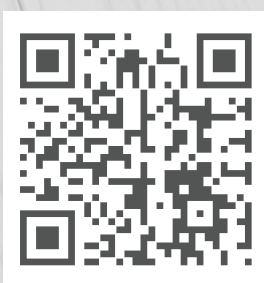


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# MENU

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Scan for digital menu.

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Club de Golf Tres Marías





Snack



BREAKFAST	SANDWICHES
<b>Quesadilla</b> With Oaxaca Cheese \$30 With Panela Cheese \$32 <b>Sincronizada</b> \$48 With ham or chicken and Oaxaca cheese, served with french fries. <b>Croissant</b> \$60 With ham and cheese. <b>Chilaquiles with Chicken</b> \$80 Green or red sauce with refried beans. <b>Enchiladas suizas</b> \$80 With a creamy green sauce, covered with melted Oaxaca cheese, served with refried beans.	<b>Whole Wheat</b> \$48 Ham, Oaxaca cheese, cheddar cheese and vegetables. <b>Panela</b> \$55 Whole wheat bread, panela cheese, ham, lettuce and tomatoes. <b>Tuna</b> \$57 Whole wheat bread, mexican tunna with mayonnaise and lettuce. <b>Club Sandwich</b> \$65 Ham, cheddar cheese, Oaxaca cheese, chicken, bacon, lettuce, tomatoes and french fries.
SPECIAL BREAKFAST	FRUIT
<b>Eggs Of Choice</b> \$75 With bacon, cheese, ham or green beans <b>Omelette Of Choice</b> \$75 With bacon, cheese, ham or green beans <b>Molletes</b> Bread with beans and melted cheese <b>Half an Order</b> \$45 <b>Whole Order</b> \$65 <b>Special Molletes</b> With beans and Oaxaca cheese, and an ingredient of choice: Bacon, ham, sausage or chicken. <b>Half an Order</b> \$50 <b>Whole Order</b> \$70 <b>Molletes With Arrachera</b> <b>Half an Order</b> \$75 <b>Whole Order</b> \$145	<b>Energetico (Chopped fruit)</b> With yogurt, granola and honey \$52 With cottage cheese, granola and honey \$55
	SALADS
	<b>Chicken</b> \$70 Mix of lettuce, cucumber, jicama, carrots and tomatoes. <b>Tuna</b> \$70 Mix of lettuce, cucumber, jicama, carrots and tomatoes. <b>Grilled Chicken</b> \$80 Lettuce, cucumber, fresh cheese, tortilla strips and black chili, with blackberry dressing. <b>Arrachera</b> \$105 Grilled arrachera steak strips, lettuce, bell peper strips and panela cheese, served with avocado. <b>Dressings</b> Chipotle, blackberries, cilantro or ranch.
TORTAS (SANDWICHES)	LUNCH
<b>Turkey</b> \$60 Turkey, cream cheese, cheddar cheese, tomato, chili y lettuce. <b>Ahogada</b> \$70 Pork carnitas, covered with sauce, onions and vinegar. <b>Grilled Panela</b> \$60 Panela cheese, ham, tomatoes, and lettuce. <b>Guadalajara Style Pork</b> \$60 Stewed pork with a creamy sauce, chili and vinegar. <b>Cuban</b> \$60 With ham, sausage, chicken, cheese, tomatoes and lettuce. <b>Arrachera</b> \$70 Arrachera steak with Oaxaca cheese, tomatoes, lettuce, chili and vinager. <b>Chicken Milanesa</b> \$70 Chicken breast breaded, with tomatoes and lettuce, served with french fries.	<b>Hot dog</b> \$45 Beef sausage and french fries. <b>Chicken Taquitos (4)</b> \$65 Served with lettuce, tomatoes, onions, sour cream and cheese, and refried beans on the side. <b>Chicken Nuggets</b> \$55 Served with french fries . <b>Arrachera Burger</b> \$90 With cheese, lettuce, tomatoes & french fries. <b>Chicken Fajitas</b> \$110 With bell peppers, served with refried beans and tortillas. <b>Arrachera Fajitas</b> \$120 With bell peppers, served with refried beans and tortillas. <b>Arrachera Taco \$38 with queso</b> \$43 <b>Grilled Chicken Taco</b> \$32



JUICES		CREPES	
Orange	\$32	Sweet Crepes	
Carrot	\$32	1 ingredient	\$42
Green	\$32	2 ingredients	\$65
Tangerine (season)	\$32	Salty Crepas	


## JUICES

### Detox Line

Detox	\$80
Relax	\$80
Digestive	\$80
Revitalizing Smoothie	\$75
Anti-inflammatory Smoothie	\$75
Hydrating Smoothie	\$75

CAFÉ

Pastries	\$14
Americano	\$35
Café Dolce Gusto	\$35
Tea	\$32
Chocolate Milk	\$35
Smoothie (473 ml) from	\$55
Yogurt	\$35



# SHAKES

**Strawberry, oreo, vanilla or chocolate \$65**  
Milk options: Whole, light, skimmed and lactose-free.

## SMOOTHIES

**Cherry, coconut and mango** \$65  
Milk options: Whole, light, skimmed and lactose-free.

## SNACKS

<b>French fries</b>	<b>\$45</b>
<b>Corn</b>	
<b>Small</b>	<b>\$35</b>
<b>Large</b>	<b>\$55</b>
<b>Gaspacho</b>	
<b>Small</b>	<b>\$45</b>
<b>Large</b>	<b>\$60</b>
<b>Fruit of choice:</b>	
Pineapple, cantaloupe, jicama, cucumber, watermelon and mango (season).	

CREPES	
Sweet Crepes	
1 ingredient	\$42
2 ingredients	\$65
Salty Crepas	
1 ingredient	\$48
2 ingredients	\$68

## DRINKS

Soda	\$40
Coca-Cola, Coca-Cola Light, Coca-Cola Zero, Sprite, Fresca and Manzana Lift.	
Ciel Sparkling Water	\$40
Topochico Sparkling Water	\$42
Ciel Spring Water (600 ml.)	\$29
Ciel Spring Water (1 lt.)	\$32
Fuze Green Tea	\$38
Powerade	\$40
Red Bull	\$70
Vitamin Water	\$45
Coconut Water	
500 ml.	\$45
1 lt.	\$65
Lemonade (sparkling or regular)	\$40
Orangeade (sparkling or regular)	\$40

## CANDY SHOP

<b>Chips</b>	<b>\$30</b>
<b>Cookies</b>	<b>\$30</b>
<b>Granola Bar Nature Valley</b>	<b>\$20</b>
<b>Chocolates Snickers, Milky Way and Crunch</b>	<b>\$26</b>



# Working Hours:

Tuesday - Saturday:  
8:00 am to 20:00 pm.

Sunday  
8:00 am to 18:00 pm.

Sunday  
8:00 am to 18:00 pm.