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| **La Fondita** |  |  |
| Alambre de Bisteck | $127.00 |  |
| Alambre de Pechuga | $138.00 |  |
| Costra de Bisteck | $57.00 |  |
| Tacos al pastor 3 pzas | $74.00 |  |
| Tacos estilo villamelon 3 pzas | $79.00 |  |
| Tacos de Bisteck 3 pzas | $75.00 |  |
| Fajitas Light | $83.00 |  |
| Gringa de Bisteck | $46.00 |  |
| Gringa estilo Villamelon | $46.00 |  |
| Flautas de carne | $91.00 |  |
| Flautas de pollo | $80.00 |  |
| Flautas de papa | $60.00 |  |
| Flautas mixtas | $80.00 |  |
| Huarache de maiz | $89.00 |  |
| Huarache de nopal | $95.00 |  |
| Huarache de nopal o maíz sencillo | $50.00 |  |
| Sopes 2 pzs | $67.00 |  |
| Tostada 3 pzs | $74.00 |  |
| Quesadilla grande | $39.00 |  |
| Tacos de Guisado | $20.00 |  |
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| **La chilaquería** |  |  |
| Torta de chilaquiles | $60.00 |  |
| Chilaquiles Proteina | $119.00 |  |
| Chilaquiles Sin Proteina | $97.00 |  |
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| **Diezmil Hojas** |  |  |
| Ensalada atún surimi jamón o pollo | $138.00 |  |
| Ensalada sencilla | $121.00 |  |
| Extra | $30.00 |  |
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| **La Vuelta** |  |  |
| Hamburguesa queso y tocino | $94.00 |  |
| Hamburguesa sencilla | $84.00 |  |
| Hamburguesa pollo buffalo | $87.00 |  |
| Hamburguesa BBQ | $94.00 |  |
| Hamburguesa vegana | $135.00 |  |
| Avocado Toast simple | $127.00 |  |
| C/Pollo | $138.00 |  |
| C/Bistec | $141.00 |  |
| C/Jamón o pavo o huevo | $130.00 |  |
| Papas a la francesa | $57.00 |  |
| Papas a la francesa orden chica | $48.00 |  |
| Sándwich BBQ | $98.00 |  |
| Sándwich BLT con pollo | $100.00 |  |
| Sándwich de pollo al grill | $84.00 |  |
| Con tocino | $15.00 |  |
| Torta de jamón de pavo y panela | $90.00 |  |
| Torta de jamón y queso manchego | $90.00 |  |
| Torta de milanesa | $101.00 |  |
| Torta de pollo con queso | $101.00 |  |
| Torta de Hawaiana | $92.00 |  |
| Molletes de jamón con queso 2 pzas | $72.00 |  |
| Molletes frijol con queso 2 pzas | $66.00 |  |
| Tecolote extra large | $110.00 |  |
| Sincronizada de jamon y queso 1 pza | $44.00 |  |
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| **Wrapbox** |  |  |
| Wrap BLT | $84.00 |  |
| Wrap Cesar | $104.00 |  |
| Wrap Vegano | $90.00 |  |
| Wrap de jamón y queso | $86.00 |  |
| Wrap de pastor | $94.00 |  |
| Wrap de pavo y panela | $90.00 |  |
| Wrap Phili Pollo | $97.00 |  |
| Wrap Philly | $90.00 |  |
| Wrap Villamelon | $89.00 |  |
| Paninni de mozzarela y jitomate | $83.00 |  |
| Paninni 4 quesos | $85.00 |  |
| Paninni de panela y jamón de pavo | $83.00 |  |
| Paninni de queso manchego y jamón | $83.00 |  |
| Paninni hawaiano | $85.00 |  |
| Paninni pollo con queso manchego | $89.00 |  |
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| **Mandarin SU** |  |  |
| Arroz al vapor | $46.00 |  |
| Arroz frito | $56.00 |  |
| Combo | $129.00 |  |
| Pasta oriental | $63.00 |  |
| Pollo hunan | $110.00 |  |
| Rollos primavera | $81.00 |  |
| Teriyaki pollo | $88.00 |  |
| Bowl vegano | $90.00 |  |
| Bowl de arroz al vapor c/pollo teriyaki | $116.00 |  |
| Bowl de arroz frito c/pollo hunan | $116.00 |  |
| Bowl de arroz al vapor c/pollo búfalo | $116.00 |  |
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| **Al Dente** |  |  |
| Pomodoro | $86.00 |  |
| Alfredo | $102.00 |  |
| Bolognese | $110.00 |  |
| Aglio e olio | $77.00 |  |
| Arrabiata | $89.00 |  |
| Panceta | $10.00 |  |
| Parmeggiano | $15.00 |  |
| Champiñón baby | $8.00 |  |
| Pollo a la plancha | $15.00 |  |
| Albondigas | $20.00 |  |
| Lasagna de Bolognese | $96.00 |  |
| Lasagna de Berenjena | $87.00 |  |
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| **Wild Buns** |  |  |
| Alitas | $109.00 |  |
| Boneless | $116.00 |  |
| Papas gajo | $35.00 |  |
| Aros de Cebolla | $23.00 |  |
| Egg drop | $73.00 |  |
| Peanut butter jelly | $64.00 |  |
| Chopped cheese | $87.00 |  |
| Grilled cheese | $56.00 |  |
| Hocho BBQ | $77.00 | $92.00 |
| Hocho galán | $54.00 | $69.00 |
| Hocho cubo | $78.00 | $93.00 |
| Hocho clásico | $42.00 | $57.00 |
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| **Papa Johns** |  |  |
| Hawaiana | $104.00 |  |
| Mexicana | $104.00 |  |
| Vegetariana | $104.00 |  |
| The works | $104.00 |  |
| Pepperoni | $94.00 |  |
| Queso Mozzarella | $94.00 |  |
| Potato wedges | $74.00 |  |
| Pepperoni rolls | $74.00 |  |
| Mini cheese sticks | $74.00 |  |
| Choco avellana pay M&M's | $79.00 |  |
| Choco avellana pay Milky Way | $79.00 |  |
| Choco avellana pay Snickers | $79.00 |  |
| Rollos Milky Way | $79.00 |  |
| Rollos Snickers | $79.00 |  |
| Dip garlic | $14.00 |  |
| Dip BBQ | $14.00 |  |
| Dip buffalo | $14.00 |  |
| Pepperoncini | $14.00 |  |
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| **Crep & Co** |  |  |
| Philadelphia | $70.00 |  |
| Manchego | $70.00 |  |
| Mozzarella | $76.00 |  |
| Atún | $70.00 |  |
| Prosciutto y champiñón | $95.00 |  |
| Tres quesos | $76.00 |  |
| Pepperoni | $75.00 |  |
| Hawaiana | $76.00 |  |
| Mexicana | $83.00 |  |
| Italiana | $76.00 |  |
| Chori-queso | $70.00 |  |
| Topping Philadelphia | $19.00 |  |
| Topping Manchego | $19.00 |  |
| Topping gruyere | $24.00 |  |
| Jamón | $24.00 |  |
| Prosciutto | $31.00 |  |
| Champiñon | $19.00 |  |
| Pepperoni | $19.00 |  |
| Salsa de tomate | $19.00 |  |
| Chorizo | $19.00 |  |
| Aguacate | $19.00 |  |
| Salsa mexicana | $10.00 |  |
| Huevo | $19.00 |  |
| Cajeta | $63.00 |  |
| Crema de cacahuate | $63.00 |  |
| Lechera | $63.00 |  |
| Mermelada de manzana con canela | $63.00 |  |
| Mermelada de Durazno | $63.00 |  |
| Mermelada de fresa | $63.00 |  |
| Mermelada de zarzamora | $63.00 |  |
| Nutella | $65.00 |  |
| Gansito | $65.00 |  |
| Kit kat | $65.00 |  |
| Chispas de chocolate | $19.00 |  |
| Nuez | $19.00 |  |
| Almendra | $19.00 |  |
| Platano | $10.00 |  |
| Fresa | $19.00 |  |
| Mermelada de zarzamora | $19.00 |  |
| Duraznos en almibar | $19.00 |  |
| Philadelphia | $19.00 |  |
| Arandanos | $19.00 |  |
| Galleta oreo | $19.00 |  |
| Gansito | $19.00 |  |
| Kit kat | $19.00 |  |
| Lechera | $19.00 |  |
| Crema de cacahuate | $19.00 |  |
| Nutella | $19.00 |  |
| Piña | $19.00 |  |
| Mermelada de fresa | $19.00 |  |
| Cajeta | $19.00 |  |
| Mermelada de Durazno | $19.00 |  |
| Extra duraznos manzana de canela | $19.00 |  |
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| **Verde Limón** |  |  |
| Agua de limón con chia | $45.00 |  |
| Charola de papaya, pepinos, zanahorias, jicama | $54.00 |  |
| Charola de verduras | $62.00 |  |
| Jugo de naranja grande | $48.00 |  |
| Jugo de toronja grande | $48.00 |  |
| Jugo de zanahoria grande | $46.00 |  |
| Jugo verde | $48.00 |  |
| Licuado de chocolate | $51.00 |  |
| Licuado de fresa | $63.00 |  |
| Licuado de platano | $63.00 |  |
| Smoothie antioxidante | $66.00 |  |
| Smoothie boost | $66.00 |  |
| Smoothie maca avena | $66.00 |  |
| Smoothie piña colada | $66.00 |  |
| Smoothie quema grasa | $66.00 |  |
| Vaso de cacahuate | $46.00 |  |
| Vaso de fruta de temporada | $44.00 |  |
| Vaso de verduras | $48.00 |  |
| Tostado saludable | $102.00 |  |
| Bowl de avena c/chía y fruta | $83.00 |  |
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| **Gym** |  |  |
| **Desayunos:** |  |  |
| Chilaquiles con pollo | $54.00 |  |
| Enchiladas con pollo | $54.00 |  |
| Sincronizadas | $43.00 |  |
| Enfrijoladas (rellenas con pollo o queso) | $58.00 |  |
| Molletes sencillos | $45.00 |  |
| Omelette campesino (espinacas, queso gouda y calabazas salteadas) | $55.00 |  |
| Omelette mediterraneo (jamón, queso gouda y pesto) | $55.00 |  |
| Omelette poblano (champiñones, rajas y queso gouda) | $55.00 |  |
| Club sándwich | $60.00 |  |
| Sándwich de pollo (pollo, jitomate, queso panela y lechuga) | $50.00 |  |
| Wrap de jamón de pavo | $63.00 |  |
| Wrap de pollo | $63.00 |  |
| Cuernito (jamón de pavo y queso manchego) | $62.00 |  |
| Toast de manzana (queso panela y miel) | $65.00 |  |
| Toast de aguacate con hummus (sal de mar y jitomate rebanado) | $65.00 |  |
| Hot cakes (avena con plantano) | $55.00 |  |
| **Desayunos Light:** |  |  |
| Cóctel de frutas | $38.00 |  |
| Yogurt con granola | $38.00 |  |
| Nopal asaso con queso (con frijoles, crem y queso fresco acompañado de salsa verde) | $43.00 |  |
| Omelette light (claras de huevo con queso panela servido sobre capaccio de jitomate) | $55.00 |  |
| **Snacks** |  |  |
| **Snacks Dulces** |  |  |
| Amaranto chocoloate-fresa (varios sabores) | $27.00 |  |
| Amaranto natural | $27.00 |  |
| Dona | $22.00 |  |
| Galleta de avena con pasas | $32.00 |  |
| Galleta de chocochips | $32.00 |  |
| Galleta de doble chocolate | $32.00 |  |
| Galleta de tres cereales | $32.00 |  |
| Muffin de chocochips | $30.00 |  |
| Palanquetas | $27.00 |  |
| Rueda de cereal | $27.00 |  |
| **Pretzel Horneado** |  |  |
| Salado | $45.00 |  |
| Dulce | $45.00 |  |
| **Snacks Natura** |  |  |
| Palomitas naturales | $27.00 |  |
| Papa deshidratada adobo | $27.00 |  |
| Papa deshidratada natural | $27.00 |  |
| Papa salada con adobo | $32.00 |  |
| Papa salada natural | $32.00 |  |
| Boneless BBQ (120gr) | $90.00 |  |
| Plátano dulce con chile | $27.00 |  |
| Plátano dulce natural | $27.00 |  |
| Pretzel con chocolate | $43.00 |  |
| Pretzel salado o dulce | $48.00 |  |
| **Crepas Natura** |  |  |
| Jamón con queso manchego | $54.00 |  |
| Nutela con nuez | $54.00 |  |
| Nutela con plátano | $54.00 |  |
| Queso philadelphia y zarzamora | $58.00 |  |
| **Jugos Naturales 500ml** |  |  |
| Aguas exóticas | $32.00 |  |
| Amanecer (mango y naranja) | $56.00 |  |
| Caribe (piña, plátano, fresa y naranja) | $56.00 |  |
| Delice (zarzamora y fresa) | $56.00 |  |
| Green juice (espinaca, pera, piña, pepino y pimiento verde con vaso de jugo de naranja) | $56.00 |  |
| Natura (naranja, manzana, fresa y plátano) | $56.00 |  |
| Tropic (fresa, mango y naranja) | $56.00 |  |
| **Jugos Naturales Sencillos** |  |  |
| Naranja | $40.00 |  |
| Toronja | $40.00 |  |
| **Jugos y Refrescos (lata 355ml)** |  |  |
| Jugos (mango o manzana o guayaba o fresa) | $25.00 |  |
| Refrescos | $22.00 |  |
| **Tapiocas** |  |  |
| Fruit (Banana, blue berry, coco, durazno, fresa, guayaba, kiwi, limón, mango, maracuya,lichee, raspberry o pepino limón) | $70.00 |  |
| Yummy (avellana, cacahuate, cajeta, chocolate, oreo, capuccino, horchata, carbón activado, pie de limón, taro, té chai, té verder o vainilla) | $70.00 |  |
| Porción extra de tapioca | $6.00 |  |
| Leche de especialidad (soya, coco, almendra o deslactosada) | $8.00 |  |
| **Bebidas Calientes** |  |  |
| Tisanas e infusiones 12 oz. | $38.00 |  |
| Café americano 12 oz. | $38.00 |  |
| Café capuccino 12 oz. | $43.00 |  |
| Café latte 12 oz. | $50.00 |  |
| Espresso 4 oz. | $38.00 |  |
| Espresso doble 4 oz. | $49.00 |  |
| **Ciabatta** |  |  |
| Bagel texano (carne a la parrilla, guacamole y cebollas caramelizadas) | $76.00 |  |
| Ciabatta árabe (jocoque, pollo al curry, pepino y pimiento amarillo) | $70.00 |  |
| Ciabatta capresse (queso mozarella fresco, jitomate bola, hojas de albahaca y aceite de oliva) | $70.00 |  |
| Ciabatta grill (carne asada, ciabatta leñada, cebollas caramelizadas, espinaca, jitomate y queso manchego) | $80.00 |  |
| Natura classic (jamón, jitomate, lechuga y queso panela con mayonesa) | $62.00 |  |
| Naturali (atún, mayonesa de chipotle, aguacate y queso panela) | $62.00 |  |
| Panini 4 quesos (queso oaxaca, gouda, doble crema y manchego, cebollas caramelizadas y mayonesa de aceitunas) | $73.00 |  |
| Panini mediterráneo (pestro, berenjena, calabaza, cebolla morada, champiñón al grill y lechuga) | $73.00 |  |
| Panini carnes frías (pepperoni, lomo canadiense, jamón de pierna, jamón de pavo, jitomate, espinaca y aderezo de chipotle) | $73.00 |  |
| Panini cordon bleu (pechuga cordon bleu, jitomate, lechuga y mayonesa a las hierbas finas) | $73.00 |  |
| **Hamburguesas** |  |  |
| Hamburguesa BBQ (carne sirloin, queso manchego, cebolla caramelizada y salsa BBQ) | $90.00 |  |
| Hamburguesa Blue Cheese (carne sirloin, queso de cabra, tocino y vegetales) | $90.00 |  |
| Hamburguesa Mediterránea (carne sirloin, queso manchego, vegetales y especies) | $90.00 |  |
| Hamburguesa Shake (carne sirloin, queso amarillo y aderezo especial) | $90.00 |  |
| **Pasta** |  |  |
| Alfredo | $95.00 |  |
| Bolognesa | $95.00 |  |
| Crema con pollo | $95.00 |  |
| **Sandwich Artesanal \*acompañado con chips** |  |  |
| Jamón de pavo (queso gouda gratinado, lechuga, jitomate, aderezo de pimiento y aguacate) | $90.00 |  |
| Roast beef (queso de cabra, ceboolla caramelizada, mostaza dijon y aguacate) | $140.00 |  |
| Salami (lechuga, aguacate, jitomate queso y aderezo) | $120.00 |  |
| Tres quesos (cheedar, mazarella, panela asado, aguacate, aderezo de pimienta, lechuga y jitomate) | $110.00 |  |
| Manzana Panela Miel (queso panela, rodajas de manzanza verde, miel orgánica, queso crema y espinaca baby) | $135.00 |  |
| **Oriental** |  |  |
| Yakimeshi mixto (pollo y vegetales) | $78.00 |  |
| Yakimeshi (pollo o vegetariano) | $70.00 |  |
| Poke Bowis (arroz blanco y proteína a elegir: pollo o res o atún o vegetariano) | $120.00 |  |
| **Ensaladas: Mediana y Grande** | $73.00 | $85.00 |
| Asiática (mix de lechugas, jitomate, queso de cabra y cacahuate tostado) | $73.00 | $85.00 |
| Bistro Chicken (pollo cocido, lechuga, arroz y calabaza) | $73.00 | $85.00 |
| Griega tradicional (jitomate, lechuga, pepino, queso...) | $73.00 | $85.00 |
| Mamma mía (mix de lechugas, espinaca...) | $73.00 | $85.00 |
| Natura (mix de lechugas, pechuga de pollo, espinaca y champiñones con mayonesa) | $73.00 | $85.00 |
| Natura al vapor (calabaza, brocoli, chayote, cliflor y...) | $73.00 | $85.00 |
| Nutty César (pechuga de pollo al grill, queso parmesano...) | $73.00 | $85.00 |
| Tailandesa (carne al grill en crema de lechuga...) | $73.00 | $85.00 |
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| **Taquería "El Komal"** |  |  |
| **Desayunos 7:00-12:00pm (huevos o claras con frijoles)** |  |  |
| Huevo revuelto | $59.00 |  |
| Huevo revuelto con salchica o jamón | $61.00 |  |
| Omelette con espinaca | $63.00 |  |
| Omelette con queso de cabra | $68.00 |  |
| Muffin de huevo con pimiento | $67.00 |  |
| Waffles con frutos rojos | $73.00 |  |
| Chilaquiles verdes con pollo | $95.00 |  |
| Chilaquiles verdes con sirloin | $105.00 |  |
| **Sopas** |  |  |
| Consomé de pollo | $58.00 |  |
| Sopa de hongos | $58.00 |  |
| **Esquites y Enchiladas** |  |  |
| Esquites | $39.00 |  |
| Enchiladas verdes con pollo | $73.00 |  |
| **Menú Vegano** |  |  |
| Tacos de Jamaica (jamaica, aguacate, salsa chipotle con mayonesa y tortilla de maíz) | $68.00 |  |
| Tacos de nopales (orden de 3 tacos con nopales al ajillo con frijoles) | $72.00 |  |
| **Aguas y postres (530ml)** |  |  |
| Horchata (lunes y viernes) | $19.00 |  |
| Jamaica (martes y jueves) | $19.00 |  |
| Limón con chía (miércoles) | $19.00 |  |
| Brownie con helado | $66.00 |  |
| **Tacos** |  |  |
| Pastor | $23.00 |  |
| Gringa | $53.00 |  |
| Asada | $31.00 |  |
| Sirloin | $38.00 |  |
| Alambre | $39.00 |  |
| Cochinita | $28.00 |  |
| Chicharrón en salsa | $28.00 |  |
| Chorizo | $28.00 |  |
| Chorizo y frijol | $28.00 |  |
| Milanesa con papa | $34.00 |  |
| **Volcanes y costras** |  |  |
| Costra de pastor | $53.00 |  |
| Costra de sirloin | $53.00 |  |
| Volcán de pastor | $37.00 |  |
| Volcán de sirloin | $37.00 |  |
| **Burritos (queso oaxaca y frijoles)** |  |  |
| Alambre | $81.00 |  |
| Pastor | $81.00 |  |
| Sirloin | $82.00 |  |
| Vegetariano | $70.00 |  |
| **Quesadillas y tostadas (comal o fritas)** |  |  |
| Queso | $27.00 |  |
| Queso con champiñón | $33.00 |  |
| Queso con pastor | $33.00 |  |
| Tostada de tinga de pollo | $33.00 |  |
| Queso con chorizo | $33.00 |  |
| Queso con pollo | $33.00 |  |
| Queso con sirloin | $40.00 |  |
| **Flautas y sopes (con queso cotija y crema)** |  |  |
| Flauta de pollo | $23.00 |  |
| Flauta de papa | $23.00 |  |
| Sope de frijol | $22.00 |  |
| Sope de pollo | $27.00 |  |
| Sope de chorizo | $27.00 |  |
| **Tortas (queso oaxaca, frijoles y jitomate)** |  |  |
| Milanesa | $67.00 |  |
| Pastor | $67.00 |  |
| Cochinita | $67.00 |  |