balam
RESTAURANTE

BREAKFAST MENU

Available from 6.45am to 11am

Apple Power Porridge (1, 5, 6) — 150
Warm oatmeal with vanilla protein, soaked in milk of your choice, caramelized apple, banana, mixed berries & crushed almonds.
P 22.3 / C 100.2 / F 20.3 / Kcal 656

Fuel Pancakes (2, 5, 6) — 230
Base of banana, oats and sweet potato, with vanilla protein, mixed berries, apple, pecan nuts and honey.
P 22.6 / C 118.4 / F 22.2 / Kcal 707

Cheat Day Pancakes (1, 6) — 230
Fluffy pancakes with fresh strawberry, cream, meringue shards, crumbled honeycomb & maple syrup.
P 11.3 / C 107.8 / F 22.5 / 684 Kcal

Yogurt With Fruit & Granola (1, 5, 6) — 180
Greek Yogurt, seasonal fruits, granola, chia & honey.
P 13.9 / C 72.7 / F 10.5 / Kcal 406

Acaí Bowl (4, 6) — 250
Açaí, banana, coconut milk, mixed berries, chia seeds, granola and agave nectar.
P 8.4 / C 76.7 / F 17.5 / Kcal 467

Mango Smoothie Bowl (5, 6) — 190
Mango base, banana, passion fruit, strawberries, kiwi, coconut, granola, and chia seeds.
P 9.2 / C 78.5 / F 19.6 / Kcal 522

Green Smoothie Bowl (1, 5, 6) — 190
Avocado base, kiwi, spirulina, spinach, greek yogurt, banana, granola, and chia seeds.
P 18.2 / C 68.3 / F 36 / Kcal 558

Fruit Plate — 165
Selection of seasonal fruits with lime and honey.

Avo Toast (1, 2, 6) — 250
Sourdough bread, sliced avocado, two poached eggs, sauteed cherry tomatoes, eggs, herbs and sprouts.
P 21.6 / C 49.6 / F 19.6 / Kcal 590

First Rep Burrito (1, 2, 6) — 230
Three Scrambled eggs, sauteed spinach, avocado, pico de gallo, served with salsa.
P 33.1 / C 52.8 / F 28 / Kcal 620

Egg White Omelette (1, 2, 6) — 230
4 egg whites with spinach, feta cheese, sauteed cherry tomatoes, and sautéed mushrooms. Served with avocado and sourdough bread.
P 30.2 / C 39.8 / F 19.7 / Kcal 424

Kukulkán's Omelete (1, 2, 6) — 360
5 whole eggs, sauteed spinach, feta cheese, sauteed cherry tomatoes & grilled free-range chicken breast (200g). Served with avocado and sourdough bread.
P 75.5 / C 42.8 / F 44.4 / Kcal 825

Smoked Salmon Sunrise (1, 2, 3, 6) — 360
Three Scrambled eggs, Canadian smoked salmon, avocado, sauteed cherry tomatoes, sauteed spinach & sourdough bread.
P 39.3 / C 35.1 / F 33.7 / Kcal 489

Eggs of your choice (1, 2, 6) — 250
3 whole eggs, served with avocado & sourdough bread
Choose 1: Bacon, ham or chorizo,
Choose 2: Sauteed spinach, sauteed mushrooms, tomato, onions, chili peppers.

BREAKFAST EXTRAS:

Protein Powder — 30g 60
P 24 / C 3.4 / F 1.2 / Kcal 120
Whey Protein - Vanilla
Vegan Pea Protein - Vanilla or Chocolate

Extra Egg — 1 pc 25
P 6.3 / C 0.4 / F 4.8 / Kcal 72

Bacon — 60g 60
P 18.1 / C 1.1 / F 21.4 / Kcal 270

Canadian Smoked Salmon — 60g 90
P 11.2 / C 0 / F 3.3 / Kcal 70

Grilled Free-Range Chicken Breast — 200g 200
P 62 / C 0 / F 7.1 / Kcal 330

Chorizo — 80g 45
P 15 / C 2.7 / F 23 / Kcal 257

Sourdough Bread — 2 slice (100g) 30
P 9.1 / C 59.3 / F 2.0 / Kcal 250

Greek Yogurt — 60g 25
P 6.1 / C 2.4 / F 1.2 / Kcal 42

Mixed Vegetables— 60g 60
P 1.3 / C 4 / F 0 / Kcal 20

Side Salad — 60g 65
P 1.1 / C 3.2 / F 0 / Kcal 15

Cheddar Cheese — 60g 30
P 10.9 / C 1.2 / F 12.8 / Kcal 170

Peanut Butter — 30g 20
P 8.4 / C 6.2 / F 15.5 / Kcal 180

Almond Butter — 30g 25
P 6.0 / C 6.3 / F 17.2 / Kcal 185

SMOOTHIES / PROTEIN SHAKES

Very Berry (1, 6) — 150
Oat Mylk, Mixed Berries, Greek Yogurt, Dates, Cranberries, Banana.
P 10.3 / C 91.4 / F 4.5 / Kcal 416

Tropicalito — 150
Coconut Mylk, Mango, Passion Fruit, Ginger, Chia Seeds, Agave.
P 6.3 / C 63.1 / F 8.4 / Kcal 325

Jungle Greens — 150
Coconut Mylk, Avocado, Spinach, Kale, Banana, Green Apple, Kiwi, Spirulina.
P 6.4 / C 46.7 / F 13.2 / Kcal 291

Choco Loco — 150
Oat Mylk, Cacao Nibs, Cocoa Powder, Mixed Berries, Banana, Almond Butter.
P 24.1 / C 82.7 / F 62.9 / Kcal 832

Add Protein Powder - 30g 60 P 24 / C 3.4 / F 2.2 / Kcal 120
Whey Protein - Vanilla
Vegan Pea Protein - Vanilla or Chocolate

DRINKS

FRESH COLD-PRESSED JUICES

The Cleanser 100
Apple, Spinach, Celery, Pineapple & Grapefruit.

Sandia 100
Watermelon, Grapefruit, Mint & Salt.

Yum Kaax 100
Beetroot, Carrot & Lime.

Golden Hour 100
Carrot, Orange & Turmeric.

Orange 70
Freshly squeezed orange juice.

ELECTROLYTE DRINKS

Coconut Hydration Water 100
Coconut Water, Himalayan Rock Salt, Lemon.

Watermelon Hydration 100
Watermelon, Coconut Water, Himalayan Rock Salt, Lemon.

Whole Fresh Coconut 100

HEALTHY SHOTS

The Cure 60
Ginger, Pineapple, Turmeric.

Ginger Slap 60
Pure Ginger.

COFFEE

Espresso 60
Double Espresso 80
Americano 60
Macchiato 80
Cappuccino 80
Flat White 80
Latte 80
Mocha 80
Cold Brew 80 (w/Milk $95)
(decaffeinated options available)

Extra Milks 15
Oat, Coconut, Soy, Almond, Whole Milk, Lactose-Free Milk.

TEAS & INFUSIONS

Matcha Latte 110

Teas (w/optional Milk) 80
English Breakfast / Green / Mint / Chamomile.

Traditional Hot Chocolate 60

BOTTLED DRINKS

Topo Chico mineral water 60
Coke Classic 60
Coke Zero 60
Coke Diet 60

DESSERTS

Banana Bread (1, 2, 6)
Banana bread, whipped cream or ice cream, walnuts and chocolate sauce.
P 5.9 / C 45.3 / F 18.5 / Kcal 366
150

Naughty Naughty (1, 2, 5, 6)
Warm chocolate brownie, chocolate sauce, crushed pecan nuts and vanilla ice cream.
P 7.1 / C 58.2 / F 27.8 / Kcal 512
150

Ice Cream Selection (1, 2, 5)
P 7.3 / C 38.3 / F 18.7 / Kcal 335
160

MAIN MENU

Available from 12pm to 9.30pm

Guacamole 200
Hass avocado, herbs, cherry tomatoes & chips.
P 4.2 / C 43.6 / F 30.8 / Kcal 455

Grilled Chicken Sandwich (1, 2, 6) 250
Grilled Free-Range Chicken Breast (200g), avocado, heirloom tomato, Swiss cheese, mayonnaise, lettuce, coleslaw, served with french fries.
P 66.5 / C 108.7 / F 64.2 / Kcal 1,215

Mayan Warrior 260
Grilled Free-Range Chicken Breast (200g), white rice, sautéed vegetables, avocado, broccoli & chimichurri.
P 61.3 / C 58.7 / F 22.3 / Kcal 665

Balam Burger (1, 2, 6) 350
Potato bun, Angus beef (200g), cheddar cheese, bacon, caramelized onions, pickles & mustard relish. Served with french fries.
P 65.3 g / C 121.6 g / F 74.2 g / 1,406 Kcal

Shroomburger (1, 6) 260
Smoked mushroom patty, avocado, blue cheese, lettuce, compote & spinach. Served with french fries.
P 25.3 / C 103.3 / F 48.7 / Kcal 895

Mixed Ceviche (3, 4) 380
Shrimp (90g) & white fish (120g) marinated in leche de tigre, cucumber & radish.
P 43.5 / C 12.2 / F 3.4 / Kcal 250

Fresh Catch of the Day (3) 420
Fresh white fish (200g), Cambray potatoes, sautéed Swiss chard, pickled onions.
P 48.6 / C 34.2 / F 12.8 / Kcal 450

Grilled Beef Cuts (1, 6) 380
Grilled Beef Cuts (200g), sweet potato mash, grilled asparagus, sliced almonds an chimichurri.
P 59.2 / C 45.8 / F 44.5 / 824 Kcal

Beef Bowl 260
Beef brisket (200g), baked Sweet potato cubes, corn, avocado, broccoli, cherry tomatoes, chimichurri dressing.
P 61.2 g / C 52.9 g / F 53.4 g / 898 Kcal

Chicken & Avocado Salad Bowl 240
Grilled Free-Range Chicken Breast (200g), heirloom tomatoes, radish, avocado & mixed greens.
P 50.3 / C 14.6 / F 16.8 / Kcal 465

Green Salad 190
Mixed vegetables & leafy greens, avocado, red wine vinaigrette & fresh herbs.
P 3.2 g / C 13.1 g / F 17.2 g / 207 Kcal

Sweet Potato & Chickpea Bowl 220
Baked sweet potato stuffed with chickpeas and vegetables, served with a fresh salad.
P 14.4 / C 78.2 / F 9.9 / Kcal 453

Beef Tacos — 3 pcs (6) 280
Flour tortillas, grilled flat steak (180g), Cambray onions, rustic guacamole & sauces.
P 56.0 / C 52.6 / F 35.9 / Kcal 653

Fish Tacos — 3 pcs (2, 3, 4, 6) 280
Tempura white fish (180g), corn tortillas, coleslaw, habanero mayo & pickled radish.
P 34.2 / C 63.6 / F 38.4 / Kcal 662

Vegan Tacos — 3 pcs (6) 230
Wheat flour tortillas, grilled mushrooms, red onion, rustic guacamole & sauces.
P 10.3 / C 54.8 / F 25.0 / Kcal 475

MAIN EXTRAS:

Extra Egg — 1 pc 25
P 6.3 / C 0.4 / F 4.8 / Kcal 72

Parmesan — 60g 50
P 21.7 / C 2.2 / F 19.6 / Kcal 265

Bacon — 60g 60
P 18.0 / C 1.1 / F 20.7 / Kcal 270

Cheddar Cheese — 60g 60
P 11.2 / C 1.1 / F 12.8 / Kcal 170

Grilled Free-Range Chicken Breast — 200g 200
P 62.0 / C 0.0 / F 7.0 / Kcal 330

Angus Beef Patty — 200g 140
P 39.6 g / C 0 g / F 41.2 g / 520 Kcal

Side Salad — 60g 65
P 1.0 / C 3.1 / F 0.0 / Kcal 15

Shrimp — 120g 120
P 19.0 / C 0.0 / F 1.2 / Kcal 85

Mixed Vegetables — 60g 60
P 1.3 / C 3.9 / F 0.0 / Kcal 20

Sweet Potato Fries — 250g 140
P 6.8 / C 105.3 / F 24.1 / Kcal 660

Baked Sweet Potato — 250g 80
P 4.1 / C 52.4 / F 0.5 / Kcal 225

French Fries — 300g 90
P 10.2 / C 108.7 / F 52.3 / Kcal 970

Chorizo — 80g 45
P 15 / C 2.7 / F 23 / Kcal 257

Sourdough Bread — 2 slice (100g) 30
P 9.1 / C 59.3 / F 2.0 / Kcal 250

balam
RESTAURANTE

VEGETARIAN
GLUTEN FREE
VEGAN

NUTRITIONAL VALUE
DAIRY: 1 / EGGS: 2 / FISH: 3 / SHELLFISH: 4
NUTS: 5 / GLUTEN: 6 / SOY: 7 / SESAME: 8

All prices are in Mexican pesos (MXN) and include IVA (sales tax).
A 15% service charge is suggested and is distributed fully among our staff.

DIY PLATE

If you have a meal package, you can build your own meal by choosing 1 x proteins, 1 x carbohydrates, 2 x fibres, 1 x fats & 1 x dressings from our DIY plate section

PROTEINS

Grilled Free-Range Chicken Breast — 200g 200
P 62 / C 0.3 / F 7.1 / Kcal 296

Grilled Beef Cuts — 200g 250
P 52.3 / C 0.0 / F 42.02 / Kcal 570

Angus Minced Beef — 160g 140
P 24.1 / C 5.4 / F 16.1 / Kcal 268

Fresh White Fish — 160g 320
P 36.6 / C 0.0 / F 2.2 / Kcal 165

Canadian Organic Smoked Salmon 60g 90
P 18.6 / C 0.2 / F 5.3 / Kcal 125

Sautéed Minced Beef — 160g 130
P 20.7 / C 0.4 / F 18.2 / Kcal 256

Shrimp — 160g 145
P 36.3 / C 0.3 / F 0.5 / Kcal 150

Bacon — 120g 110
P 45.1 / C 2.9 / F 54.5 / Kcal 652

Chorizo — 120g 70
P 26.3 / C 3.4 / F 43.3 / Kcal 503

Eggs — 2 pcs 50
P 13.4 / C 1.3 / F 10.3 / Kcal 145

Mushroom Patty 120
P 4.7 / C 27.2 / F 3.3 / Kcal 128

Tofu — 150g (7) 80
P 18.2 / C 3.4 / F 8.3 / Kcal 159

CARBS

White Rice — 180g 45
P 5.9 / C 57.06 / F 0 / Kcal 306

Brown Rice — 180g 45
P 4.9 / C 46 / F 1.6 / Kcal 221

Baked Sweet Potato — 250g 80
P 4.1 / C 52.4 / F 0.5 / Kcal 225

French Fries — 250g 80
P 10.2 / C 108.7 / F 52.3 / Kcal 970

Potato Wedges — 300g 80
P 5.2 / C 41 / F 13.4 / Kcal 334

Cambray Potatoes — 200g 60
P 4.1 / C 40.5 / F 0.2 / Kcal 174

Sourdough Bread — 2 slice 100g 30
P 9.1 / C 59.3 / F 2.0 / Kcal 250

FIBERS

Cherry Tomatoes — 100g 40
P 0.9 / C 3.9 / F 0.3 / Kcal 18

Sautéed Spinach — 200g 45
P 3 / C 4 / F 5 / Kcal 70

Sautéed Mushrooms — 100g 60
P 3.5 / C 3.3 / F 5 / Kcal 65

Broccoli — 150g 40
P 4.7 / C 4.1 / F 0.3 / Kcal 23

Heirloom Carrots — 100g 80
P 0.5 / C 5.3 / F 0 / Kcal 23.2

Cauliflower — 100g 40
P 1.9 / C 5 / F 0.3 / Kcal 25

Mixed Veg — 120g 60
P 4.5 / C 9.5 / F 3.7 / Kcal 77.3

Cucumber — 100g 30
P 0.8 / C 2.1 / F 0.1 / Kcal 12

Sautéed Chard — 100g 30
P 1.8 / C 3.7 / F 5 / Kcal 65

Corn — 100g 30
P 3.4 / C 21 / F 1.5 / Kcal 96

Green Beans — 100g 40
P 1.8 / C 3.3 / F 0 / Kcal 25

FATS

Avocado — 150g 70
P 2.9 g / C 13.5 g / F 22.1 g / 240 Kcal

Greek Yogurt — 60g 25
P 6.2 / C 2.3 / F 1.4 / Kcal 44

Olive Oil — 30g 20
P 0.0 / C 0.0 / F 30.2 / Kcal 264

Feta Cheese — 30g 40
P 3.9 / C 5 / F 7.4 / Kcal 85

Almond Butter — 30g 35
P 12.4 / C 4.4 / F 21.2 / Kcal 244

Peanut Butter — 30g 30
P 8.8 / C 7.6 / F 20 / Kcal 236

DRESSINGS

Chimichurri — 30g 10
P 0.3 / C 2.4 / F 13.4 / Kcal 128.2

Tomato Relish — 30g 10
P 0.4 / C 3.6 / F 1.1 / Kcal 24.9

Spicy Tomato Salsa — 30g 10
P 0.4 / C 2.5 / F 0.1 / Kcal 12

Red Wine Vinaigrette — 30g 10
P 0.1 / C 2.1 / F 9.2 / Kcal 85

Honey Mustard Dressing — 30g 10
P 0.3 / C 6 / F 7 / Kcal 90

Chipotle Sauce — 30g 10
P 0.3 / C 3 / F 5 / Kcal 60

Salsa Verde — 30g 10
P 0.4 / C 2 / F 0.1 / Kcal 10

Salsa Macha — 30g 10
P 1.5 / C 3.2 / F 17.8 / Kcal 184