

intro
restaurant



a menu by angel vázquez
head chef rústico nava

WELLNESS LIFE by *Alex Letauf*

smoothies (250 ml)

green cibelia

mango, spinach, spirulina, orange juice.- \$75

plant-protein

spinach, banana, carob, dates, almond milk.- \$75

beauty-cleanse

raspberry, mango, banana, orange juice.- \$75

signature plant-based "cibelia" donuts

gluten-free, sugar-free, fat-free, dairy-free, egg-free.- \$70

(ask for the flavor of the week)

FRESH JUICE by *Intero*

all our juices are cold-pressed

juices (200 ml)

rompe-ayuno

spinach, carrot, ginger, agave syrup, lemon.- \$45

immune boost by steam and eat

pineapple, carrot, ginger, turmeric, lemon, honey,
alkaline water, dfn tea "flor de jaguar".- \$50

green juice

spinach, cactus, celery, parsley, pineapple juice, orange juice.- \$40

fresh **orange** juice.- \$40

fresh **grapefruit** juice.- \$40

others (220 ml)

golden milk, coffee shot, turmeric, lactose-free milk.- \$85

matcha, matcha powder, milk.- \$65

cacao miel, cocoa powder, cinnamon, coffee.- \$85

cacao cardamom, cocoa powder, cinnamon, milk, coffee.- \$85

creamy mocha.- \$100

chai latte, chai powder, milk.- \$60

hot chocolate.- \$60

teas and infusions, molienda sagrada selection.- \$65

house-made kombucha.- \$100

chai frappé, chai powder, lactose-free milk, dulce de leche.- \$95

matcha frappé, matcha powder, lactose-free milk,
lavender syrup, shredded coconut.- \$95

glass of milk (200 ml)

lactose-free, almond, soy, coconut or oat.- \$45

alcoholic drinks (220 ml)

mimosa, orange juice, moët & chandon.- \$270

bloody mary – vodka, ancho reyes, tomato juice,
cholula sauce, paprika-ginger salt, beef jerky.- \$190

moët & chandon, early bubbles

bottle (750 ml) special price.- \$1,850

coffee (220 ml) FRENCH PRESS (immersion method)

café totula puebla 1200 m.n.s.m, (300 ml).- \$70

honey process, **productor**: efraín garcía

NESPRESSO

ristretto.- regular (30 ml) \$45 double (60 ml) \$90

lungo.- regular (120 ml) \$50

cappuccino.- regular (120 ml) \$60

espresso.- regular (50 ml) \$45 double (100 ml) \$90

cortado.- regular (50 ml) \$50 double (100 ml) \$90

orange coffee.- tonic water, orange juice,
nespresso espresso, ice.- \$85

mazapanchino milk, mazapán, nespresso espresso, ice.- \$90

refill coffee - \$45

BREAKFAST

by Intro

make any breakfast dish a combo

includes refill coffee, 1 piece of sweet bread, juice or fruit (70 g)

regular \$110 o premium \$140

passion fruit, pineapple, and honeydew juice

specials

passion fruit, pineapple, and honeydew juice.- \$70

apple puff pastry x **BAKER** » intro

flaky puff pastry, apple, crumble.- \$65

swiss enchiladas

three poached tortillas, chicken, creamy green salsa.- \$180

beef tips

braised beef tips, morita chili sauce, purslane,
onion & sautéed nopales.- \$195

The consumption of raw products is the responsibility of the person who orders them. All dishes are prepared fresh. All our prices include VAT. Portions are approximate.

to start

sweet bread (piece) variety from x **BAKER** by intro.- \$40
(also available to-go)

seasonal fruit bowl (140 g)
greek yogurt, house-made granola.- \$70

açaí bowl
banana, berries, shredded coconut.- \$180
JUST FIT, NOT FAT

eggs / just eggs


arab-style eggs (106 g)
two fried eggs in a casserole with olive oil, za'atar, cumin,
arabic pepper, jocoque, onion, serrano chili, pita bread.- \$165

scrambled eggs with bacon (80 g)
bacon cubes, creamy scrambled eggs, parmesan,
butter, brioche.- \$145

benedict eggs with salmon
two poached eggs, house-cured & smoked salmon (75 g),
korean spinach, english muffin, hollandaise sauce.- \$190

huevos rotos
two fried eggs, wedge fries, serrano ham, truffle oil, parmesan.- \$165

 **egg whites in casserole** (120 g)
mushroom, zucchini, spinach, roasted chipotle sauce,
purslane, baked tostadas.- \$135
JUST FIT, NOT FAT

 **omelet with feta cheese** (170 g)
sautéed kale, smoked cherry tomatoes, red onion.- \$150
JUST FIT, NOT FAT

eggs your way
two eggs: with ham, a la mexicana, ranch-style, etc.- \$135

on bread x **BAKER** by intro

french toast

crunchy home-made brioche (200 g), cinnamon sugar, berries, maple syrup, vanilla ice cream.- \$150

fluffy pancakes (150 g)

three fluffy pancakes, maple syrup, powdered sugar, strawberries, butter.- \$150



avocado toast (150 g)

home-made multigrain bread, mashed avocado, 2 poached eggs, feta cheese, kale, cherry tomatoes, lemon-tea oil.- \$140

JUST FIT, NOT FAT

croque madame (90 g)

home-made italian porchetta, sourdough bread, monterey jack, parmesan, tarragon béchamel, fried egg.- \$175

sandwich on cloud (130 g)

sourdough grain bread, turkey ham, fresh mozzarella, tomato, lettuce mix, avocado, olive oil (optional: *dijonnaise and pesto*).- \$165

pulled pork rib molletes (90 g)

shredded pork ribs, baguette, monterey jack, cheddar, goat cheese, refried beans, pico de gallo.- \$160

with mexican masa

mexican-style enfrijoladas (270 g)

three tortillas filled with scrambled eggs a la mexicana, black bean and avocado leaf sauce, goat cheese, avocado, cream.- \$145

panela cheese enmoladas (90 g)

filled with panela cheese and topped with @augurio mole poblano, sesame seeds, red onion, cream.- \$160

green chilaquiles with pressed pork crackling (25 g)

green sauce, onion, aged cheese, avocado, cream.- \$160

red chilaquiles with grilled cecina (90 g)

fried tortilla, árbol & pasilla chili sauce, avocado, cream, aged cheese.- \$170

extras

egg (1 pc).- \$25

cecina (cured beef, 90 g).- \$65

chorizo (90 g).- \$40

bacon (60 g).- \$60

pressed pork skin (45 g).- \$40

jocoque (45 g).- \$30

avocado (60 g).- \$30

cream (60 ml).- \$30

plant-based or lactose-free milk (coconut, almond, soy, oat - 120 ml).- \$15



ENJOY!



ANGEL VÁZQUEZ

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