

Breakfast

MENU

Served with fruit salad, juice, coffee or tea

MINDO MADNESS-Integral bread, hummus, cucumber, tomatoes

BANANA CRUNCH-integral bread, peanut butter, banana, almonds, honey

SALTY CAPRESE -Integral bread, avocado spread, mozzarella cheese, tomatoes, balsamic glaze, olive oil

TOAST AND EGGS- Integral bread, with eggs of your choice

GRANOLA AND YOGURT



SMOOTHIES

MINDO TANGO- passion fruit juice, almond milk, strawberries, banana

ELEVATION-almond milk, spinach, oats, banana, peanut butter

COCO CHOCO PARADISE -coconut milk, banana, almonds, vanilla yogurt, cacao, peanut butter

Lunch

MENU

CEVICHE-

Vegetarian ceviche served with chifles

SALAD WITH SOUP-

Cold salad with vegetables of the day served with vegetarian soup of the day

PESTO SPAGHETTI-

pasta in pesto sauce

QUINOA WITH VEGETABLES-

Quinoa and vegetable stir fry

MARGARITA SANDWICH-

pesto, tomato, mozzarella cheese, and french fries

ECUADORIAN DISH OF THE DAY-

traditional ecuadorian dish of the day. Usually includes rice, beans, yuca or plantains cooked in various ways.