

good  
morning



buena comida,  
buenos amigos



# Fruit Salads

## FRUIT SALAD

A medley of fruits with yogurt and granola or cottage cheese.

## FRUIT PLATE (295 calories)

Generous combination of sliced apples, bananas, kiwis, and strawberries with a scoop of cottage cheese.

# Yogurts

## PLAIN YOGURT

## BARRIGAS YOGURT

Delicious goblet of plain yogurt with honey and assorted fruits.

## PILATES YOGURT

An abundant combination of yogurt, apple, grapes, peach, granola and honey.

# Pancakes & Cereals

## PAN DULCE

"Mexican pastry".

## PANCAKES (3)

Fluffy three pancake stack, served with butter, maple syrup or honey.

## THREE PANCAKES WITH BACON, HAM OR SAUSAGE

CEREAL Assorted cereals served with milk and a side of single fruit.

HOT OATMEAL With a single fruit portion and milk.







JUICE BAR

**Barrigat**

**Made with 100%  
Natural fruit pulp.**

**ASSORTED JUICES**

Orange, grapefruit, carrot, papaya or season fruit.

**ANTI FLU**

Delicious combination of orange juice, guava nectar and honey.

**CARIBBEAN**

An appetizing blend of oranges, papaya, banana, strawberries and honey.

**GOLDEN**

The perfect mix of oranges, apples, melon and lime juice.

**OASIS**

Orange, pineapple and strawberries deliciously mixed.

**HANGOVER**

Healing beverage made with tomato and clam juice, celery, lime juice and a few drops of hot sauce.

**VAMPIRE**

Carrots and beets perfectly blended.

**HEALTHY JUICE**

A healthy blend of cactus, oranges, pineapple, parsley and lime juice.



# Barrigas specialties

## DIVORCED EGGS

Two eggs made to order, split between an enchilada and refried beans, topped with green and red salsa.

## RANCHERO EGGS

Two eggs made to order, topped with "salsa ranchera" over a fried corn tortilla, with a side of refried beans.

## JUAROCHO EGGS

Savory corn tortillas filled with a la "mexicana" eggs, topped with our award winning bean sauce, served with chorizo, bacon and sour cream.

## CHARRO MONTADO EGGS

A classic! Two eggs any style on top of a corn sincronizada, covered with frijoles charros and served with diced potatoes.

## AMOLADO EGGS

Two eggs over a corn quesadilla, smothered in mole poblano sauce and served with refried beans.

## TIRADOS EGGS 🌮

Scrambled eggs with a side of "Vinaigrette Peppers", refried beans, and "Queso Panela".

## ENTOMATADAS

Three rolled corn tortillas filled with cheese, covered in tomato sauce, served with chile strips, beans and topped with an egg.

## ARRACHERA DON MARIO

A meat lover's delight! 6 oz. of juicy beef outside skirt served with your choice of green or red chilaquiles, an egg & refried beans.



## SINCRONIZADAS NORTEÑAS 🌮

Grilled ham and Chihuahua cheese in flour tortillas, served with guacamole, beans and tomato slices.

## POBLANA CREPE

Richly filled with chicken, chile poblano strips, corn, "panela" cheese, with melted grated natural cheese on a creamy sauce layer.

## SOPECITOS (4)

Rich handmade tiny corn tortillas topped with refried beans, chicken meat, fresh cheese, sour cream, lettuce and green salsa

## ENFRIJOLADAS (3)

Three rolled corn tortillas filled with chicken or pork rinds, covered with a bean sauce, served with melted grated natural cheese, two eggs any style and sour cream.

## MOLE ENCHILADAS

Four rolled corn tortillas filled with an abundance of chicken, topped with mole poblano sauce, served with melted grated natural cheese, sour cream, onions and beans.

## HUARACHE

A large warm hand made oval corn tortilla, served with your choice of beef or chicken, and topped with a delectable portion of "chile strips with cheese".

## LIGHT ENCHILADAS (400 calories) 🌿

3 non fried enchiladas filled with cottage cheese and topped with red salsa.

## GRILLED CHICKEN SANDWICH 🌿

(350 calories) On whole wheat bread with lettuce, alfalfa sprouts, tomato & avocado slices.



New meal



Light meal



# Omelettes

All of our omelettes are made with three eggs, served with your choice of juice or fruit and coffee or tea.

## BEATRIZ

A delectable blend of chicken, mushrooms and onions, grated melted natural cheese & served with diced potatoes and refried beans

## FLORENTINE

Spinach and cream cheese topped with melted grated cheese, hash browns and mixed salad.

## REGIO



An egg tortilla, filled with tender shredded pork seasoned with red chili, with a side of refried beans and "queso fresco".

## "YOUR CHOICE" OMELETTE

Your choice of two of the following ingredients: Chihuahua cheese, ham, bacon, mushrooms, sausage or chorizo.

## EGG WHITE OMELETTE (392 calories)

Filled with carrot slices and cottage cheese. Served with season fruit.

## Additional ingredient

# On the side

**BEANS** Refried or "charro" style.

## HAM, BACON OR SAUSAGE

Four slice of ham, six bacon strips or four sausage links.

**TOAST** Three slices with butter & jelly.

## ORDER OF FRIES

## EXTRA EGG

# Coffee, tea, beverages

Espresso

Coffee

Regular or decaf.

Capuchino

Barrigas Capuchino

With a touch of eggnog.

Hot chocolate

Hot tea

Iced tea

"Shakeado" tea

Shakes

Chocolate, vanilla or strawberry.

Milk or chocolate milk





# Barrigas combos

Served with your choice of: juice or fruit, coffee or tea & toast.

## NATIONAL BARRIGAS

Three mouth watering entomatadas with melted Swiss cheese, two eggs any style, chile strips, sour cream and refried beans.

## BARRIGAS USA

A fluffy three pancake stack, two eggs any style, your choice of ham, chorizo or sausage.

## BARRIGUIN

Two eggs any style, served over ham topped with melted grated natural cheese, with a side of hash browns.

## NORTEÑO

Tender shredded beef jerky, mixed with scrambled eggs, with your choice of "asada" or "mexicana" chile sauce, and side of refried beans.

## AEROBIC

Flavorful plate of fresh seasonal fruits with your choice of cottage cheese, yogurt or lemon sherbet.

## AZTECA

Scrambled eggs mixed with cactus and onions, with chilaquiles, avocado and salsa asada.

## OAXAQUEÑO

Two delectable eggs over an "enfrijolada" smothered with "pasilla pepper" salsa, served with fresh slices of "queso fresco."

## TOLUQUEÑO

An abundance of red or green chilaquiles complemented with chorizo, chicken meat, cilantro, onions, "queso fresco" sour cream and topped with an egg.

## CAMPESTRE



Egg tortilla filled with mushrooms prepared with "Chili Guajillo" and cream, served with melted cheese on top, with a side of hash browns and refried beans.

## "FARMER'S BREAKFAST"

A hearty plate with two eggs any style, and your choice of: ham, bacon, sausage or "a la mexicana" style, served with hash browns and refried beans.

## MEXICANO

Your savory choice of: three Swiss, red, green or mole enchiladas, filled with chicken meat and a side of refried beans

## EXECUTIVE

Mouth watering tenderloin tips prepared either: "mexicana", "chipotle", pasilla, ranchero or albañil style, served with refried beans and corn tortillas on the side.

## AL ALBAÑIL



Scrambled eggs seasoned in green sauce and "Epazote" herb, with a side of "Charro Style Beans", and corn tortilla.

