo Box!

"Breakfast that brings joy"

Sweet Flamingo

Mini Pancakes + peanut butter + Nutella + banana + juice (200ml) + surprise

Strawberries with cream + juice (200ml) + surprise + sweet bread

Adventurous Flamingo

Egg brioche with ham & cheese + juice (200ml) + surprise (2 eggs / 1 brioche)

- Ham & cheese brioche + juice (200ml) + surprise (1 brioche)

Sincronizada (ham & cheese tortilla) + juice (200ml) + surprise

BEVERAGES

Natural bottled water **473ml.....\$75**

Mineral bottled water **473ml.....\$75**

Coffee

De olla (Mexican spiced coffee) | Americano | Espresso | Capuccino

Tea

Green | Black | Chamomile

Juice

- Orange
- *Green:* orange, celery, mint, parsley, pineapple, chaya
 - Carrot, orange and ginger
 - Cucumber, lemon, chia, spinach

Smoothie

Natural yogurt, mango, matcha, honey

Almond milk, banana, strawberry and dried açai berry

Soy milk, oats, pineapple and coconut cream. Sweetened with Stevia.