

Breakfast



MANGLE RESTAURANTE

BREAKFAST

BASKET OF HOME-MADE BREAD

With home-made seasonal jam and honey scented butter.

FRUIT BOWL

You can accompany it with:

Natural or strawberry yoghurt, oats, amaranth, granola, honey, chocolate and maple.

CEREAL

*Choco krispis
All bran*

WRAPS CHICKEN- *beans, Oaxaca cheese and baby spinach.*

VEGETARIAN- *panela cheese, beans, mixed lettuce, avocado and alfalfa germ. *

**Dressing to choose: jalapeño or chipotle.*

HUEVOS MOTULEÑOS

Beans, fried eggs, tomato sauce, peas, ham and banana on corn toast.

EGGS BENEDICTINE

Brioche bread, Canadian bacon, poached egg and hollandaise sauce with lettuce fresh salad.

CROQUE- MADAME

Home-made bread with herbs, béchamel sauce, ham, gratin cheese and fried egg with lettuce fresh salad.

EGGS YOUR WAY

Fried - Omelette - Boiled -Scrambled

Always served with rosemary potato wedge and sauteed bean.

CHILAQUILES

Mexican totopos, tomato sauce or green sauce, cream, cheese, onion, coriander with chicken or eggs.

QUESADILLAS (Order of 3)

With nopales tortilla, Oaxacan cheese and chicken.



@flamingosholbox
@mangleholbox

Breakfast



PANUCHOS (Order of 2)

TURKEY-Mexican toast with lettuce, tomato, avocado and red onion.

VEGETARIAN- Mexican toast with lettuce, tomato, cucumber and alfalfa germ. ✓

AVOCADO TOAST ✓

Wholemeal bread, avocado, cream cheese, alfalfa germ, tomato, spinach and balsamic reduction.

HEALTHY BAGEL ✓

Grilled panela cheese, avocado points, cucumber, red onion, radish and pesto.

FRENCH TOAST ✓

Traditional French toast with red fruit compote.

SMOOTHIE BOWL MANGLE

Natural yogurt with oatmeal, accompanied with apple, walnut and banana.

**Served with maple syrup or local honey.*

SMOOTHIE BOWL FLAMINGOS

Strawberry yoghurt with oatmeal, accompanied with granola, red fruits and amaranth.

**Served with maple syrup or local honey.*

HOTCAKES

With your choice of:

Nutella

Cajeta

Condensed milk

Peanut butter

FRESH NATURAL JUICES

- Orange juice
- Green juice: orange juice, celery, mint, parsley, pineapple and chaya.
- Orange, carrot and ginger juice.
- Lemon juice, chia, cucumber and spinach.

NATURAL SMOOTHIES

- Natural yogurt, mango, matcha tea and local honey.
- Almond milk, banana, strawberry and dehydrated organic acai berry.
- Soy milk, oatmeal, pineapple and coconut cream, sweetened with organic stevia.

**Please tell a staff member if you suffer from a food allergy.*

✓ Vegetarian option.