



# IKAL RETREATS MENU

# MAÏA RESTAURANTE

## IKAL TULUM

*Warm water with lemon on an empty stomach every morning,*

*Ginger, lemon, turmeric, and pepper shot the first few days.  
Olive oil, parsley, lemon, and salt shot the last two days.*

### BREAKFAST

- Chaya omelet sautéed with onion and shallot on greens served with a non-spicy tomato sauce.
- Roasted beet frittata on greens.
- Oatmeal or pearl barley with almond milk, spices, mango, and blueberry..
- Eggs on portobello on greens.
- Sweet potato with zucchini and onion, sautéed spinach, and cherry tomato salad with basil.
- Mexican-style eggs on tomato sauce, with cilantro and half an avocado.
- Asparagus and broccoli omelet on greens.

---

#### SELECTION

Choice of 4 breakfast menus

#### VEGAN

Tofu for vegan options.

#### INCLUDED

All breakfasts include coffee, tea, natural juice.

# MAÏA RESTAURANTE

## IKAL TULUM

### SNACK BAR

- House granola (with Goji berries) with coconut milk.
  - Cocoa pudding.
  - Avocado and blueberry smoothie.
  - Yogurt (vegan, goat, or Greek) with banana, cinnamon, vanilla, chia, hemp, and pumpkin seed.
  - Metabolic nuts (pecan, almond, cashew, macadamia + spices, roasted in coconut oil).
  - Orange, beet and almond milk smoothie.
- 

### ELIXIR BAR

- Coconut water.
- Herbal water.
- Infusions.
- Mineralizing lemonades (variety of fruits per day and mineralizing salt).
- Cold Mexican chocolate prepared with water.

# MAÏA RESTAURANTE

## IKAL TULUM

1

Zucchini soup with mint / Roasted tofu with herbs and green beans sautéed with ghee / Rice and chickpeas.

2

Carrot soup with cilantro and pumpkin seeds / Avocado with blueberry on arugula with limoneta dressing, and pumpkin seeds, sautéed cauliflower with sweet potato and broccoli / Rice.

3

Roasted tomato soup / All-green zucchini noodles with avocado and basil with pine nuts and cherry tomatoes / Frijoles de la olla, *pot beans* with olive, coriander, and oregano.

4

Vegetable broth flavored with regional herbs / Yellow sweet potato risotto with pink pepper and fresh oregano / Fennel bulb salad.

5

Spicy broccoli soup (lightly spicy) / Roasted carrots with onion, ghee and walnuts / Quinoa salad with parsley and peppermint.

6

Mushroom broth with nori seaweed / Sautéed asparagus with olives, basil, and lime, and roasted tomatoes / Basmati rice.

## LUNCH

### SELECTION

1 complete menu per day.

### INCLUDED

All meals include coffee, tea, water and/or seasonal juice.

# MAÏA RESTAURANTE

## IKAL TULUM

**1** Quesadillas with goat cheese, spinach, sun-dried tomato, and black olives.

**2** Soba or gluten free noodles with vegetables and sesame sauce.

**3** Sweet potato pancakes served with goat cheese.

**4** Jasmine rice with broccoli in tahini sauce.

**5** Zucchini spaghetti with basil pesto, dehydrated tomato and black olives / Avocado, quinoa and roasted peppers salad.

**6** Creamy mushroom and coconut milk soup /Kale and chard with capers, sautéed in coconut oil, and roasted herbed panela cheese.

## DINNER

---

### SELECTION

1 complete menu per day.

### INCLUDED

All meals include coffee, tea, water and/or seasonal juice.

