

We are proud to share with you our most delightful recipes, filled with fresh and balanced meals, embracing the simplicity of nature. The complex flavor experience and textures are the result of our inspiration.

GUILT FREE

Shakes or smoothies

Your choice of milk - whole, lactose free, light, coconut, almond or soy

- Strawberry, kiwi, ginger
- Banana, amaranth, oatmeal
- Papaya, Greek yoghurt
- Mango, parsley, lime
- Design your own

TO START YOUR DAY

Fruit platter 🍷 🌿

Seasonal fruit, cottage cheese, vanilla syrup

Oatmeal 🌿

Candied pear with aniseed butter

Omelette 🍷

Oaxaca cheese, cactus leaves, Swiss chard, salsa verde made with pepperleaf

Scrambled 🍷

Egg, green peas, corn, goat cheese, bell peppers, spinach

Greek yoghurt

Home made yoghurt, granola, red berries, mint, honey, dried fruit

FRESH CUISINE

Mango ceviche 🍷 🌿

Creole cilantro, cucumber, tomato, red onion, habanero oil

Pear salad 🍷

Pear, spinach, nuts, goat cheese, soy sprouts

Tuna salad * 🍷 🌿

Fresh tuna, apple, arugula, almond, quinoa

Couscous salad 🌿

Avocado, tomato, basil, black olives

Quinoa bowl 🍷

Quinoa, spinach, cherry tomato, portobello mushroom, poached egg

Toast 🌿

Ricotta cheese, broccoli pesto, basil, tomato

STAY HEALTHY

Chicken panini

Pesto, mozzarella, tomato salad, corn, artichokes

Chicken crepe

Chicken, panela cheese, corn, poblano pepper, pumpkin blossom cream

Smoked salmon sandwich *

Multigrain bread, smoked salmon, fresh tomato, fennel dressing

Salmon wrap

Greens mix, salmon, toasted peanut, soy sprouts, cilantro dressing

Portobello burger 🌿

Multigrain bread, grilled portobello, spinach, grilled panela cheese, alfalfa sprouts, cilantro dip

Vegetables panini 🌿

Roasted vegetables, mozzarella, tomato pesto

🍷 **Gluten Free** Le Blanc Spa Resort is proud to offer menu items with gluten free ingredients. However, our kitchens are not gluten free environment, so we can not assure you that our restaurant environment or any menu item will be 100% free of gluten. If you are celiac please contact the restaurant manager.

* Our food is prepared under strict hygienic conditions and norms, however, consuming raw or undercooked products is at your own risk.

🌿 **Vegetarian** 🌿 **Vegan**