

# LAS OLAS

## SNACKS

### 🍍🍎👉 PINEAPPLE SALAD

Roasted pineapple,  
lettuce, cucumber, olives,  
tajin vinaigrette

### 🍍🍎👉 SEASONAL FRUIT COCKTAIL

### SHRIMP COCKTAIL

### AGUACHILE

✳️ Shrimp, octopus & squid

### POKE

Tuna or salmon  
rice, avocado, soy beans,  
alfalfa sprouts, radish,  
sesame, soy sauce

### SPICY CHICKEN WINGS

👉 Ranch dressing,  
vegetable julienne

### NACHOS

Guacamole, chili, cheddar,  
pico de gallo

### FRIED BURRITO

Shrimp, beans,  
cheese, guacamole

### FLANK STEAK QUESADILLA

Guacamole and pico de gallo

### BURGER

Beef or chicken  
cheddar, pickles, French fries

### VEGAN BURGER

Soya patty, vegan cheddar,  
pickles, French fries

### HOT DOG

Bratwurst, caramelized  
onions, French fries

### HARD SHELL SALMON TACO

Goat cheese, parsley alioli

## DESSERTS

### SEASONAL FRUIT TART

### BLONDIE CAKE WITH CRANBERRIES

🍎 Healthy dishes which help in maintaining balanced diet

✳️ Gluten free dishes

👉 Whole Food Plant-Based option

👉 Spicy dishes

# WHOLE FOOD PLANT-BASED MENU

## STARTERS

🍎🥗 **CHICKPEA TOSTON**  
Cilantro-Garlic Cream

🍎🥗 **HEALTHY HEART  
TACO SALAD**  
Mix of mushrooms, corn, carrots, tomatoes, cabbage, jicama, guacamole, sweet potato chips

🍎🥗 **POWER SLAW**  
Cabbage rolls filled with red cabbage, broccoli, apple, sweet potato, quinoa, almond dressing

## SOUP

**MINT & AVOCADO SOUP**  
Chili oil, cucumber, lemon, apple chips

## MAIN COURSES

🍎🥗 **CLASSIC BURGER**  
Grilled plant-based patty, cheddar cheese, lettuce, tomato, cucumber, red onion

🍎 **EGGPLANT PARMIGIANA  
SANDWICH**  
Crispy eggplant, homemade marinara sauce, cheese dip, pesto

## DESSERT

🥗 **VEGAN CARROT CAKE**  
Spices, yogurt cream

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

🍎 Healthy dishes which help in maintaining balanced diet

ⓧ Gluten free dishes

🥗 Whole Food Plant-Based option



**EXCELLENCE**

CORAL PLAYA MUJERES, MEXICO