

CĀSĀ PRĀNĀ

COME EAT WITH US

BREAKFAST MENU

TIMING: 07.00-10.00

LIGHT PRANA BREAKFAST (Q60)

Granola, fresh selection of fruits,
fresh orange juice or tea/coffee -V-

PRANA BREAKFAST (Q75)

Two eggs (fried/scrambled/boiled)
freshly baked bread, bacon,
fresh orange juice or tea/coffee

TIPICO BREAKFAST (Q75)

Two eggs (fried/scrambled/boiled)
corn tortillas, fried plantains,
beans, fresh cheese -V-

PRANA HERB OMELETTE (Q90)

Choice of three different stuffing's
ham, cheese, onion, champignon, tomato

AVOCADO SANDWICH (Q65)

Freshly baked bread, avocado, roasted
pumpkin seeds, fresh herbs -V-

EGGS BENEDICTS (Q95)

Two poached eggs, homemade English
muffins, ham, hollandaise sauce,
homemade fries

CHIA PUDDING (Q60)

Almond milk, maple syrup, chia seeds
topped with fresh fruits, roasted coconut
flakes and nuts -V-

SIDES (ALL Q20)

HOMEMADE FRIES

GUACAMOLE

AVOCADO

FRESH LOCAL CHEESE

FRESHLY BAKED BREAD

CINNAMON SCONE

TOASTED BAGEL

JAM

CORN TORTILLA

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information on ingredients used in our menu.
-V- vegetarian

CĀSA PRĀNA

COME EAT WITH US

LUNCH MENU

TIMING: ALL DAY

GUACAMOLE (Q65)

Homemade nachos, guacamole, black beans -V-

PRANA GARDEN SALAD (Q65)

Lettuce, beets, walnuts, goat cheese, vinaigrette -V-

PRANA CLUB SANDWICH (Q75)

Ham, tomato, avocado, mustard vinaigrette, green salad

AVOCADO SANDWICH (Q65)

Fresh bread, avocado, roasted pumpkin seeds, fresh herbs -V-

Add:

Goat cheese (Q15)

QUESADILLA (Q65)

Corn tortillas, cheese, greens , cream, pico de gallo -V-

Add:

Chicken (Q15)

TUNA SASHIMI (Q120)

Ponzu sauce, cucumber, ginger

PASTA AL SUBANIK (Q195)

Subanik sauce, vegetables, beef

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-V- vegetarian

CĀSA PRĀNA

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DINNER MENU

TIMING: 17.00-21.00

STARTERS

ARUGULA SALAD (Q60)

Arugula, tomato, cucumber, pineapple, tahini dressing -V-

ZUCCHINI SKEWERS (Q80)

Herb dressing, crisp nuts, garden herbs -V-

TUNA SASHIMI (Q90)

Ponzu sauce, cucumber

SOUP OF THE DAY (Q60)

Ask the Host

MAINS

PULIQUE STEW (Q120)

Traditional stew, tomatoes, chicken, achiote (annatto seeds)

PASTA ARRABIATA (Q170)

Fresh tomatoes, basil, parmesan cheese, shrimps

PRANA RISOTTO (Q210)

Tomato, grilled Mahi Mahi fish

Vegetarian option:

Roasted vegetables

PEPIAN (Q225)

Traditional Guatemalan stew, sesame seeds, pumpkin seeds, dried chillies, veggies, beef loin, white rice

FISH TACOS (Q165)

Corn tortilla, guacamole, beans, pico de gallo, sour cream

FISH/MEAT OF THE DAY (Q230)

Ask the Host

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DESSERTS

TIMING: ALL DAY

FLAMBÉ BANANA (Q60)

Vanilla ice cream, honey, crushed nuts

ICE CREAM / SORBET SELECTION OF THREE SCOOPS (Q55)

Vanilla, chocolate, mango

CHOCOLATE AVOCADO MOUSSE (Q60)

Avocado, vanilla, rum, chocolate

DESSERT OF THE DAY (Q65)

Ask the Host

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CĀSA PRĀNA

COME DRINK WITH US

BEVERAGE MENU

TIMING: ALL DAY

«With ingredients from Guatemala, our garden and inspired by regional recipes, we are delighted to share our refreshments and cocktails with you. Come drink with us!»

FRESH COLD PRESS JUICE

ORANGE (Q20)

GREEN (Spinach, cucumber, lime, apple, ginger) (Q55)

RED (Beet root, watermelon, celery, garden mint) (Q55)

PRE & POST WORKOUT

AVOCOLADA (Avocado, coconut water, lime, garden mint) (Q45)

SMOOTHIE (With fresh fruits of the day) (Q45)

IN THE SUN

YOUNG COCONUT WATER (Fresh from the coconut) (Q40)

CIMARRONA (Seltzers, lime juice, salt) (Q30)

INFUSED WATER (Filtered water infused with herbs & lemon) (Q20)

COFFEE

COFFEE OF THE DAY (Local blend) (Q25)

COLD BREW (Homemade cold brew of local blend) (Q30)

50/50 (Cold brew & young coconut water) (Q30)

TEA

ORGANIC WELLNESS (Energizing mint, Relaxing Fruit, Sleepy Fruit) (Q30)

ORGANIC (Earl Grey, green, mint, chamomile) (Q25)

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BEVERAGE MENU

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HOUSE COCKTAILS

Tommys Margarita (White tequila, lime juice, agave syrup)	(Q60)
W/ Don Julio Reposado	(Q110)
Mojito (Dark rum, garden mint, lime juice, simple syrup, seltzer)	(Q60)
W/ Zacapa 23	(Q85)
Daiquiri (Dark rum, lime juice, simple syrup)	(Q60)
W/ Zacapa 23	(Q85)
White Guatemalteca (Dark Rum, Kahlua, Milk)	(Q60)
W/ Zacapa 23	(Q85)
Prana Michelada	(Q60)
(Modelo Especial/Modelo Negra, homemade salsa picante)	

NON ALCOHOLIC HOUSE COCKTAILS

Garden (Garden mint, cucumber, syrup, seltzer)	(Q30)
Virgin Mojito (Garden mint, lime juice, syrup, seltzer)	(Q30)
Virgin Mary (Tomato juice, homemade salsa picante)	(Q30)

LOCAL BEERS – Q30

Gallo
Monte Carlo
Moza

NON ALCOHOLIC – Q 30

Baltika
Ginger beer
Mineral water (Q20)

IMPORTED BEERS – Q 40

Stella Artois
Corona
Modelo Especial
Modelo Negra

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WINE MENU

TIMING: ALL DAY

CHAMPAGNE & SPARKLING

FRANCE		Bottle	
Veuve Clicquot N/V		(Q1490)	
Dom Perignon N/V		(Q4000)	
SPAIN			
Penedes			
De Nit 2014, Raventos i Blanc		(Q790)	
ARGENTINA			
Mendoza	Glass	Bottle	
Novecento Espumante Extra Brut 2013, Dante Robino	(Q70)	(Q300)	

WHITE WINES

ARGENTINA		Glass	Bottle
Mendoza			
Los Cardos Sauvignon Blanc, Dona Paula		(Q70)	(Q290)
Estate Chardonnay 2013, Dona Paula		(Q450)	
Estate Riesling, Dona Paula		(Q450)	
FRANCE			
Bourgogne			
Pouilly Fuisse 2014, Maison Jadot		(Q1190)	
ITALY			
Chianti			
Pinot Grigio 2014, Castello Di Gabbiano		(Q450)	

ROSE WINES

SPAIN		Bottle	
Rioja			
Larrosa Garnacha 2015, Izadi		(Q350)	

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WINE MENU

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RED WINES

ARGENTINA	Glass	Bottle
Mendoza		
Los Cardos Malbec, Dona Paula	(Q70)	(Q290)
Estate Cabernet Sauvignon 2014, Dona Paula		(Q450)
CHILE		
Central Valley		
Gran Reserve Carmenere 2014, Carmen		(Q490)
FRANCE		
Bourgogne		
Bourgogne Pinot Noir 2014, Maison Louis Jadot		(Q750)
ITALY		
Chianti		
Chianti DOCG Sangiovese 2014, Castello Di Gabbiano		(Q450)
Chianti Classico Riserva 2011, Castello Di Gabbiano		(Q990)

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