

# 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

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 Whole Food Plant-Based option



EXCELLENCE

CORAL PLAYA MUJERES, MEXICO