



HABITS

HEALTHY
bar

PALLADIUMHOTELGROUP.COM

baguettes

BAGUETTES

MEDITERRÁNEO

MEDITERRANEAN

Baguette con pechuga de pollo, tomate, espinacas, pesto y queso crema

Chicken breast, tomato, spinach, pesto, and cream cheese on a baguette

AMERICANA

AMERICAN

Baguette con coleslaw, pavo laminado y lechuga

Coleslaw, rolled turkey, and lettuce on a baguette

sándwiches

SANDWICHES

ATÚN

TUNA

Sándwich de pan blanco con atún, mayonesa, tomate y nueces

Tuna, mayonnaise, tomato, and walnuts on white bread

INTEGRAL

WHOLE WHEAT

Pan integral con pechuga de pavo, queso fresco, aceite de oliva y champiñones

Turkey breast, queso fresco, olive oil and mushrooms on whole wheat bread

wraps

WRAPS

VEGETAL

VEGETARIAN

Wrap con tomate, lechugas variadas, zanahoria, germinados y mayonesa

Wrap with tomato, mixed greens, carrot, bean sprouts and mayonnaise

CÉSAR

CAESAR

Wrap con pollo hervido, lechuga, queso parmesano y salsa César

Wrap with boiled chicken, lettuce, Parmesan cheese and Caesar dressing

bagels

BAGELS

AHUMADO

SMOKED

Bagel de salmón ahumado, queso crema, pepino y alcaparras

Bagel with smoked salmon, cream cheese, cucumber and capers

PASTRAMI

PASTRAMI

Bagel de pastrami de pavo, mayonesa, lechuga, cebolla y pepinillos en vinagre

Bagel with turkey pastrami, mayonnaise, lettuce, onion and pickles



jugos
JUICES

shots
SHOTS

ENERGÉTICOS

ENERGIZERS

Chaya, piña y naranja
Chaya, pineapple and orange

Manzana, fresa y naranja
Apple, strawberry and orange

Kiwi, fresa y naranja
Kiwi, strawberry and orange

RICOS EN HIERRO

IRON BOOSTERS

Chaya, piña y naranja
Chaya, pineapple and orange

Manzana, fresa y naranja
Apple, strawberry and orange

Kiwi, fresa y naranja
Kiwi, strawberry and orange

QUEMA GRASA

FAT BURNER

Limón, pepino, chayote, berza y apio
Lemon, cucumber, squash, cabbage and celery

RETENCIÓN DE LÍQUIDOS

WATER RETENTION

Col morada, pepino, limón, hierbabuena y naranja
Purple cabbage, cucumber, lemon, peppermint and orange

REDUCIR NIVELES DE AZÚCAR

REDUCE SUGAR LEVELS

Jícama, pepino, naranja, perejil y berza
Jicama, cucumber, orange, parsley and collard greens

SUPRESOR DE APETITO

APPETITE SUPPRESSANT

Ejote, pepino, apio, piña y limón
Green beans, cucumber, celery, pineapple and lemon

GENGIBRE Y MANDARINA

GINGER AND TANGERINE

Refuerza el sistema inmunológico, da energía, sirve de antiinflamatorio y antigripal, mejora la digestión y contiene ácido fólico

Strengthens the immune system, energizes, has anti-inflammatory and anti-flu properties, improves digestion and contains folic acid

GENGIBRE Y PERA

GINGER AND PEAR

Da energía, disminuye la presión arterial, es antiinflamatorio, alto en calcio y reduce el colesterol

Energizes, lowers blood pressure, has anti-inflammatory properties, high calcium levels and reduces cholesterol

GENGIBRE Y MANZANA

GINGER AND APPLE

Mejora la digestión y la circulación, es antiinflamatorio, da energía y previene migrañas

Improves digestion and blood flow, has anti-inflammatory properties, energizes and prevent migraines

licuados
SMOOTHIES

PARA DESAYUNAR

FOR BREAKFAST

Leche de soya, plátano, avena, nuez y salvado
Soy milk, banana, oats, nuts and bran

Leche, avena, chía y nuez
Milk, oats, chia and walnut

Fresas, yogur y plátano
Strawberries, yogurt and banana

Mango, yogur y rompopo
Mango, yogurt and eggnog



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