



Salads

Yug: Spinach, mushroom, tomato, avocado and bacon

Mediterranean: lettuce, goats cheese, tomato, carrot and sun flower seeds
semillas de girasol

Mixt salad: lettuce, watercress, onion, celery, tomato, green pepper, boiled egg, olives and cheese

Apple salad: with raisins, pecans and celery

Fruit salad: with raisins, pecans and yogurt

Fruit cocktail

Green goddess: con broccoli and avocado

Bombay: watercress, lettuce, palmitos, orange and sesame seeds

Waldorf: lettuce and apple

Florentina: lettuce, watercress, tomato, mushroom, baby corn and olives



Soups

Moctezuma squash flower

Garlic with egg

Vegetables

Fried tortilla

Cream of tomato

Cream of spinach

Cream of mushrooms

Caldo tlalpeño

Brown Rice

With raisin and pecans with salad

With chop suey

With vegetables and cran sauce

With soya meat and tomato sauce



Yug specialities

Potato pancakes: with cream

Brocoli: with italian sauce, Mushrooms, ham and grated with cheese

Spinash crepes:

Mushroom crepes:

Squash flower crepes:

Spinash lassagne:

Vegetable lassagne: with coriander and grated

Spaghetti Marinara: with mushrooms, tomato and parmesan cheese

Spaghetti boloñesa: with soy meat and grated with cheese

Cooked vegetables: squash, chayote, carrot, spinash y squash flower

Soy meat mexican style

Fried soy meat: with guacamole and fried beans

Hamburger: of soy with french fries and salad

Cutlet of soy cordon blue: with cheese, ham italian sauce and french fries

Ranch cutlet of soy: with green sauce, squash, corn and french fries



Mexican dishes

Quesadillas: choice of cheese, squash flower or mushrooms

Parrillada con: chuleta ahumada, chorizo, bistec, cebollitas, berenjena asada, nopalitos y chiles toreados

Enchiladas with italian sauce: filled with cheese or soya

Green enchiladas: filled with cheese or soya

Enchiladas de mole: filled with cheese or soya

Enchiladas capesinas: with green sauce, squash and corn, filled with cheese

Grilled Cheese with avocado

Fried tacos: 3 taquitos with carrot and cheese with guacamole

Taquitos de Choriqueso: 3 taquitos of chorizo (spicy soy meat) and cheese and guacamole

Taquitos al pastor traditional mexican tacos

Molcajete Mexicano with onion, soya meat, mushrooms, avocado, fresh cheese, cactus and hot sauce

Molcajete Santa Cruz: con chorizo (spicy soy meat), mushroom, avocado, 3 cheeses and green sauce

Fried beans



Cocktails 100% wine, 0% alcohol, 100% frescura

Brasilia: white wine, grape fruit juice and syrup

Taj Mahal: white and red wine, apple juice, ginger and syrup

Tango: white wine, orange juice, syrup and mineral water

Clericot: red wine, fruit, syrup and mineral water

Sangría preparada: vino tinto, jarabe y agua mineral

Beer with lemon and salt: with out alcohol

Wine: white

Wine: red

Beer with out alcohol

Juices and drinks

Coffee

Capuchino

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

Milk

Cold Chocolate

Mineral water

Bottle water

Tonicol, vanilla soda

Carrot juice

Orange

Vampiro: baetroot, carrot, celery, lemon

Reductivo: cactus, pineapple, grape fruit, celery

Energético: apple, parsley, celery, orange, honey

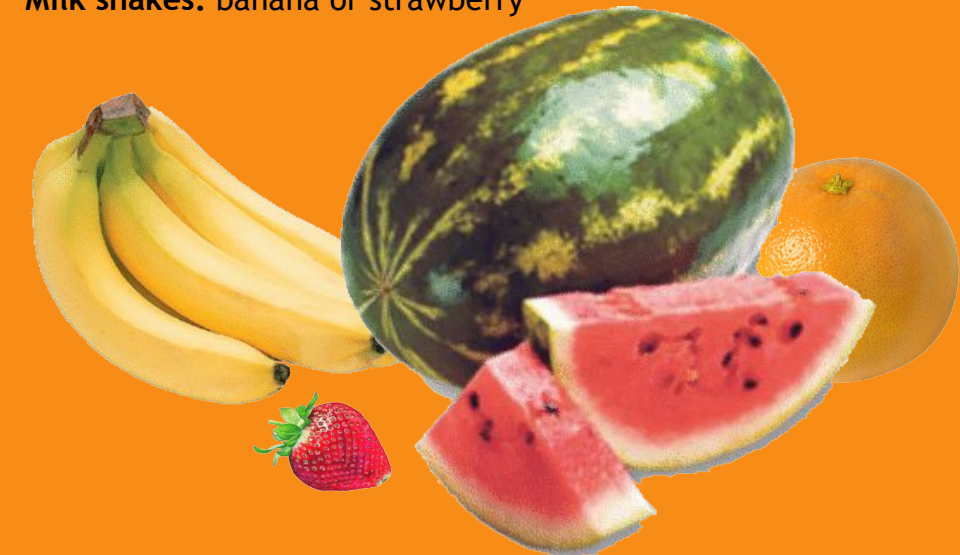
Antigripal: guava, orange, pineapple, lemon, honey

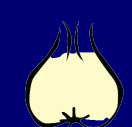
Hawai: banana, strawberry, papaya and orange

Flamingo: orange, melon, apple, lemon

Frutástica: strawberry, pineapple, apple and guava

Milk shakes: banana or strawberry





Omelets

Cheese Omelet
Mushroom omelet
Spinash omelet

Sandwiches

of egg
of cheese
with ham and cheese
Club Sandwich with french fries

Desserts

Pinapple crepes with nutela or cajeta
Strawberry crepes with nutela or cajeta
Apple crepes with nutela or cajeta
Flan napolitano de cajeta
Cheese cake with berrys
Cheese cake with corn
Chocolate cake
Apple Strudel



*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.lovegetariano.com*



VEGETARIANO

Ingles lunch

