



Honoring its name in Mayan, which means "healthy", Ki'ol is a breath of fresh air to our guests.

Within its oasis-like, vibrant, tranquil ambiance, Ki'ol offers delicious meals crafted with fresh products grown in our Mayan Garden or ka'anche's.

Healthy and hearty breakfasts, ceviches, Mexican tostadas and light snacks garnished with nourishing ingredients, are among some of the dishes that can be enjoyed while you are relaxing next to our pool.

Open breakfast, lunch and dinner guest can expect an array of dishes that go from local and traditional to international and exuberant.



Orange or Grapefruit or Carrot

Cucumber, carrot, mustard leaf and beetroot
Liver detox

Pineapple, hibiscus, cucumber, celery and parsley
Diuretic

Guava, lime juice, parsley, orange juice and melon
Respiratory system

Beetroot, lime, orange, grapefruit and ginger
Liver and biliary tract

Papaya, kiwi and pineapple
Digestion

Cucumber, celery, parsley, cactus, spinach, orange and pineapple
Green

Mint, cucumber, coconut, coconut water
Ph facial

SPECIALITY

Kiwi, apple, pineapple and melon
Purifying

Orange, grapefruit, strawberry, cranberry, pineapple and guava
Anti-flu

Granny smith, cucumber, kale, lime, mint, spinach and cactus
Low sugar green juice

*Consuming raw or undercooked food may increase your risk of foodborne illness. *Prices quoted are in Mexican Pesos including 16% tax and excluding a 15% service charge*



SMOOTHIES

Cucumber, red apple and strawberry

Cucumber cooler

Cacao, black pepper, all spice and cinammon

Cacao fresh

Pineapple, kale, spinach, orange and banana

Pineapple and kale

MILKSHAKES

Avocado and kiwi with coconut milk

Banana, cacao, ginger and coconut milk

**Homemade chai tea with strawberry
and coconut milk**



BREAKFAST HEALTHY

**Selection of fresh fruits with yoghurt,
homemade muesli, granola, and honey**



**Coconut milk chia pudding seasonal fruit
and bee pollen**



Guava - chai oatmeal with dates



**Hibiscus flower enchiladas with "salsa verde"
homemade almond cheese and cream (3pcs)**



**Coconut pancakes (2 pcs) with hibiscus
and prickly sour pear compote**



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EGGS

**“Motuleño” style eggs (2 pcs) with beans,
homemade turkey ham, fried plantain,
peas and carrots**



**Sunny side up eggs (2pcs) with “hoja santa”,
sweet chili sauce and boiled beans**



**Mushroom and homemade turkey ham (80g)
omelette with traditional Yucatán style sauce**



**Choice of eggs, your style (fried, sunny side up,
omelette, poached) with side order of potatoes,
grilled tomatoes, beans or bacon**



SANDWICHES

**Avocado toast with Tabasco pepper
and Celestun salt**

**“Cochinita pibil” (spiced suckling pig) toast
with pickled red onions and habanero**

**Croque madame with homemade turkey ham,
local cheese, homemade mustard and poached egg**

**Croque monsieur with homemade turkey ham,
local cheese and homemade mustard**

**Club sandwich with homemade turkey ham,
tomato, lettuce and cheese**

All sandwiches are served with French fries or salad



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OTHER SPECIALTIES

**Egg or organic chicken “Enfrijoladas”
with cream and local cheese**



**Grilled fresh goat cheese
with “salsa verde” and cactus salad**



**Variety of fried quesadillas: Suckling pig
with cheese, mushroom with “epazote”
and edam cheese with chaya (spinach tree)**



**Chablé “molletes” (toast with beans),
pico de gallo and local cheese**

**Chilaquiles with egg, organic chicken (50 g)
or homemade turkey ham (50g)
choice of red or green salsa**



**Homemade french toast
with whipped cream and berries**

**Waffles with hazelnut and
chocolate cream with berries**



vegan



gluten free



lactose free

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