

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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HELIOS



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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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HELIOS



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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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