

Bebidas Calientes

Hot Drinks

\$4

SPICY CHAI

Canela, clavo de olor, jengibre, cardamomo, anís de estrella, té negro
Cinnamon, cloves, ginger, cardamom, star anise, black tea

INFUSIÓN DE HIERBAS

Hierbas de nuestra huerta, limon, miel
Herbs from the garden, lemon, honey

SOOTHING BLEND

Manzanilla, cáscaras de naranja, menta, amapola, sal
Camomille, orange peels, mint, hibiscus, salt

VITAMINA PARA EL CORAZÓN

Cacao con jengibre, mocuna, canela, leche de coco
Cacao with ginger, mocuna, cinnamon, coconut milk

LECHE DORADA

Curcuma, leche de coco, miel de abeja, jengibre, canela
Turmeric, coconut milk, honey, ginger, cinnamon

CHOCO-PINOLILLO

Pinolillo, cacao con canela, leche
Pinolillo, cacao with cinnamon, milk



SHOTS

\$3

Vinagre de manzana, limón, miel
Apple cider vinegar, lemon, honey

Jengibre con manzana y ajo
Ginger, apple, garlic

Espirulina, limon, curcuma, gengibre
Spirulina, lemon, turmeric, ginger

Naranja y jengibre
Orange and ginger

Agua alcalina
Alkaline water

JUICE

BAR



HOTEL BELMAR

THE ART OF NATURE





JUGOS \$5

VERDE QUE TE QUIERO VERDE
Pepino, kale, apio, espinaca, naranja
Cucumber, kale, celery, spinach, orange

VITAMINA PÚRPURA
Remolacha, manzana, mora, jengibre, agua de pipa
Beetroot, apple, blackberries, ginger, coconut water

AMA-NACER
Zanahoria, manzana, naranja, curcuma
Carrot, apple, orange, turmeric

Yogo Shakes \$6

Yogurt hecho en casa, leche, fruta a escoger, miel de abeja
Homemade yogurt, milk, fruit of choice, honey

Sorbet Bowl \$6

Sorbet de fruta a escoger
Choice of fruit sorbet

Una fruta fresca de temporada a escoger
One seasonal fresh fruit of choice

2 toppings a escoger
2 toppings:

- Granola casera / *Homemade granola*
- Nibs de cacao / *Cacao nibs*
- Chia / *Chia*
- Coco / *Coconut*
- Topping chocolate / *Chocolate topping*
- Topping maracuyá o mora / *Passion fruit or blackberry topping*
- Yogurt / *Yogurt*
- Goji berries / *Goji berries*
- Linaza / *Flax seeds*
- Semillas de girasol / *Sunflower seeds*
- Superfoods / *Superfoods*

SUPER FOODS \$1

Superfoods Adicionales
Additional Superfoods

SMOOTHIES

\$7

ENERGÍA SOLAR

Mango, zanahoria, uchuvas, naranja, jengibre, polen

Mango, carrot, golden berries, orange, ginger, pollen

MONTEVERDE

Manzana, pepino, kale, espinaca, agua de pipa, hierba de trigo, jengibre, limón

Apple, cucumber, kale, spinach, coconut water, wheatgrass, ginger, lemon

BOSQUE MÁGICO

Mora, fresa, banano, espinaca, leche de coco, goji berries, miel de agave

Blackberries, strawberries, banana, spinach, coconut milk, goji berries, agave

TALAMANCA

Cacao puro, nibs de cacao, leche de coco, banano, canela, acaí, marañón

Raw cacao, cacao nibs, coconut milk, banana, cinnamon, acaí, cashew nuts

AL CHILE!

Mango, naranja, tamarindo, pimienta cayenna, chia, sal de amaranto

Mango, orange, tamarind, cayenne pepper, chia seeds, amaranth salt

