



MANGLE

RESTAURANTE

Vegan

SALADS

PAPAYA AND ROASTED PEPPERS

With alfalfa germ, marinated with ponzu sauce and sesame seeds.

\$170

GRILLED APPLE

Smothered in balsamic vinegar reduction, accompanied with mix of lettuce, arugula and baby spinach.

\$200

VEGAN SOY CEVICHE

To choose traditional or green.

\$180

SOUPS AND CREAMS

VEGETABLE CREAM AND MISO PASTA

Flavored with sesame oil and roasted tofu.

\$160

MUSHROOM SOUP WITH ROASTED PEPPERS AND GREEN BEANS

\$160

VEGAN BROCCOLI CREAM WITH FRIED LEEK

\$160

MAIN DISHES

PEPPER STUFFED

Stuffed with vegetables and dried fruits, served with mushroom pure.

\$240

HOMEMADE CANNELLONI

Stuffed with stewed carrots and spinach, covered with casse sauce and tofu gratin.

\$240

VEGAN MEATBALLS IN 3 CHILI SAUCE

Made with soy, chickpeas and vegetables.

\$220

DESSERTS

WRAPPED PEAR

\$180

RICE & MILK

Traditional Mexican "Arroz con leche", prepared with vegetable milk and flavored with cinnamon.

\$160

SEASONAL FRUIT MOUSSE

\$200



@flamingosholbox
@mangleholbox

Please tell a staff member if you suffer from a food allergy.
*Price in Mexican pesos with taxes included (16%)