

Breakfast

Includes juice or fruit, Coffee or tea

Amercian breakfast

Whole-wheat hot cakes with raisins and pecans

Milpa Alta

Roasted cactus with cheese and beans

Country style

Enchiladas (green sauce) or quesadillas (no sauce)
these are all made with corn tortillas and filled with cheese

Continental

Whole-wheat bread

Mexicano

Eggs scrambled with chopped tomato, onion and chili

Ranchero

Fried eggs over a tortilla with green or red sauce

Molletes

Traditional mexican bread with beans and grated cheese

Tradicional

Chilaquiles (fried tortilla) with green sauce, cream,
cheese and beans

Grandma's breakfast

Scrambled eggs with chorizo (spcie soya)

Oriental

Egg omelet with mushrooms, sprouts and onion

Costeño

Chilaquiles (fried tortilla)with guajillo sauce (red)
with one egg and beans

Albañil

Scrambled eggs with green sauce and beans

Mixteco

Scrambled eggs with chopped cactus and onion with pasilla sauce

Veracruzano

Enchiladas with guajillo sauce
these are all made with corn tortillas and filled with cheese

Club Sandwich

with french fries

Omelet

Cheese or mushroom or ham (gluten)

Scrambled or fried eggs

with ham (gluten)

Eggs

Cheese, mushroom or ham (gluten) omelet

Scrambled or fried eggs

Scrambled or fried eggs with ham (gluten)

Scrambled eggs and cheese in pasilla sauce

Typical Mexican

Mexican cheese with tomato onion and chili sauce

Quesadillas corn tortilla filled with cheese

Chilaquiles (fried tortilla) with green sauce, cream,
cheese and beans

Soya chunks in tomato chili sauce

Fried soya meat with guacamole



Juices and drinks

Coffee

Capuchino

Tea: Black, chamomile, lemon grass, spearmint, azahar

Milk

Cold Chocolate

Mineral water

Botle water

Tonicol, vanilla soda

Carrot juice

Orange

Vampiro: baetroot, carrot, celery, lemon

Reductivo: cactus, pinaple, grape fruit, celery

Energético: apple, parsley, celery, orange, honey

Antigripal: guava, orange, pinaple, lemon, honey

Hawai: banana, strawberry, papaya and orange

Flamingo: orange, melon, apple, lemon

Frutástica: strawberry, pinaple, apple y guava

Milk shakes: banana or strawberry

Fruits and Yoghurt

Fruit salad

Apple salad

Fruit cocktail

Yogurt

Yogurt and fruit

Cereales y panes

Whole-wheat hot cakes with raisins and pecans

Oatmeal

Sandwiches

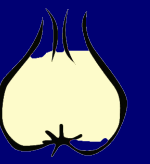
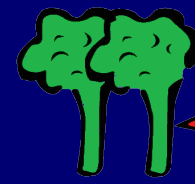
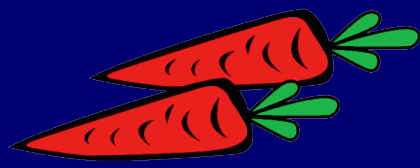
Egg

Cheese

Cheese and ham (gluten)

Sprouts and avocado





*lunes a viernes de 7:00 a 21:15 hrs.
sábados y domingos de 8:30 a 20:00 hrs.*

buffet: todos los días de 13:00 a 17:00 hrs.

*teléfonos: 55 25 53 30 y 55 33 32 96
www.lovevegetariano.com*



AMOR

VEGETARIANO

Ingles

breakfast