



RICO Y ABUNDANTE

FRUITS PARTY \$85  \$190 

Ensalada de frutas de temporada
Ingredientes extra : yogurt \$20 granola \$25

CANASTA DE SELECCION DE PANES \$75
Pan Blanco, integral y de semilla hechos en casa, acompañadas de mantequilla y mermelada casera.

DESAYUNO ESTILO ALEMAN \$ 215
Salchicha bratwurst al grill, huevos revueltos, pan tostado y papas salteadas, acompañado de mostaza dijon.

SANDWICH DE DESAYUNO \$115
Pan de caja, jamón, tocino, queso manchego, lechuga, tomate y 1 huevo estrellado.

ARROZ A LA CUBANA \$140
Arroz blanco, 2 huevos estrellados, plátano frito, salsa roja.

TOAST

SALMON TOAST 1 PZ \$235
Pan de semilla, salmon ahumado, alfalfa, tomate cherry, queso de cabra, alcaparras, aceite de albaca, guacamole y ensaladita de betabel.

SUPER FIT 1 PZ \$135
Pan de semilla tostado, guacamole, tomate cherry, brotes de alfalfa y ensaladita de betabel.

AVOCADO TOAST 1 PZ \$ 110
Pan de semilla tostado, guacamole, aceite de oliva, jugo de limon y ensaladita de betabel.

EXTRAS

Huevo estrellado \$25
Huevo revuelto \$35 Queso de cabra \$40
Tocino ahumado \$40 Huevo pochado \$25
Alfalfa \$20

DESAYUNOS DULCES

FRENCH TOAST 2 PZ \$180
Pan frances tradicional, acompañado de frutas de temporada, mantequilla y mermelada de la casa.

TORRE DE WAFLES \$195
Wafles relleno de nueetella y plátano

HOT CAKES DE FRUTOS ROJOS 3 PZ \$180
Hot cakes relleno de queso philadelphia y mermelada de frutos rojos .

WAFLES OR HOT CAKES ? \$160
Elije wafles o Hot cakes, orden de 3 pz acompañada de frutas de temporada , mantequilla y mermelada de la casa.

EXTRAS : Huevo estrellado \$25
Huevo revuelto \$35
Queso crema \$40
Nutela \$35
Tocino ahumado \$40
Cajeta \$30
Fresas \$35



ABIERTO DE LUNES A VIERNES DE 7:00am-3:00pm. SABADOS DE 7:00am-2:00pm
PRECIOS INCLUYEN IVA. PROPINA NO INCLUIDA

LOS FAVORITOS

HUEVOS PREPARADOS A SU GUSTO \$ 140
Acompañados de frijol, pico de gallo, pan y papas salteadas.

PREPARACIÓN:
Revueltos Estrellados Omelette
ELIGE 2 INGREDIENTES:
pimientos, Jamón, tocino, champiñones, tomate fresco, cebolla, chorizo, queso machego.

Ingredientes extras \$35

OMELETTES

OMELETTE MAYA \$150
Relleno de chaya y cebolla salteada, queso manchego, papas salteadas, acompañado de mini Molletes.

VEGGIE OMELETTE \$165
Claras rellenas de verduras salteadas bañada con Aceite de albahaca, acompañado de ensalada de la casa y pan Integral.

OMELETTE DEL VIAJERO \$215
Relleno de arrachera, pimiento, cebolla, queso manchego, sobre salsa de frijol negro, acompañado de aguacate, papas salteadas, tortillas y salsa.

SALMON & PHILADELPHIA \$205
Relleno de salmon ahumado y queso philadelphia, acompañada de ensalada de la casa y pan integral.

OMELETTE MEDITERRANEA \$160
Relleno de queso de cabra, champiñones y aceitunas negras, acompañado de ensalada de la casa y pan de semillas.

CROISANTS

FRUTOS ROJOS \$80
Queso Philadelphia y mermelada casera de frutos rojos.
FRESAS & CREMA PASTELERA \$75
NUTELA & PLATANO \$80
CAPRESSE \$85
Tomate, queso de cabra, arugula, aceite de oliva.
SALMON \$200
Salmón ahumado, queso cabra, arugula. aguacate, cebolla, aceite de oliva, alcaparras.
ATUN \$160
Atún cocido , mayonesa, aguacate, cebolla y tomate.
JAMÓN Y QUESO \$75

ENSALADAS

CESAR DE POLLO Y AGUACATE \$170
Pechuga de pollo al grill sobre mix de lechuga y aguacate, crutones, queso parmesano, aderezo cesar.
POPEYE SALAD \$175
Hojas de espinaca fresca, nueces troceadas, arándanos deshidratados, tomate cherry, queso cabra, pechuga de pollo, aderezo de mostaza y miel.

CREA TU ENSALADA

BASE \$110 : mix de lechugas, arugula, espinaca, tomate cherry, aceitunas negras, cebolla, glaze balsamico y aceite de oliva.

Elije tu proteina (200g):
Pollo\$ 60 Atún \$70 Arrachera \$ 90

Toppins:	Aderezos:
Parmesano \$15	Mostaza y Miel
Queso azul \$40	Aceite de Oliva y Vinagre
Tocino \$ 40	Balsamico
Queso de cabra \$40	Aderezo Cesar
Nueces \$20	
Manzana verde \$20	

A LA MEXICANA

HUEVOS NORTEÑOS \$185

Revueltos con carne de res y chile serrano, acompañado de Chilaquiles .

HUEVOS MOTULEÑOS \$180

2 Huevos estrellados sobre tostadas de maíz, bañados con salsa roja ,queso manchego, queso cotija, cilantro, cebolla, plátano maduro frito y frijol.

HUEVOS RANCHEROS \$150

2 Huevos estrellados sobre tortilla de maíz, bañados con salsa roja, queso fresco, queso cotija, cilantro y cebolla.

HUEVOS DIVORCIADOS \$150

2 Huevos fritos, tortilla de maíz, salsa roja / salsa verde, frijol, queso cotija, queso fresco, cilantro y cebolla.

HUEVOS A LA MEXICANA \$140

Revueltos con tomate, pimiento verde y cebolla, acompañado de frijol y chilaquiles rojos .

CHILAQUILES

Totopos hechos en casa bañados en salsa roja o verde, media crema, queso fresco, queso cotija, cilantro y cebolla.

Naturales \$115	De pollo \$170
con Huevo \$125	De arrachera \$195

MOLLETES

1 Pz de pan baguette, salsa de frijol, queso manchego gratinado, acompañado de pico de gallo. \$ 120

Ingrediente extra \$40 :
Pimientos, chorizo, jamón, tocino, champiñones.

ROLL & LOVE

ENCHILADAS SUIZAS (5PZ) \$199

Taquitos rellenos de pollo, bañados de salsa verde, queso manchego gratinando, queso fresco, queso cotija, cilantro, cebolla y media crema.

ENFRIJOLADAS (5PZ) \$190

Taquitos rellenos de pollo o huevo revuelto, bañados con salsa de frijol, queso fresco , queso cotija, cebolla, cilantroy media crema.

ENTOMATADAS (5PZ) \$190

Taquitos rellenos de pollo o huevo revuelto, bañados con salsa roja, queso fresco, queso cotija, cebolla, cilantro y media crema.

IngrEdientes extra \$35 :
Huevo, chorizo, aguacate, tocino

KEKAS Y TACOS

QUESADILLAS VEGETARIANAS (3PZ) \$199

Tortilla casera de Huitlacoche, relleno (Flor de calabaza, champiñones y espinaca saltado con ajo, cebolla un toque de salsa soya) queso Oaxaca, acompañado de guacamole y frijol.

TACOS DE DESAYUNO (3PZ) \$140

Tortilla casera de Huitlacoche, huevos revueltos con chorizo y queso manchego, acompañado de salsa taquera y pico de gallo.

TACOS (3PZ)

Tortilla casera de huitlacoche, cebolla, salsa taquera, pico de gallo.

Pollo...\$160 Arrachera ...\$ 180



SANDWICHES

SANDWICH “DON TOMAS” \$195

Pan de molde artesanal, pechuga de pollo, tocino, jamón, queso manchego, lechuga, tomate, mayonesa.

SANDWICH DE ATUN \$199

Pan de molde artesanal, atún,cebolla, tomate, lechuga, aguacate, huevo duro, Jugo de limón y mayonesa.

SANDWICH DE JAMON Y QUESO \$145

Pan de molde artesanal, jamón, queso manchego, mostaza, mayonesa, pepinillo.

EL SALUDABLE \$190

Pan de molde artesanal, pechuga de pollo, queso fresco al grill, aguacate, cebolla asada, tomate fresco y mayonesa de chipotle.

ELIJE

Papas salteadas, papas fritas o ensalada.

HAMBURGUESAS

BBQ (250GR) \$240

Hamburguesa de res, queso manchego, tocino, cebolla asada, lechuga, tomate, pepinillos, salsa BBQ.

ESPECIALICIOSA (250GR) \$290

Hamburguesa de res, queso machego, queso roquefort, tocino, cebolla caramelizada al vino tinto, arrugula y aguacate.

BASICA (250GR) \$210

Hamburguesa de res (250gr) queso manchego, lechuga, tomate, cebolla asada, pepinillos.

Ingrdientes extra \$35 :
Huevo, chorizo, aguacate, champiñones, tocino y queso manchego.

ELIJE

Papas salteadas. Papas fritas o ensalada

MENU EJECUTIVO

INCLUYE 1 BEBIDA & CAFÉ

OPCION #1 \$180

Pechuga de pollo (250g) salpimentada y cocida a la plancha, acompañado de chimichurri casero.

OPCION # 2 \$298

Filete de atún (200 g) salpimentado cocido a la plancha, acompañado de salsa de soya y limón.

OPCION #3 \$320

Arrachera marinada (250 g) cocida a la plancha acompañada de chimichurri casero.

ELIJE2 GUARNICIONES

Papas fritas
Arroz del día
Papas salteadas
Ensalada de la casa
Verduras salteadas

BEBIDAS INCLUIDAS:
Refrescos o agua de sabor.

Thank you!

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NICE & TASTY

FRUITS PARTY \$85  \$190 

Seasonal fruit salad
Add: yogurt \$20 granola \$25

BREAD BASKET \$75
White bread, whole bread, and seed bread served with butter and homemade jam.

GERMAN STYLE \$215
Grilled bratwurst sausage, scrambled eggs, toast, & sautéed potatoes, served with dijon mustard.

BREAKFAST SANDWICH \$115
Bread, ham, bacon, manchego cheese, lettuce, tomato, 1 fried egg.

CUBAN RICE \$140
Two fried eggs, white rice, fried ripe plantain, and red tomato sauce.

TOAST

SALMON TOAST 1 PCS \$235
Seed bread, smoked salmon, alfalfa sprouts, cherry tomato, goat cheese, capers, basil oil, guacamole, & beet salad.

SUPER FIT 1 PCS \$135
Seed bread toast, guacamole, cherry tomato, alfalfa sprouts, beet salad.

AVOCADO TOAST 1 PCS \$110
Seed bread toast, guacamole, olive oil, lemon juice, beet salad.

EXTRAS Fried egg \$25, scrambled egg \$35, goat cheese \$40, smoked bacon \$40, poached egg \$25.

SWEET BREAKFAST

FRENCH TOAST (2PCS) \$180
Classic French Toast, served with fresh seasonal fruits, butter, and homemade jam.

WAFFLE TOWER \$195
Waffles filled with Nutella and banana

RED BERRIES PANCAKES (3 PCS) \$180
Pancakes filled with cream cheese and red fruit marmalade.

WAFFLES OR PANCAKES? \$160
Pick between Waffles or Pancakes(3 pcs) served with fresh fruits, butter, and homemade jam.

ADD Fried egg \$25
Scrambled egg \$35
Cream cheese \$40
Nutella \$35
Smoked bacon \$40
Cajeta (goat caramel milk) \$30
Strawberries \$35



We are open Monday to Friday from 7:00 am to 3:00 pm and on Saturdays from 7:00 am to 2:00 pm. Prices include VAT. Tip is not included.

THE FAVORITES

EGGS AT YOUR TASTE \$140
Served with beans, mexican sauce, bread, and sautéed potatoes.
PREPARATION:
Scrambled Fried eggs Omelette
PICK 2 ITEMS:
Peppers, ham, bacon, mushrooms.
Fresh tomatoes, onions, sausages, cheese.

Additional items.....\$35

OMELETTES

MAYA'S OMELETTE \$140
Filled with chaya and cooked onion, manchego cheese, sautéed potatoes, served with mini molletes.
VEGETABLE OMELET \$165
Egg white omelet filled with cooked fresh veggies, basil oil, served with a side of salad & whole wheat bread.

TRAVELER'S OMELET \$215
Filled with flank steak, sweet pepper, onion, and manchego cheese, served with avocado, beans, sautéed potatoes, corn tortilla, green sauce.

SALMON AND CREAM CHEESE \$205
Omelet filled with philadelphia cheese & smoked salmon, served with a side of house salad & whole wheat bread.

MEDITERRANEAN OMELET \$160
Omelette filled with goat cheese, mushrooms, and black olives, side of salad & seed bread.

CROISANTS

RED FRUITS \$80
Cream cheese and fresh homemade berry jam
STRAWBERRIES & PASTRY CREAM \$75
NUTELLA & BANANA \$80
CAPRESSE \$85
Tomatoes, goat cheese, wrinkles, olive oil.
SALMON \$200
Smoked salmon , goat cheese, arugula, avocado, onion, basil oil, capers.
TUNA \$160
Fresh Tuna salad with mayonnaise, avocado, onion, and tomato.
HAM & CHEESE \$75

SALADS

CHICKEN & AVOCADO CAESAR SALAD \$170
Grilled chicken breast, fresh lettuce mix , avocado, croutons, parmesan, caesar dressing.
POPEYE SALAD \$175.
Spinach leaves, walnuts, dried cranberries, cherries tomatoes, goat cheese, grilled chicken breast, honey mustard dressing.

DESIGN YOUR SALAD \$110.
Mix of lettuce, arugula, spinach, cherry tomato, black olives, onion, balsamic glaze, & olive oil.

CHOOSE THE PROTEIN (200g)
Chicken \$60 Tuna \$70 Flank steak \$90

<u>Toppings:</u>	<u>Dressings:</u>
Parmesan cheese \$15	Caesar Dressing
Blue cheese \$40	Mustard & Honey
Bacon \$40	Olive Oil, and Balsamic Vinegar
Goat cheese \$40	
Walnuts \$20	
Green apple \$20	

VIVA MEXICO

NORTEÑOS EGGS \$185

Scrambled eggs with Beef and serrano chili, served with chilaquiles (corn chips, tomato sauce, half cream, onions coriander & fresh cheese)

MOTULEÑOS EGGS \$180

2 fried eggs over corn toast topped with tomato red sauce, manchego cheese, smoked ham, cotija cheese, coriander onion, bean sauce, side of ripe fried plantain

RANCHEROS EGGS \$150

2 fried eggs on a corn tortilla topped with red sauce, fresh cheese, Cotija cheese, half cream, coriander, and onion.

DIVORCED EGGS \$150

2 fried eggs, corn tortilla, topped with red sauce or green sauce, beans, cotija cheese, fresh cheese, coriander, and onion.

MEXICAN EGGS \$140

scrambled eggs with tomato, green pepper, and onion. Served with beans & chilaquiles corn chips, tomato sauce, half cream, onions coriander & fresh cheese.

CHILAQUILES

Homemade tortilla chips with red or green sauce, half cream, fresh cheese, cotija cheese, coriander and onion .

Natural \$115

Chicken \$170

With Egg \$125

Flank steak \$195

MOLLETES

(1pcs) baguette bread with bean sauce, topped with manchego cheese gratin, seerved with mexican sauce \$120.

Additional: \$40

Peppers, sausage, ham, mushrooms, bacon.

ROLL & LOVE

SWISS ENCHILADAS 5 PCS \$199

Chicken-filled taquitos topped with green sauce and melted, manchego cheese, sprinkled with fresh cheese, cotija cheese, coriander, onion, and half cream.

ENFRIJOLADAS 5 PCS \$190

Chicken or scrambled egg-filled taquitos topped with bean sauce, fresh cheese, cotija cheese, onion, coriander, and half cream.

ENTOMATADAS 5 PCS \$190

Chicken or scrambled egg-filled taquitos topped with red sauce, fresh cheese, cotija cheese, onion, coriander, and half cream.

Additional \$35:

Egg, sausage, avocado, bacon.

KEKAS & TACOS

VEGETARIAN QUESADILLAS 3 PCS \$199

Homemade huitlacoche tortilla, filling includes pumpkin flower, mushrooms, and spinach sautéed with garlic, onion, a touch of soy sauce, and oaxaca cheese, served with guacamole and frijol

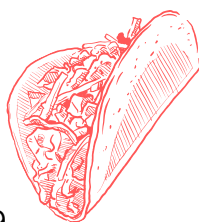
BREAKFAST TACOS 3 PCS \$140

Homemade huitlacoche tortilla, scrambled eggs with sausage and manchego cheese, tacos sauce & mexican sauce.

TACOS 3 PCS

Homemade huitlacoche tortilla, sauteed onion, tacos sauce & mexican sauce

Chicken \$160 Flank steak \$180



SANDWICHES

DON TOMAS \$195

Bread, grilled chicken breast, bacon, smoked ham, manchego cheese, lettuce, tomato, mayonnaise.

TUNA SANDWICH \$199

Bread, grilled tuna, onion, tomato, lettuce, avocado, hard-boiled egg, lemon juice, mayonnaise.

HAM & CHEESE \$145

Bread, smoked ham, manchego cheese, mustard, mayonnaise and pickles.

HEALTHY \$190

wholemeal bread. grilled chicken breast, grilled fresh cheese, avocado, roasted onion, tomato, chipotle mayonnaise.

CHOOSE

French fries, hose salad
sauteed potatoes .

BURGERS

BBQ (250G) \$240.

Beef burger, manchego cheese, bacon, roasted onion, lettuce, tomato, pickles, and BBQ sauce.

DELICIOUSLY (250G) \$290

Beef burger, manchego cheese, Roquefort cheese, bacon, caramelized onion in red wine, arugula, and avocado.

BASIC (250G) \$210

Beef Burger, manchego cheese, lettuce, tomato. roasted onion, Pickles.

Additional \$35:

Egg, Sausage, Avocado,
Mushrooms, Bacon, Manchego cheese.

CHOOSE

French fries, hose salad,
sauteed potatoes.

SPECIAL MENU

1 BEVERAGE 2 GARNISH & COFFEE INCLUDED

OPTION #1 \$180.

Grilled chicken breast (250g) seasoned and served with homemade chimichurri.

OPTION #2 \$298

Grilled tuna fillet (200 g) on the side butter, soy and lemon sauce

OPTION #3 \$320

Grilled marinated flank steak (250 g) served with homemade chimichurri sauce.

SELECT THE SIDE

french fries
Rice of the day
Sautéed potatoes
House salad
Grilled Vegetables

Beverages included:
Sodas or Flavored waters

Thank you!

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COFFEE TIME

ESPRESSO 45 ML \$ 50

DOBLE EXPRESSO 90 ML \$ 70

CAPPUCCINO 300 ML \$ 70

LATTE

CHAI LATTE

CHOCOLATE

EXPRESO AMERICANO

TISANAS EURO TE

TE (SOBRE)

CAFE REFIL

Hot

\$70

\$80

\$75

\$55

\$60

\$45

\$65

Cold

\$80

\$90

\$90

\$60

\$75

\$60

FRAPPES

BASE DE CAFÉ, LACTEO Y HIELO

BASE OF COFFEE, DAIRY & ICE 420ML

NATURAL \$80

CAJETA \$95

GOAT MILK CARMEL

LECHERA \$85

CONDESED MILK

MOKA \$100

OREO \$95

COOKIES & CREAM

MOKA BLANCO \$100

WHITE MOKA

MALTEADAS

MALTEADAS DE HELADO \$140

ICECREAM SHAKES 420 ML

Sabores

FRESA * STRAWBERRY

VAINILLA * VANILLA

CHOCOLATE

OREO* COOKIES & CREAMS

LICUADOS

LICUADO DE FRUTAS NATURALES \$95

FRUITS MILKSHAKE 420 ML

YOGURT NATURAL, MANGO & MARACUYA

*NATURAL YOGURT, MANGO & PASSION FRUIT

PLÁTANO, AVENA, MANZANA Y CANELA

*BANANA, OATMEAL, APPLE, & CINNAMON

CREMA DE COCO, PLÁTANO Y PIÑA

*COCONUT CREAM, BANANA, AND PINEAPPLE

CACAO, PLÁTANO Y

AVENA COCOA

*COCOA, BANANA &

OATMEAL

PAPAYA PLÁTANO &

GRANOLA

*BANANA, PAPAYA &

GRANOLA

PLÁTANO & FRESA

*BANANA & STRAWBERRY

Elige:

LECHE REGULAR, DESLACTOSADA, COCO, ALMDENDRA O SOYA.

REGUAR MILK, LACTOSE FREE, COCONUT, ALMOND OR SOY.

SODAS Y AGUAS

COCA COLA 355 ML \$ 55

COCA LIGTH 355 ML \$ 55

COCA CERO 355 ML \$ 55

AGUA MINERAL 355 ML \$ 40

AGUA NATURAL 500 ML \$ 35

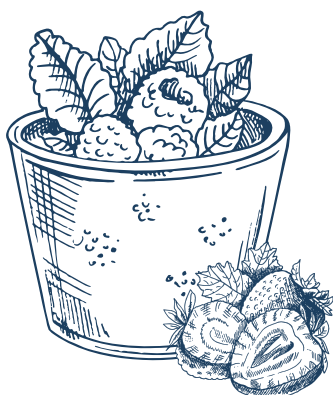
AGUA DE JAMAICA \$60

AGUA DE FRUTAS NATURALES \$65

LIMONADA \$60

NARANJADA \$65

LIMONDA DE SABORES \$65





JUGOTHERAPY

DETOX \$95

NOPAL, APIO, PIÑA,
ESPINACA, JUGO DE NARANJA.
RICKLY PEAR, PINEAPPLE,
SPINACH, ORANGE JUICE.

ANTINFLAMATORIO \$80

BETABEL, PIÑA,
JUGO DE NARANJA.
BEET, PINEAPPLE,
ORANGE JUICE.

HAWAIIAN TROPIC \$75

ZANAHORIA, CÚRCUMA,
JUGO DE NARANJA.
CARROT, TURMERIC,
ORANGE JUICE.

ANTITENSION \$70

PAPAYA, JUGO DE NARANJA,
PAPAYA, ORANGE JUICE.

ANTIGRIPAL \$65

FRESA, JENGIBRE, JUGO DE LIMÓN,
STRAWBERRIES, GINGER, LEMON JUICE.

HIDRATANTE \$60

MANZANA VERDE, JUGO DE LIMÓN,
PEPINO, SEMILLAS DE CHÍA.
GREEN APPLE, LEMON JUICE,
CUCUMBER, CHIA SEEDS.

DIURETICO \$85

ESPINACA, PIÑA, JUGO DE
NARANJA.
ESPINACH, PINEAPPLE
ORANGE JUICE.

ANTIOX \$80

MARACUYÁ, MANGO,
MENTA FRESCA.
PASSION FRUITS, MANGO,
FRESH MINT.

POWER C \$95

FRESAS, KIWI ,
JUGO DE NARANJA.
STRAWBERRIES, KIWI,
ORANGE JUICE.



SUPER SMOOTHIES

ENERGY DAY \$140

PLÁTANO, MANTEQUILLAMANÍ, ALMENDRA, AMARANTO, MACA,
COCO.
BANANA, PEANUT BUTTER, ALMOND, AMARANTH, MACA, COCONUT.

CRAZY ACAI \$150

FRUTOS ROJOS, ACAI, GRANOLA ARTESANAL.
RED FRUITS. ACAI, ARTISANAL GRANOLA.

SUPER POWER \$120

PLÁTANO, AVENA, ALMENDRA, AMARANTO, ESPIRULINA,
COCO.
BANANA, AMARANTH, OATMEAL, SPIRULINA, COCONUT.

CARIBEAN TOUCH \$120

PAPAYA, MANGO, MARACUYÁ, PIÑA, AVENA, CHÍA, COCO.
PAPAYA, MANGO, PASSION FRUIT, PINEAPPLE, OATMEAL,
CHIA, COCONUT.

MATCHA BANANA \$150

PLÁTANO, MANGO, GRANOLA ARTESANAL, MATCHA, CHÍA.
BANANA, MANGO, ARTESANAL GRANOLA, MATCHA, CHIA.

GOLDEN \$120

PLÁTANO, MANGO, CANELA, JENGIBRE, CÚRCUMA,
GRANOLA ARTESANAL.
BANANA, MANGO, CINNAMON, GINGER, TURMERIC,
ARTISANAL GRANOLA.

FRESHLY DAILY \$120

FRESA, MANGO, PLÁTANO, GRANOLA ARTESANAL.
STRAWBERRY, MANGO, BANANA, ARTESANAL GRANOLA.

CHOCO BANANA \$ 120

CACAO, PLÁTANO, AMARANTO, ALMENDRA, COCO RALLADO,
MIEL DE ABEJA.
COCOA, BANANA, AMARANTH, ALMOND, GRATED COCONUT, HONEY.

Elige:

LECHE REGULAR, DESLACTOSADA, COCO, ALMENDRA O SOYA.
REGULAR MILK, LACTOSE FREE, COCONUT, ALMOND OR SOY.