

# HELIOS

## DESAYUNO A LA CARTA

 OMELETTE O HUEVOS REVUELTOS AL GUSTO

TOMATE, CEBOLLA, ESPINACA, JAMÓN YORK, TOCINO, QUESO Y CHAMPIÑÓN

 OMELETTE DE CLARAS AL GUSTO

TOMATE, CEBOLLA, ESPINACAS, JAMÓN YORK, TOCINO, QUESO Y CHAMPIÑONES

### HUEVOS BENEDICTINOS

POCHADOS SOBRE PAN BRIOCHE, CON JAMÓN AHUMADO Y SALSA HOLANDESA

### MANGÚ DOMINICANO CON SALAMI

 PLATO DE FRUTAS VARIADAS CON YOGURT, MIEL Y GRANOLA

### DESAYUNO AMERICANO

HUEVOS AL GUSTO ACOMPAÑADOS CON HOT CAKES Y TOCINO O JAMÓN AHUMADO


### BAGEL NORUEGO

SALMÓN AHUMADO, LECHUGA, TOMATE Y QUESO CREMA

### SÁNDWICH DE JAMÓN Y QUESO

### AVENA CON BANANA CARMELIZADA

 VARIEDAD DE PAN DULCE

 PLATILLO LIBRE DE GLUTEN  PLATILLO VEGETARIANO

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# HELIO S

## À LA CARTE BREAKFAST

 **OMELETTE OR SCRAMBLED EGGS WITH YOUR CHOICE**  
TOMATO, ONION, SPINACH, HAM, BACON, CHEESE, MUSHROOMS

 **EGG WHITE OMELETTE WITH YOUR CHOICE**  
TOMATO, ONION, SPINACH, HAM, BACON, CHEESE, MUSHROOMS

**BENEDICTINE EGGS**  
POACHED OVER BRIOCHE BREAD, WITH SMOKED HAM AND HOLLANDAISE SAUCE

**DOMINICAN MANGÚ WITH SALAMI**

 **FRUIT PLATTER WITH YOGURT, HONEY AND GRANOLA**

**AMERICAN BREAKFAST**  
EGGS OF YOUR CHOICE WITH HOT CAKES AND BACON OR SMOKED HAM

**NORWEGIAN BAGEL**  
SMOKED SALMON, LETTUCE, TOMATO AND CREAM CHEESE

**HAM AND CHEESE SANDWICH**

**OATS WITH CARAMELISED BANANA**

 **PASTRY SELECTION**

 GLUTEN FREE DISH  VEGETARIAN DISH

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# ENTRADAS Y ENSALADAS

## STARTERS AND SALADS

AGUACHILE DE CAMARÓN 🐟  
SHRIMP AGUACHILE

CEVICHE DE PESCADO CON LECHE DE TIGRE 🐟  
FISH CEVICHE WITH TIGER'S MILK

CEVICHE MIXTO CON LECHE DE TIGRE 🐟  
MIXED SEAFOOD CEVICHE WITH TIGER'S MILK

AHÍ TUNA CON MERMELADA DE LIMÓN Y AGUACATE 🐟  
AHI TUNA WITH LEMON MARMALADE AND AVOCADO

SUSHI TEMPURIZADO DE CANGREJO, AGUACATE, QUESO CREMA Y CAMARÓN 🐟  
TEMPURA SUSHI WITH CRAB, AVOCADO, CREAM CHEESE AND SHRIMP

SUSHI CEVICHE CON TILAPIA, AGUACATE, TOBIKO Y LECHE DE TIGRE 🐟  
SUSHI CEVICHE WITH TILAPIA, AVOCADO, TOBIKO AND TIGER'S MILK

CALIFORNIA ROLL DE SALMÓN CON PEPINO, 🐟  
WASABI MAYO, QUESO CREMA, CEBOLLÍN Y AGUACATE  
CALIFORNIA SALMON ROLL WITH CUCUMBER,  
WASABI MAYO, CREAM CHEESE, CHIVE AND AVOCADO

SPICY TUNA ROLL 🐟

POKE BOWL DE ATÚN PICANTE 🐟  
SPICY TUNA POKE BOWL

SWEET ROLL DE FRESAS, QUESO BRIE, TOCINO, PAPRIKA Y MIEL 🐟  
STRAWBERRY SWEET ROLL, BRIE CHEESE, BACON, PAPRIKA AND HONEY

🍷 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

🌱 PLATILLO VEGETARIANO  
VEGETARIAN DISH

🐟 ALIMENTO CRUDO  
RAW FOOD



QUESO MOZZARELLA CON HIGOS, NUECES, RÚCULA Y GLASEADO BALSÁMICO 🌱🌱  
MOZZARELLA CHEESE WITH FIGS, NUTS, ARUGULA AND BALSAMIC GLAZE

ENSALADA DE QUINOA CON QUESO FETA 🌱🌱  
QUINOA SALAD WITH FETA CHEESE

ENSALADA VERDE 🌱🌱  
GREEN SALAD

ENSALADA CÉSAR  
CAESAR SALAD

TRÍO DE DIPS: HUMMUS, ESPINACA Y GUACAMOLE CON PAN PITA Y TOTOPOS 🌱  
DIP TRIO: HUMMUS, SPINACH AND GUACAMOLE WITH PITA BREAD AND TORTILLA CHIPS

## SOPAS Y CREMAS

### SOUPS & CREAMS

SOPA DE MARISCOS AL AZAFRÁN 🌱  
SAFFRON SEAFOOD SOUP

CREMA DE VERDURAS ASADAS 🌱  
GRILLED VEGETABLES CREAM SOUP

GAZPACHO 🌱  
TOMATO SOUP

## ESPECIALIDADES MEXICANAS

### MEXICAN SPECIALTIES

FRIJOL REFRITO 🌱🌱  
REFRIED BEANS

FAJITAS DE RES  
BEEF FAJITAS

BELT WRAP

QUESADILLAS DE CAMARÓN  
PRAWN QUESADILLAS

ARROZ A LA MEXICANA 🌱🌱  
A LA MEXICANA RICE

SUPER WRAP

TACO AL PASTOR

# HAMBURGUESAS Y SÁNDWICHES

## BURGERS AND SANDWICHES

### BEEF BURGER

HAMBURGUESA DE CARNE DE RES CON QUESO,  
CEBOLLA MORADA, TOMATE, LECHUGA Y MERMELADA DE TOCINO  
BEEF BURGER WITH CHEESE, RED ONION,  
TOMATO, LETTUCE AND BACON MERMELADE

### SURF & TURF BURGER

CARNE DE RES CON CAMARONES AL AJILLO, AGUACATE Y CEBOLLA SALTEADA  
BEEF WITH GARLIC SHRIMP, AVOCADO AND SAUTEED ONION

### CHICKEN SANDWICH

POLLO, MAYONESA, TOMATES SECOS, ALBAHACA Y QUESO MANCHEGO  
CHICKEN, MAYONNAISE, DRY TOMATOES, BASIL AND MANCHEGO CHEESE

### PHILLY CHEESE STEAK

SÁNDWICH CON CARNE DE RES, QUESO CHEDDAR Y PROVOLONE  
BEEF STRIPS SANDWICH WITH CHEDDAR AND PROVOLONE CHEESE

 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH


 PLATILLO VEGETARIANO  
VEGETARIAN DISH

 ALIMENTO CRUDO  
RAW FOOD



# CARNES Y PESCADOS

## MEAT AND FISH

TAGLIATA DE RES CON EMULSIÓN DE HIERBAS, TOMATES Y PURÉ DE PAPA AL ROMERO   
BEEF TAGLIATA WITH HERB EMULSION, TOMATOES AND ROSEMARY MASHED POTATOES

COSTILLAS BBQ CON PAPA CAJÚN   
BBQ RIBS WITH CAJUN POTATOES

SALMÓN AL MOJITO CON VEGETALES Y CHUTNEY DE MENTA Y LIMÓN   
MOJITO SALMON WITH VEGETABLES WITH MINT AND LEMON CHUTNEY

RÓBALO ASADO CON HUMMUS, TAPENADE Y BERENJENAS   
SEA BASS WITH HUMMUS, TAPENADE AND EGGPLANT

PESCA DEL DÍA\*  
CATCH OF THE DAY\*

\*SUJETO A DISPONIBILIDAD  
\*SUBJECT TO AVAILABILITY

PLATILLO LIBRE DE GLUTEN   
GLUTEN FREE DISH

PLATILLO VEGETARIANO   
VEGETARIAN DISH

ALIMENTO CRUDO   
RAW FOOD



## WOK & PASTA

SPAGHETTI EN SALSA AURORA CON LANGOSTA Y SALVIA  
SPAGHETTI IN AURORA SAUCE WITH LOBSTER AND SAGE

RIGATONI CON POLLO, CHIPOTLE, MANTEQUILLA Y CILANTRO  
RIGATONI WITH CHICKEN, CHIPOTLE, BUTTER AND CORIANDER

PENNE AL PESTO CON CHAMPIÑONES Y QUESO FRESCO   
PESTO PENNE WITH MUSHROOMS AND FRESH CHEESE

FETTUCCINE CARBONARA  
FETTUCCINE IN CARBONARA SAUCE

WOK DE POLLO Y VEGETALES   
VEGETABLES AND CHICKEN WOK

WOK DE VEGETALES AL CURRY    
CURRIED VEGETABLES WOK

## PAELLAS

PAELLA DE MARISCO   
SEAFOOD PAELLA

PAELLA DE VEGETALES    
VEGETABLE PAELLA

PAELLA MIXTA   
MIXED PAELLA

ARROZ NEGRO   
BLACK RICE

 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

 PLATILLO VEGETARIANO  
VEGETARIAN DISH

 ALIMENTO CRUDO  
RAW FOOD

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# POSTRES DESSERTS

TARTA ÓPERA   
OPERA CAKE

ECLAIR DE CHOCOLATE Y MANGO   
CHOCOLATE AND MANGO ECLAIR

BANANA SPLIT FLAMBÉ  

PANNA COTTA DE NUTELLA CON FRUTOS ROJOS  
   
NUTELLA PANNA COTTA WITH BERRIES

PASTEL DE LIMÓN   
LEMON PIE

PASTEL DE ZANAHORIA   
CARROT CAKE

GALLETAS   
COOKIES

SELECCIÓN DE HELADOS Y SORBETES   
ASSORTED ICE CREAM AND SORBETS

PLATILLO LIBRE DE GLUTEN   
GLUTEN FREE DISH

PLATILLO VEGETARIANO   
VEGETARIAN DISH

ALIMENTO CRUDO   
RAW FOOD

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# DEGUSTACIÓN

## ENTRÉE TASTING

HUMMUS CON PAN DE PITA 🌱  
HUMMUS WITH PITA BREAD

ENSALADA MEDITERRÁNEA, ATÚN, 🌱  
EJOTE, HUEVO, MIX DE LECHUGAS Y TAPENADE  
MEDITERRANEAN SALAD, TUNA, GREEN BEANS, EGG, GREEN MIX AND TAPENADE

TABULÉ DE POLLO ASADO 🌱  
GRILLED CHICKEN TABBOULEH

SALMÓN AHUMADO, PATATAS CRUJIENTES, RÚCULA Y ALI OLI DE CÍTRICOS 🐟  
SMOKED SALMON, CRISPY POTATOES, ARUGULA AND CITRUS AIOLI

SPANAKOPITA, PASTEL GRIEGO A BASE DE ESPINACA Y QUESO FETA  
SPANAKOPITA, GREEK PASTRY WITH SPINACH AND FETA CHEESE

PAN CRISTAL CON JAMÓN IBÉRICO  
GLASS BREAD WITH IBERIAN HAM

## SOPAS SOUPS

BISQUE DE CALABAZA Y CAMARONES 🌱  
SQUASH BISQUE WITH SHRIMP

SOPA DEL CHEF  
CHEF'S SOUP SPECIAL

ESTOFADO DE LANGOSTA 🌱  
LOBSTER STEW

🌱 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

🌱 PLATILLO VEGETARIANO

🐟 ALIMENTO CRUDO  
RAW FOOD

# CARNES Y PESCADOS

## MEAT AND FISH

FILET MIGNON A LA PARRILLA 🍴  
GRILLED FILET MIGNON

TAJÍN DE CORDERO 🍴  
LAMB TAJINE

T-BONE A LA PARRILLA 🍴  
GRILLED T-BONE

CAMARONES A LA SAL 🍴  
SALT-COOKED SHRIMP

PULPO A LA PARRILLA 🍴  
GRILLED OCTOPUS

PESCA DEL DÍA\*  
CATCH OF THE DAY\*

\* SUJETO A DISPONIBILIDAD  
\* SUBJECT TO AVAILABILITY

PLATILLO LIBRE DE GLUTEN 🍴  
GLUTEN FREE DISH

PLATILLO VEGETARIANO 🍴  
VEGETARIAN DISH

ALIMENTO CRUDO 🐟  
RAW FOOD

RÓBALO 🍴  
SEA BASS

BROCHETAS DE LANGOSTINO AL AJILLO 🍴  
SHRIMP KEBAB WITH GARLIC

CAMARONES AL COCO  
COCONUT SHRIMP

LANGOSTA THERMIDOR  
A LA PARRILLA O MAR Y TIERRA 🍴  
THERMIDOR, GRILLED OR SURF & TURF LOBSTER





## GUARNICIONES

### SIDE ORDERS

PATATAS A LO POBRE    
POOR MAN'S POTATOES

VEGETALES A LA PARRILLA    
GRILLED VEGETABLES

ARROZ PILAF    
RICE PILAF

PURÉ DE PATATA Y CAMOTE    
MASHED POTATO AND SWEET YAM

## ARROCES RICE

ARROZ A BANDA    
A BANDA-STYLE RICE

ARROZ DE MARISCOS   
SEAFOOD RICE

 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

 PLATILLO VEGETARIANO  
VEGETARIAN DISH

 ALIMENTO CRUDO  
RAW FOOD

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