

The MARKET

A decorative flourish consisting of a horizontal line with a large, stylized loop in the center, resembling a calligraphic flourish or a stylized infinity symbol.

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OUR GOURMET BREAKFAST

POACHED EGGS: cooked in low temperature, avocado, chismol, smoked chipotle sauce, fresh cheese on country bread toast. L349

CROQUE PARIS: cooked ham, gruyere cheese, asparagus, poached eggs, arugula, and croissant toast. L379

BURRATA MAÑANERA: creamy mozzarella cheese, organic tomatoes, marinated olives, basil pesto with almonds, olive oil and home style focaccia. L379

BURRITO MAÑANERO: marinated strips of meat, with mocha spices scrambled eggs with coriander and cheddar cheese, mole style chocolate BBQ sauce. L499

THE PANCAKE MONSTER: pancakes strawberries, nutella, banana, chantilly and condensed milk. L299

SUPER BOWLS – AÇAÍ SAMBA: açaí, berries, greek yogurt, banana, strawberry, granola, and honey. L339

SUPER BOWLS – WAKING UP UNDER THE SUN: strawberries, fresh oats, mango, yogurt, quinoa, honey and almond milk. L339

SUPER BOWLS – THE RAISE OF ZOMBIES: oats, greek yogurt, banana, apple, dates, hazelnuts, pistachios, flaxseeds and honey. L339

SUPER BOWLS – KIDS BOWLS: L339
hazelnuts, peanut butter, banana, brownie, strawberry, marshmallow, vanilla ice cream, and M&Ms.



SMOOTHIES

A PAPAYA IN THE DAY FOR THE GOOD VIBE: papaya, almond milk, agave syrup, flaxseed, ginger, cinnamon and peanut butter. L149

CURE ALL: pineapple, green apple, spinach, celery, almond milk and flaxseed. L149

PINEAPPLE FOR THE GIRL: mango, pineapple, banana, coconut cream, honey and almond milk. L149

BERRY DELICIOUS: açaí, cranberry, banana, almond milk, greek yogurt, almond butter, maple syrup. L149

PEACH PASSION: passion fruit, strawberry, peach, orange and basil. L149

Tax included

OUR TRADITIONAL BREAKFASTS

	HONDURAN BREAKFAST: fresh fruit platter, orange, pineapple or watermelon juice, fried or scrambled eggs, avocado, cheese, fried plantain, coffee, tea or hot chocolate.	L405	EGGS AS YOU LIKE: with hashbrown+ bacon or ham+ 2 pieces of bread.	L182
	LOW CALORIE BREAKFAST: fresh fruit platter, orange, pineapple or watermelon juice, natural yogurt with granola, whites omelet, whole bread with jam, coffee or tea.	L405	FRENCH TOASTS: with honey or maple syrup.	L182
	CONTINENTAL BREAKFAST: fresh fruit platter, orange, pineapple or watermelon juice, pastry selection with jam, honey or butter, coffee, tea or hot chocolate.	L320	FRESH FRUIT JUICE: orange, watermelon, pineapple, papaya.	L80
	AMERICAN BREAKFAST: fresh fruit platter, orange, pineapple or watermelon juice, scrambled, fried or poached eggs with a side of bacon or ham, hashbrown, tomato and two pieces of toast or pastry selection served with butter, honey or marmalade, coffee, tea or hot chocolate.	L405		
	FRUIT PLATTER: season fresh fruit.	L160		
	YOGURT: variety of flavors.	L66		
	CEREAL: different types with one glass of milk.	L87		
	HOT CAKE: 3 units of pancake.	L131		

Tax included



Takes more than 20 minutes



Local



Healthy



World kitchen



Vegetarian



Vegan



Gluten-free




Spicy

OUR APPETIZER

OUR COCKTAILS


SHRIMP COCKTAIL: calypso sauce, L359
lettuce, tomato, pesto and avocado.

 **PALM HEARTH COCKTAIL WITH** L249
AVOCADO: grilled hearts of
palm, avocado, red onion,
balsamic reduction and cocktail
sauce.

OUR CEVICHE

OCTOPUS CEVICHE: lemon juice, L329
olive oil, capers, red onion, and
cilantro.

SEABASS CEVICHE: lemon juice, L319
ginger, onion, tomato and coconut
milk.

 **MIXED CEVICHE (SEABASS,** L329
SHRIMP, OCTOPUS & SQUID):
tomato sauce, oregano, olive oil
with garlic confit, onion, bell
pepper, cilantro and jalapeño.

SHRIMP CEVICHE: lemon & orange L329
juice and coriander.

OUR CARPACCIOS

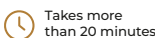
TUNA CARPACCIO: sesame seed, L389
capers, chives, oil sesame
accompanied with lavash bread.

SALMON CARPACCIO: blend of L389
olive oil and lemon juice, tomato
and basil.




BEEF TENDERLOIN CARPACCIO: L369
marinated mushrooms, arugula,
pepper, parmesan cheese and
balsamic dressing.

MOZZARELLA CARPACCIO: sliced L330
fresh mozzarella, tomato mix, pesto
and crispy prosciutto.

Tax included



OUR SALADS

- | | | | |
|---|------|--|------|
|  ANTALYA SALAD: mixed lettuce, strawberries, apples, caramelized nuts, goat cheese and blackberries vinaigrette. | L349 |  PATTAYA SALAD: rice noodles, chicken, spring onion, shiitake mushroom, bell pepper, peanuts, cashews, soy sauce and sesame oil. | L339 |
| BRIE SALAD: arugula, pear, caramelized nuts, fried brie cheese and cranberries vinaigrette. | L339 | CALIFORNIA SALAD: romaine lettuce, turkey breast, papaya, caramelized almond, beetroot chips and blackberries vinaigrette. | L319 |
|  CESAR SALAD: romaine lettuce, brioche croutons, parmesan cheese and caesar dressing. | L299 | | |
| With chicken | L329 | | |
| With shrimp | L379 | | |

OUR SOUPS

- | | |
|---|------|
|  FRESH VEGETABLE EMULSION: with basil and croutons. | L239 |
|  CHICKEN BROTH: with vegetables, accompanied with white rice, avocado, fresh cheese and coriander. | L219 |
|  TORTILLA SOUP: tomato base, tortilla chips, fresh cheese, avocado and sour cream. | L269 |
|  BEEF SOUP: traditional beef broth with vegetables and with rice slow cooked. | L339 |

Tax included



Takes more than 20 minutes



Local



Healthy



World kitchen



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Vegan



Gluten-free

 Spicy

OUR MAIN DISHES

 RIB EYE 16 OZ: US Choice accompanied with grilled tomato and sauteed potatoes.	L1,079	 CHURRASCO CATRACHO STYLE: L589 beef churrasco with chicken, chorizo, refried beans, avocado, fried plantain, fresh cheese, chismol, corn tortillas and sour cream.
 PORK RIBS: served with barbecue sauce accompanied by french fries and cabbage salad.	L769	
 CATCH OF THE DAY: salmon, sea bass, shrimp & squid sauteed on a base of vegetables with white sauce, server with white rice.	L539	SALMON RISOTTO WITH MUSHROOMS: 6oz o grilled salmon, mixed mushroom risotto with parmesan and spinach. L579
 SALMON STEAK: grilled, olive asparagus and quinoa with butter sauce. L559		 FAMILY GRILL: beef filet, chicken breast, bbq sausage, white rice, fried beans, grill plantain, fresh cheese, chismol and chimichurri. L1,819
ROASTED SEA BASS: topped with cilandro pesto, squash, white wine and mango sauce. L419		
CHICKEN ESCALOP: roasted tomatos, fresh mozzarella, parmesan, mashed potatoes with basil and olive oil. L379		
PAILLARD OF BEEF TENDERLOIN: beef paillard, served with fried cassava sticks, roasted curd and refried beans. L579		

Tax included



Takes more than 20 minutes



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Spicy


GOURMET BURGERS

Build your own!

All our burgers are served with french fries, onion rings or salad.

BREADS

Select one option

Classic
Wholegrain
Brioche
The Market
 Gluten free*

MEATS

Select one option

Traditional
Skirt angus *
Rib eye*
Lamb
Top round
angus*
Chicken

CHEESES

Select up two options, either oven baked or meat stuffed with cheese

Blu
Swiss
Cheddar
Brie*
Provolone
American
Fresh mozzarella
Muenster
Gouda


SAUCES

Select up two options

BBQ
Jack Daniel´s
Thai
 Buffalo
Honey mustard
 Chipotle

TOPPINGS


Select up to four options

Tomato
Lettuce
Fresh onion
Sauteed onion
Caramelized onion
Bacon
Pickles
Sauteed mushrooms
Guacamole
Pickled relish
 Jalapeño

CHEF'S SELECTION

SURF & TURF BURGER: beef au gratin with swiss cheese, lettuce, tomato, pickle, breaded shrimp, black bread and chipotle sauce. L395

THE MARKET BURGER: 10 oz beef patty, lettuce, caramelized onion, manchego cheese, crispy bacon and balsamic mustard reduction sauce on black bread. L359

 **TRADITIONAL BEEF BURGER:** 10 oz angus patty, bacon, lettuce and tomato, grated swiss cheese on clasic bread. L359

BURGUER: build your own. L359 (*) + L 100

Tax included



Takes more than 20 minutes



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Gluten-free



Spicy

CHEF'S SELECTION




PULLED PORK BURGER: pulled pork with muenster cheese and jalapeño gratin, Jack Daniel´s, bbq sauce, mixed cabbage and mayonnaise salad.	L359
LAMB BURGER: lamb patty, lettuce, tomato, swiss cheese, honey mustard sauce, sauteed mushrooms and caramelized onion on classic bread.	L369
 VEGGIE BURGER: chickpea patty, beet, avocado and cajun, yogurt and cumin sauce on spinach bread.	L359




GOURMET SANDWICH

Build your own!

All our sandwiches come with french fries, onion rings, or green salad.

BREADS	MEATS, FISHES	CHEESES	SAUCES	TOPPINGS
Select one option	Select one option	Select up two options	Select up two	Select up to 3 types
Classic Wholegrain Pita  Gluten free *	Bacon Roast beef Cooked ham Pork leg Chicken breast Turkey breast Tuna in water Fresh tuna* Fresh salmon Smoked salmon* Shrimps*	Blu Swiss Cheddar Brie* Provolones American Fresh Mozzarella Muenster Gouda	Honey mustard  Chipotle mayonnaise BBQ Thai Relish pickle Teriyaki Pesto	Tomato Lettuce Fresh onion Sauteed onion Caramelized onion Bacon Pickles Sauteed mushrooms Guacamole  Jalapeño

CHEF'S SELECTION

CLUB SANDWICH: chicken breast, roast beef, boiled ham, fried egg, bacon, cheese, tomato and lettuce on clasic bread.	L359
 PHILLY: beef fillet, sweet pepper, lettuce, pickle relish, onion, and mushrooms, gratin with swiss cheese on a baguette.	L359
TUNA MELT: tuna, tomato, onion, celery, mayonnaise, gratin with swiss cheese on classic bread.	L359
ITALIAN: breaded chicken breast, gratin with mozzarella and parmesan cheese, tomato sauce, and pesto, on a brioche bun.	L359

SANDWICH: build your own. L359 (*) + L 100

GOURMET PIZZA

Build your own!


DOUGHS

Select one option

- Thin
- Thick
- Wholegrain
-  Gluten free *

SAUCES

Select up to two options

- Tomato
- Tomato with garlic
- Tomato with herbs
-  Arrabiata
- Bechamel
- Pesto
- BBQ


CHEESES

Select up to two options

- Mozzarella
- Provolone
- Parmesan
- Gouda
- Swiss
- Goat
- Cheddar
- Muenster
- Fresh mozzarella


VEGETABLES

Select up to four options

- Fresh tomato
- Basil
- Asparagus
- Spinach
- Eggplant
- Olives
- Arugula
-  Jalapeño
- Pineapple
- Sun dried tomato
- Fresh onion
- Caramelized onion
- Corn

TOPPINGS

Select up to two options


- Prosciutto
- Salami
- Pepperoni
- Ham
- Chicken
- Sausage
-  Spicy Sausage
- Anchovy
- Tuna
- Bacon
- Beef tenderloin
- Minced beef
- Shrimps*

CHEF'S SELECTION

SUPREME MARKET STYLE: pomodoro sauce, mozzarella cheese, corn, bell pepper, onion, black olives, salami and ham. L379

 **PIZZA MARGARITA:** pomodoro sauce, mozzarella cheese, fresh tomato and basil. L359

HAWAIANA: pomodoro sauce, mozzarella cheese, ham and pineapple. L359

 **MEAT LOVER:** pomodoro sauce, mozzarella cheese, ham, salami, pepperoni, ground beef, italian sausage, bell peppers and hot peppers. L359

CANADIENSE: pomodoro sauce, mozzarella cheese, ham, italian sausage and pepperoni. L359

PIZZA: build your own. L359 (*) + L 100

Tax included



Takes more than 20 minutes



Local



Healthy



World kitchen



Vegetarian



Vegan



Gluten-free




Spicy

CHEF'S SELECTION


PROSCIUTTO PARMA AND MUSHROOMS: pomodoro sauce, prosciutto, oregano, mozzarella, mushrooms, tomato, arugula and extra virgin olive oil. L359

SHRIMP PIZZA: pomodoro sauce, mozzarella cheese, caramelized onion, sun dried tomato, basil and shrimps. L409


 **THE EIGHTH WONDER PIZZA:** tomato sauce, mozzarella cheese, fresh mushrooms, brown chili, white onion, salami, and Italian sausage with curd edge. L379




Tax included

 Takes more than 20 minutes

 Local

 Healthy

 World kitchen

 Vegetarian



 Vegan

 Gluten-free



 Spicy

PASTAS GOURMET

Build your own!

PASTA	SAUCES	MEATS, FISHES AND SEAFOOD	VEGETABLES	CHEESES
Select one option	Select one option	Select up two options	Select up to four options	Select up to two options
Spaguetti	Tomato	Beef tenderloin	Sweet pepper	Parmesan
Fetuccine	Bolognaise	Cooked ham	Hot pepper	Mozzarella
Penne rigate	Bechamel	Bacon	Onion	Fresh
Farfalle	 Arrabiata	Italian sausage	Carrot	mozzarella
Fusilli	Pesto	Chicken	Broccoli	Provolone
Tagliatelle	Carbonara	Fresh salmon	Chives	Ricotta
Wholegrain	Olio	Tuna	Olives	Gouda
 Gluten free*		Squid	Garlic	Swiss
		Anchovies	Basil	Goat
		Shrimp*	Spinach	Cheddar
		Mussels*	Mushrooms	Smoked
			Zucchini	cheese

CHEF'S SELECTION

GARLIC BREAD: order of 6 pieces.	L129
STUFFED CANELLONI: crab stuffed with potato, chives and sweet peppers.	L369
 FLORENTINE CANELLONI: stuffed with spinach and ricotta cheese in marinara sauce and oven baked with swiss chesse.	L369
SPAGUETTI: with traditional bolognese sauce.	L349
SPAGHETTI WITH MEATBALLS: pomodoro sauce.	L349
CHICKEN LASAGNA: chicken, mushrooms and spinach, tomato sauce, bechamel sauce, mozzarella and parmesan cheese.	L359
 SEAFOOD TAGLIATELLE: shrimp, clams, squid, mussels, tomato sauce, garlic, hot pepper and basil.	L369

PASTA: build your own. L369 (*) + L 100

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Takes more than 20 minutes



Local



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World kitchen



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Vegan



Gluten-free



Spicy

DESSERTS

CHEESECAKE: with berries sauce.	L169
CHOCOLATE BROWNIE WITH WALNUTS	L169
OPERA CHOCOLATE CAKE	L169
CARAMEL FLAN: The Market style.	L169
APPLE PIE	L169
HANDMADE ICE CREAM: ask about our variety and select up three flavors.	L169

Please inform your server if you have any food allergies before ordering.



Tax included



Takes more than 20 minutes



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Healthy



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Vegan



Gluten-free



Spicy





