

# 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.

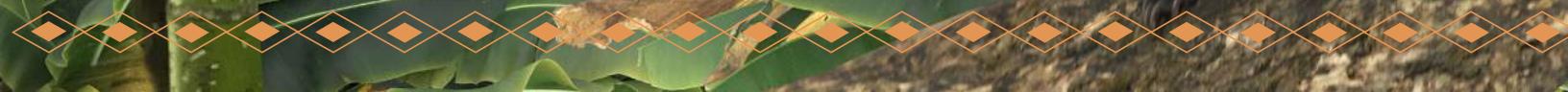
We support conversations about the future of water, actions to ensure that all inhabitants of the basin have drinking water, and that Lake Atitlán is a source of well-being and recreation for residents and visitors, as well as a habitat rich in wildlife.



**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 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 Q40.00 with yogurt and granola

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 Q40.00 tomato, oregano & cheese

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 Q50.00 cheese and black beans

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 Q40.00 and Cheese

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



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.

Chapín Poké

Add chicken for +Q10





# Lunches



Chicken Pepián

## 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 bolognese



## 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.

## 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

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

## Single Fruit Juice with Milk

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

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

## Three-Fruit Juice with Milk

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

Add yogurt + Q3

## Orangeade or Lemonade

With water

## Orangeade or Lemonade

With soda

## Hibiscus Drink

Q20.00

## Tamarind Drink

Q20.00

## Iced Coffee with Milk

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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