



REDEFINING WELLNESS

According to our wellness philosophy, the Spa restaurant offers well balance meals combined with delectable menus, where the local dishes excel. We use local products, according to the season.

Our culinary *farm to table* experience it's based on leaves and vegetables, that are grown in our Ka'anche's (Mayan garden)

If you have any doubt, or any specific request, you can communicate with our Spa concierge department, so we can assist you.



TEAS & BREWS



Mayan Elixir

Black tea, fresh cacao, barley malt, toasted chicory, ginger, cardamom and black pepper
High theine, cardiovascular and mood enhancing

Legendary ginger citrus

Pu-erh tea from the providence of Yunnan, ginger, orange skin and condiments
High theine, reduces headaches and stress

Jarabe tapatío

Red rooibos, apple, cinnamon, ginger, mistletoe, lemongrass, cardamom, clove, black pepper, lemon skin and ginseng
Caffeine free, physical and mental enhancing

Bagua goji

Apples, goji berries, dragon fruit, lemongrass, blackberry leaves, nettle leaves, marigold petals, orange skin, eucalyptus, carrot and cornflower petals
Caffeine free, improves sleep and breathing ducts

Yoga en el tajín

Ginger, apple, fresh cacao and pepper
Caffeine free, cardiovascular, mood enhancing



High theine, headaches reducer, mood enhancing

TEAS & BREWS



Royal silver needle

*White tea buds from the providence of Fujian,
Low theine, antiox, helps focusing*

Jasmine yin zhen

*White silver needle tea with jasmine petals
Low theine, digestive, reduces stress*

Artisan gunpowder

*Green tea from the providence of Zhejiang
Low theine, detox, reduces stress*

Ginseng pung-gi

*Oolong tea and ginseng
Medium theine, physical and mental enhancing*

Hera milk wulong

*Oolong tea from the mountains of Wuyi,
Medium theine, helps to reduce weight y refresher*

Gris añejo

*Oolong tea from the providence of Fujian, black tea, rose petals,
lavender flower, rosemary and bergamot extract*

BREAKFAST



Fruit of the day

Choose the fruit of your preference

Organic cereal variety bowl

*Oat, canihua, quinoa, chia, coconut and almond milk with matcha
tea*

Chia bowl

With coconut milk, seasonal fruit and bee pollen

Açai bowl

With berries, figs, amaranth

Oat meal with guava milk

With chai tea brew and dates



Poached egg with turkey ham

With bearnaise sauce, spinach and kale

BREAKFAST



Quinoa and avocado tacos

With carrots, homemade salsa and almond cheese

Avocado toast

Gluten free bread, poached egg or turkey

Poached eggs with tomato sauce

With avocado and quinoa

Poached eggs, green sauce and cactus

With salad from our ka'anche's

JUICES



Mint, cucumber, coconut, coconut water

Ph facial

Cacao, black pepper and cinnamon

Refresh

Lemonade with chia seeds

Fresh coconut water

SHOTS



Ginger and turmeric



Apple cider vinegar, olive oil, lemon y cayenne pepper



Apple cider vinegar, honey, ginger and cayenne pepper



Apple cider vinegar, lemon, cinnamon and stevia



TOPPINGS



Spiruline seaweed	Maca	Plum
Moringa	Dates	Turmeric
Wheat grass	Goji berries	Amaranth
Matcha	Figs	

SALADS



**Mix of cucumber, avocado, dressing with honey
and hemp seeds**

Shrimp

Fish

Chicken

Jicama, coriander, lime and sesame seeds

With shrimps

Warm broccoli, salad, red bell pepper, egg or turkey

With pickled red onion

Mix of lettuce with turkey ham

With rosemary potatoes and lentils



Mac'n no cheese

Gluten free bread with steam vegetables

DESSERTS



Dairy free chocolate mousse

With turmeric, fresh cacao and berries

Gluten free carrot muffin

With ginger ice cream

Organic mix of seeds and amaranth bars

Vegan coconut cookies

Berries sorbet with chia and stevia



SMOOTHIES



Avocado, kiwi and coconut milk

Banana, cacao, ginger and coconut milk

Green apple, fennel and rice milk

JUICES



Cucumber, carrot, beetroot leaves and beet roots

Liver detox

**Cucumber, celery, parsley, cactus,
spinach, orange, grapefruit and pineapple**

Green

**Green apple, cucumber, kale,
lemon, mint, spinach, cactus**

Low Green sugar

Orange, cranberry, blackberry and raspberry

Antiox

Tomatos, celery, lemon, carrot and chard

Muscle relaxant



Broccoli, arugula, asparagus, celery, pear, cucumber

Muscle fortifying and strong antiox

**Apple, carrot, lettuce,
Green beans, brussels sprouts and cabbage**

Helps to produce insulin and fat burner

Beetroot, lemon, orange, grapefruit and ginger

Liver and bile ducts

Papaya, kiwi, pineapple

Digestive

SOUPS



Fresh coconut, avocado, coriander and lime soup

Red bell pepper and tomato gazpacho

Pumpkin chowder, basil, ginger

and pumpkin seeds

Mushrooms and nori seaweed soup

Onion soup with rice noodles and vegetables

GLUTEN FREE SNACKS



- Sweet potato and turmeric chips
- Hummus with sticks of jicama, carrot and cucumber
- Sikil pak (roasted pumpkin) with yuca chips
- Guacamole with chia and amaranth
- Avocado roll with nori seaweed mango and quinoa