

Menú



Reserva Natural

Atitlán

Panajachel, Guatemala



Awe at the extraordinary landscape of the lake, respect for life, and concern for our common future in the Atitlán basin inspired the creation of the Atitlán Nature Reserve at the end of the last century.

Since 1995, with the idea of developing a protected area in the San Buenaventura valley, we established the country's first butterfly garden, initiating actions focused on the care and enjoyment of the region's natural richness.

Our work generates resources to provide neighbours and visitors with recreation and contact with nature. We take advantage of their presence to highlight the interrelationship between human activity and the natural environment. The reserve is a model of environmental activism that reforests, protects fauna and flora, and monitors the environmental sanitation of the basin.

We support conversations about the future of water, actions to ensure that all inhabitants of the basin have drinking water, and that Lake Atitlán is a source of well-being and recreation for residents and visitors, as well as a habitat rich in wildlife.

The Reserve is a space to talk about the future. We promote the 'Encuentros por Atitlán' (Encounters for Atitlán) and 'Nueva Narrativa' (New Narrative) initiatives, and we support civil organisations, schools, and universities in disseminating scientific information about the environmental status of the lake, in particular the growing threat to public health posed by the degradation of Lake Atitlán's water quality and the widespread crisis of water sources for the population.

The Reserve draws on the ancestral knowledge and respect for life of the Kaqchikel, Tzutujil and Kich'e indigenous peoples, protects and maintains the sacred site of Nimajay, and promotes diversity.





Breakfast

These breakfasts are served 8:00 am to 10:30 am with house with house tortillas or bread, and coffee or tea. To start: a slice of house-made bread with jam and butter.

Traditional Guatemalan Breakfast Q45.00

Eggs to your liking with refried black beans, white cheese, and fried plantains.

Pericos Q50.00

Scrambled eggs (tomato, onion, bell pepper), refried black beans, white cheese, fried plantains.

Pancakes Q40.00

4 pancakes served with fruit and honey or maple syrup.

Reserva's Omelette Q55.00

With cheese, bell pepper, onion, and jalapeño, served with refried black beans, ranchera sauce, and a tortilla topped with melted cheese.

Basic Breakfast Q30.00

Eggs to your liking with refried beans and ranchera sauce.

Ham and Cheese Omelette Q45.00

Served with refried black beans and ranchera sauce.

Atitlán
Tofu
Scramble



Reserva's
Omelette



Atitlán Tofu Scramble Q60.00

Tofu scramble with tomato, jalapeño, onion, and bell pepper, served with refried beans and fried plantains.

Continental Q30.00

Toast with house-made jam, butter, and fruit.

Sunny-side-up Q60.00

Sunny-side-up eggs on flour tortillas with house ranchera sauce, mozzarella cheese, jalapeños, cilantro, and onion, served with refried beans and fried plantains.

Cereal Q25.00

Cornflakes with milk and a banana.

Oatmeal Q20.00

Oatmeal with water.

Fresh Fruit served with yogurt and granola Q40.00

Seasonal fruit served with natural yogurt and granola.

Cereal and oatmeal available with soy, almond, or oat milk +Q5.



Snacks

Cheesy Nachos **Q25.00**

Corn nachos with cheddar cheese sauce, ranchera sauce, Parmesan cheese, and parsley.

Super Nachos (single) **Q40.00**

Nachos with ranchera sauce, refried beans, and guacamole.

Super Nachos (large) **Q95.00**

Nachos with ranchera sauce, refried beans, and guacamole.

Chicken Fajitas **Q50.00**

Chicken fajitas with sautéed bell pepper and onion, served with 2 flour tortillas, tomato sauce, and guacamole.

Quesadilla with tomato, oregano & cheese **Q40.00**

2 cheese, tomato & oregano flour tortillas with guacamole and tomato sauce.

Assorted Tostadas **Q30.00**

The portion includes: 1 tostada with guacamole, 1 tostada with refried beans, and 1 tostada with tomato sauce.

Assorted Tostadas



Pupusa filled with cheese and black beans **Q50.00**

Served with pickled slaw, beans, guacamole, and tomato sauce.

Cheese Pupusas **Q45.00**

With guacamole, pickled slaw, and tomato sauce.

Chicken Tacos **Q50.00**

3 corn tortillas with our seasoned chicken for tacos, served with guacamole and tomato sauce.

Cheese Quesadillas **Q35.00**

2 flour tortillas filled with cheese, served with guacamole and sauce.

Quesadilla with Ham and Cheese **Q40.00**

2 flour tortillas filled with ham and cheese, served with guacamole and sauce.

Super Nachos





Sandwiches

Hamburger Q45.00

Beef burger served with sautéed potatoes.

Cheese Burger Q50.00

Beef burger with cheese & sautéed potatoes.

Cheese Melt Q30.00

On our house bread, served with sautéed potatoes.

Cheese Sandwich Q30.00

Mozzarella cheese sandwich with tomato, lettuce, and onion on house bread, served with sautéed potatoes.

Tuna Wrap Q50.00

Flour tortilla filled with tuna, served with sautéed potatoes.

Tuna Sandwich Q55.00

Served with sautéed potatoes.

Ham and Cheese Sandwich Q35.00

Ham and cheese sandwich on house bread, served with sautéed potatoes.

Chicken Sandwich Q45.00

Sautéed chicken on our house bread, served with sautéed potatoes.

Add a slice of mozzarella cheese to the chicken sandwich for **+Q5.**



Extras

Refried Beans Q15.00

Refried Beans with tortillas Q20.00

House Toast Q15.00

Tortillas with Guacamole Q20.00

Fried Plantains Q15.00

Ham Q15.00

Tortillas Q 5.00

Sautéed Potatoes Q15.00





Salads

Fruit Salad

Q35.00

With seasonal fruit.

Green Salad

Q40.00

Lettuce, pineapple, cucumber, bell pepper, avocado, tomato & onion with garlic and lime.

Garden Salad

Q25.00

Cucumber, tomato & carrot tossed with lime.

Coconut and
tofu curry



Chapín Poké



Green Salad

Vegan dishes

Chapín Poké

Q55.00

Quinoa bowl with black beans, cherry tomatoes, roasted eggplant, seasonal vegetables, avocado, and house-made vegan pesto.

Coconut Curry and Tofu

Q70.00

Served with rice.

Chapín Feast

Q45.00

Rice and beans with avocado, steamed vegetables, and tortillas.

Tortilla Soup

Q40.00

Tortilla soup with panela cheese, avocado, tomato, onion, and crispy tortilla strips.

Add chicken for +Q10





Lunches



Chicken Pepián

Chicken Pepián

Q80.00

Served with vegetables, and rice, with a hibiscus or tamarind drink, and tortilla or bread.

Chicken Jocón

Q80.00

Served with vegetables, and rice, with a hibiscus or tamarind drink, and tortilla or bread.

Chicken with Onion and Tomato

Q80.00

Served with guacamole, vegetables, and rice, with a hibiscus or tamarind drink, and tortilla or bread.

Curry Chicken

Q80.00

Served with guacamole, vegetables, and rice, with a hibiscus or tamarind drink, and tortilla or bread.

Grilled Chicken

Q80.00

Served with guacamole, vegetables, and rice, with a hibiscus or tamarind drink, and tortilla or bread.

Spaghetti bolognesa



Spaghetti Bolognese

Q65.00

Served with garlic butter bread.

Spaghetti Pesto

Q65.00

Served with garlic butter bread.

Spaghetti Pomodoro

Q65.00

Served with garlic butter bread.

Homemade desserts

Cheesecake

Q30.00

Banana Bread

Q10.00

Carrot Bread with Walnuts and Raisins

Q15.00

Assorted Ice Cream Flavors

Q12.00



Cold drinks

Single Fruit Juice with Water Q20.00

Melon, strawberry, mango, blackberry, banana, papaya, pineapple, watermelon, blueberries, and mixed berries.

Single Fruit Juice with Milk Q25.00

Melon, strawberry, mango, blackberry, banana, papaya, pineapple, watermelon, blueberries, and mixed berries.

Choice of whole, lactose-free, almond, or soy milk.

Three-Fruit Juice with Water Q25.00

Melon, strawberry, mango, blackberry, banana, papaya, pineapple, watermelon, blueberries, and mixed berries.

Three-Fruit Juice with Milk Q30.00

Melon, strawberry, mango, blackberry, banana, papaya, pineapple, watermelon, blueberries, and mixed berries.

Add yogurt + Q3

Orangeade or Lemonade Q30.00

With water

Orangeade or Lemonade Q35.00

With soda

Hibiscus Drink Q20.00

Tamarind Drink Q20.00

Iced Coffee with Milk Q20.00

Add almond or soy milk for + Q5

Sodas Q10.00

Gatorade Q12.00

Lipton Tea Q8.00

Beer Q20.00

Gallo, Cabro, Corona or Moza

Antigua Craft Beer Q45.00

Micheladas Q40.00

Lemon juice, tomato juice, chilli and salt, and seasoned sauces (Gallo, Cabro, Corona or Moza).

Kombucha Yaku Q35.00

Ginger or hibiscus

Orangeade

Hibiscus



Fruit Juice



Hot drinks

Americano Q10.00

French Press Q15.00

Single Espresso Q15.00

Espresso Macchiato Q18.00

Add almond or soy milk + Q5

Cappuccino Q20.00

Add almond or soy milk + Q5

French Press Q20.00

Coffee with Milk Q15.00

Add almond or soy milk + Q5

Hot Chocolate Q20.00

Prepared with water, whole milk, or lactose-free milk. Add almond or soy milk + Q5

Chai Tea (Nawa Chai) Q20.00

With water, whole or lactose-free milk.
Add almond or soy milk + Q5

Glass of Whole Milk Q15.00

Glass of Lactose Free Milk Q15.00

Glass of Almond Milk Q15.00

Glass of Soy Milk Q15.00

Capuccino



French press coffee



Chai Tea





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www.atitlanreserva.com/  

