



Saul

At Saúl we believe that
eating well is also a way of
living differently.

We cook with purpose,
using carefully
selected ingredients
and with the idea that every dish
can change a day
(OR AT LEAST IMPROVE IT CONSIDERABLY).

We inspire a different way
of enjoying, sharing,
and doing things...
STARTING AT THE TABLE.



SAVORY BREAKFASTS

DESAYUNOS SALADOS

Our breakfasts *INCLUDE* coffee, black or chamomile tea.
ADD 6oz juice for Q8 or 16oz juice for Q25 (Orange, papaya or mango).

SIDES: rosemary potatoes, hash browns, fruit salad,
homemade beans (stirred or baked), or “platanitos”.

EGGS

EL BALANCEADO ♥ Q85
Your daily dose of proteins, carbs, natural
fats and antioxidants. Scrambled eggs with
spinach, whole wheat toast with avocado,
mushrooms, roasted cherry tomatoes and
berries.

TÍPICO CHAPÍN Q79
2 eggs, sausage-based sauce, fried beans or
rosemary potatoes & “platanitos”.

A. CROCANTES VERDES Q89
2 corn tortillas, shredded chicken, slightly
spicy green sauce, mozzarella & 2 fried eggs.
+1 side.



HUEVOS REVUELTOS

EGG BITES ♥ Q65
3 egg bites filled with ricotta and mozzarella
cheese, spinach, tomato, mushrooms.
Served with whole wheat toast with avocado.
+ 1 side.

LOS TIRADITOS Q89
Beans, egg tortilla, bacon & slightly spicy
sauce; served with corn tamales, “platanitos”
& sour cream.

OMELETTE

LA OMELETTE SAÚL Q89
Melted Gruyère, bacon, peppers, spices &
croutons. + 1 side.

OMELETTE DE SALMÓN Q115
Salmon, cream cheese, dill and Suibak bread.
+1 side.

B. ¡PURO MÚSCULO OMELETTE! Q85
Omelette with mushrooms, spinach,
avocado, feta cheese, and bell pepper;
a roasted tomato on the side with panela
cheese, and a corn toast.



ORDER YOUR
FAVORITES MADE
ONLY WITH
EGG
WHITES

NOW ALSO AVAILABLE:



SECRET MENU
BRUNCH



©

CRÊPES

C. GUATEMALTECO EN PARÍS ♥ Q75

Black fried beans, melted mozzarella, slightly spicy tomato sauce & salsa ranchera; with a fried egg on top.

LAS ENAMORADAS Q85

2 crêpes with ham and cheese, 2 fried eggs, tomato sauce and salsa ranchera. +1 side.

BURGER DESAYUNO

D. EGG & HASHBROWN BURGER ♥ Q75

Bretzel bun burger, avocado, starry egg, hashbrowns, tomato and cobanero mayo. Add bacon or Virginia ham for +QQ10.



©

EXTRAS: Extras: Whole or Fried Beans — Q15 / “Platanitos” — Q12 Hashbrown — Q12 / Panela Cheese — Q15 / Extra egg (with breakfast purchase) — Q10 / Bread — Q10 / Milk — Q3.



FRENCH KISS MUA!

SWEET BREAKFASTS

DESAYUNOS DULCES

Nuestros desayunos *INCLUYEN* café, té negro o de manzanilla.

AGREGA jugo de 6oz por Q8 o jugo de 16oz por Q25 (naranja, papaya o mango).

SUPERFOODS

AÇAÍ BOWL Q60

Açaí, berries, banana, apple, chia, peanut butter and Saul granola.

CIAO CHÍA PUDDING Q69

Chia mix with almond milk, muesli, banana, green apple, strawberry, blueberries, Greek yogurt and Saul granola; sweetened with artisanal honey.

POWER OATS Q69

Oatmeal in almond milk and banana; with apple, blackberry, strawberry, granola and Saul peanut butter.

MUESLI SAÚL Q85

Yogurt, oatmeal, almonds & mixed fruits.

FRENCH TOAST

FRENCH KISS CON NUTELLA Q80

Classic French toasts with Nutella and berries.

FRENCH KISS CON CAJETA Q80

Two French toasts made as only Saul knows how to make them. Served with strawberry, banana and caramel.

FRENCH KISS MUA! Q80

Saul's famous French Kiss MUA in a reduction of red wine and berries.

PANCAKES

PANCAKES SAÚL Q69

Fluffy pancakes with red berries and honey.



Saúl

LUNCH AND DINNER
ALMUERZOS Y CENAS



SPICY TUNA TARTARE

STARTERS

ENTRADAS

COMPOT DE ALCACHOFAS ♥ Q89

Artichoke dip with Padano cheese & toasted bread.

Enjoy it at home, buy it at:

Mercado Saúl

ITALIAN ROLLS ♥ Q89

Pizza-like rolls with cheese & tomato sauce (slightly spicy).

SPICY TUNA TARTARE Q125

Fresh tuna, avocado, arugula, baby capers & cherry tomatoes (slightly spicy).

A. CARPACCIO DE LOMITO Q99

Tenderloin carpaccio.



A



B

CARPACCIO DE SALMÓN Q129

Salmon carpaccio.

B. ANTIPASTO DEL MERCADO (TO SHARE) Q140

Artichoke & carrot dip, hummus, emmental cheese, ham, vegetable crudité, roasted zucchini & baked focaccia.

SOPAS

SOPA DE TOMATE ♥ Q55

Tomato soup with avocado and extra virgin olive oil (slightly spicy).

SOPA CASERA DE VEGETALES ♥ Q55

Homemade vegetable soup with carrots, tomatoes, leek & peppers.

SOPA DE FRIJOLAS Q55

Black beans soup with cheese, avocado & croutons.



AVO TOAST CON HUEVO

TOASTS SAÚL

WITH WHOLE WHEAT BREAD BAKED ARTISANALLY IN OUR OVEN

2 X Q65

ORDER THEM THE SAME OR MIX AND MATCH THEM.

CLÁSICAS

C. AVO TOAST CON HUEVO ♥

Mashed avocado, olive oil, feta cheese, black sesame seeds, and lemon zest.

D. AVO TOAST CON TOMATES CHERRY ♥

Mashed avocado, olive oil, feta cheese, black sesame seeds, and lemon zest.

E. NAPA

Ham, cream cheese, cherry tomatoes roasted with olive oil & garlic.

F. BAJA CALIFORNIA

Cream cheese, fried beans, avocado & 1 fried egg.



2 X Q85

ORDER THEM THE SAME OR MIX AND MATCH THEM.

FANCY

NORMANDIE ♥

Omelette with mushrooms, pesto, baby zucchini, & swiss cheese.

G. DINAMARCA

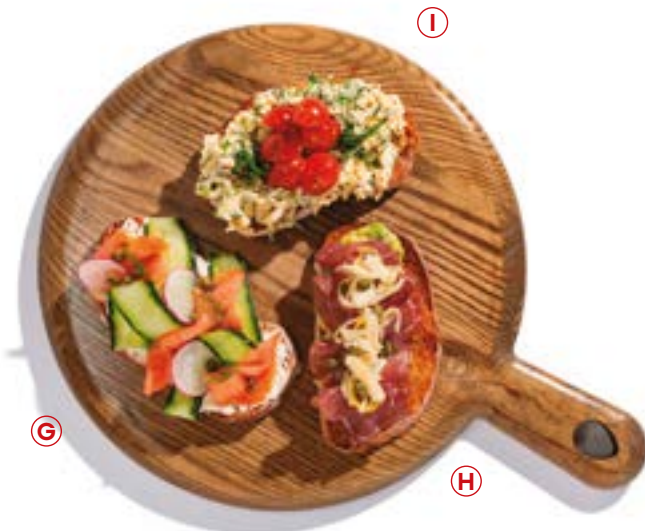
Salmon, avocado, radish, cucumber, cream cheese with fresh dill & baby capers.

H. CARPACCIO

Cured tenderloin, lemon, baby capers, leek dressing, cheese & avocado.

I. STANDFORD

Chicken salad with homemade mayonnaise, grated hard-boiled egg, celery, lettuce, chipotle, bacon.



ADD 1 side for Q15:

Crispy Saul Potatoes, salad, rosemary chips, rustic potatoes or mixed chips. Combine them and try them all!



ENSALADAS SALADS

VEGETARIANAS

ENSALADA GRIEGA ♥ Q75

Cucumber, bell pepper, red onion, black olive and Feta cheese, Greek dressing.

CON CARNE

BISTROLOGY Q99

Tenderloin strips, palmetto, avocado, feta cheese, kale, extra virgin olive oil & coriander. Make it Veggie (Q72).

LOMITO GORGONZOLA Q95

Tenderloin strips, gorgonzola cheese, walnuts, caramelized apples & seasoned lettuce.

CON POLLO

PERUANA DE POLLO Q95

Chicken strips with caramelized pears and macadamia, kale and butter lettuce, with a yogurt and garlic dressing.

CON ATÚN

DELLA NONNA Q95

Tuna, mushrooms, palmetto, emmental cheese, avocado & tomatoes.

EXTRA: Plant-Based Protein +Q15, available for all salads.

POKES & BOWLS

BOWLS

RED BOWL Q99

Fresh sealed tuna, lettuce mix, cherry tomatoes, palmetto, sweet corn & avocado.

MEXI BOWL Q90

Marinated chicken, chickpeas, sweet corn, tomato, avocado, lettuce mix & latin dressing.

MIT BOWL Q90

Tenderloin, lettuce mix, black beans, sweet corn, cherry tomatoes, nachos, avocado & “platanitos”.

POKES

A. MUSHROOMS POKE BOWL ♥ Q79

B. SALMON POKE BOWL Q105 TUNA POKE BOWL Q105

CHOOSE YOUR BASE: rice quinoa or lettuce mix.

Choose between Sriracha dressing or Ajonjoli dressing.



FANCY BURGERS

SERVE WITH crispy Saul potatoes, salad, rosemary chips, rustic potatoes or mixed chips

ADD an extra side dish for +Q18



BURGER DE LOMO TERIYAKI Q99

Tenderloin steak, pickles, cherry tomatoes & teriyaki sauce. Pretzel style bread. + 1 side.

BURGER DE LOMO CON AGUACATE Q99

Meat topped with mozzarella cheese, avocado, cherry tomatoes & spicy mayo. Pretzel style bread. + 1 side.

BURGER DE LOMO CON QUESO Q99

Tenderloin meat, cheese mix, mayo & pickles. Pretzel style bread. + 1 side.

c. BURGER DE LOMO AL RON Q109

Tenderloin meat, crispy bacon, mozzarella au gratin and a fried egg, with an aged rum reduction, soy, pineapple and onion. Bretzel bread. + 1 side.



STEAK CLUB SANDWICH

SÁNDWICHES

SERVE WITH crispy Saul potatoes, salad, rosemary chips, rustic potatoes or mixed chips

ADD an extra side dish for +Q18



CHICKEN CLUB Q89

Sliced chicken breast, crispy bacon, ham, fresh tomatoes, homemade mayo & a hard-boiled egg, between 3 slices of bread. +1 side.

D. POLLO CAPRESE Q99

Chicken breast fillets with pesto, avocado, tomato, and melted mozzarella. Ciabatta bread. + 1 side.

STEAK CLUB SÁNDWICH Q99

Tenderloin steak, ham, bacon, tomatoes, lettuce, mayo, Dijon mustard & a hard-boiled egg. +1 side.

SÁNDWICH DE CARPACCIO Q90

Tenderloin carpaccio, Parmigiano-Reggiano cheese, leek & extra virgin olive oil. +1 side.

SAVORY CRÊPES

CRÊPES SALADAS



SERVE THEM with salad, mixed chips, or rosemary potatoes.

CON POLLO

LA SAN ÁNGEL Q95
Chicken, avocado, Gruyère cheese
& fresh basil sauce.

NEUCHATEL Q95
Chicken & mushrooms in white wine
& cream sauce.

CON CARNE

BORDEAUX Q75
Ham, cheese & red wine.

LA ARGENTINA Q95
Roasted tenderloin, avocado, cherry tomatoes,
mozzarella & chipotle sauce.

VEGETARIANA

GUATEMALTECO EN PARÍS ♥
Q75
Mozzarella cheese, fried beans, sour cream,
tomato sauce, ranchera sauce & a fried egg on
top of the crêpe.

CRÊPE RATATOUILLE ♥ Q75
Baked tomatoes with bell peppers,
eggplant, zucchini, croutons, cheese mix
& basil.

GRATINADAS

GRATINADAS SUIZAS Q99
2 crêpes with chicken in a slightly spicy tomato
sauce, topped with melted
mozzarella cheese.

GRATINADAS FRANCESAS Q99
2 crêpes with meat slices, French sauce and
Gruyère cheese au gratin.

EXTRA: Plant-Based Protein +Q15, available for all
savory crepes.

NOW ALSO AVAILABLE:



SECRET MENU
LUNCH

Starter + Main course + Dessert + Drink



GRATINADAS SUIZAS

GRATINADAS FRANCESAS



CRÊPE LA ARGENTINA

CRÊPE
LA SAN ÁNGEL

CRÊPE NEUCHATEL



...MMMM, IT'S THE DOUGH!

...MMMM ¡ES LA MASA!

Our pizza dough isn't rushed. Before serving, we let it rest for 24 to 72 hours and, of course, we use Italian pre-ferments and quality ingredients that give it that unique flavor.

The final secret: the hands that shape, stretch, and bake it with the care it deserves.

That's how each pizza arrives at your table: with patience, respect... and a lot of love for good food.



PIZZAS & PASTAS

PIZZAS

MARGHERITA CLÁSICA
MED. Q79 ENT. Q109

TRES QUESOS
MED. Q79 ENT. Q109

SALAMI Y ARÚGULA
MED. Q89 ENT. Q129

LOMITO Y CEBOLLA
CARAMELIZADA
MED. Q89 ENT. Q129

A. CAPRICCIOSA
MED. Q89 ENT. Q139

QUATTRO STAGIONI
MED. Q89 ENT. Q129

PASTAS

B. PASTA POMODORO Q95

PASTA PESTO Q95

PASTA CARBONARA Q99

C. RAVIOLES DE CHAMPIÑÓN
Q95

Ravioli filled with spinach, ricotta, Parmesan, and nutmeg, served with a white mushroom sauce.

LASAGNA DE QUESOS Q85
Add chicken +Q15.





CARNES MEATS

MEAT

LOMITO 4 PIMIENTAS Q180
Tenderloin steak in creamy sauce made with pink, white, green and black pepper; rosemary potatoes & green beans al dente.

LOMITO AL VINO Q180
Tenderloin cooked in a red wine reduction; zucchinis, mashed potatoes and arugula.

FRENCH STEAK Q180
Sirloin steak with a french sauce, fried potatoes and avocado salad.

SALMON

D. SALMÓN AL LIMÓN Q155
Fresh roasted salmon with lemon butter and caper sauce; mashed potatoes, kale, and broccoli.

SALMÓN TERIYAKI Q155
Fresh grilled salmon with teriyaki sauce, basmati rice; al dente green beans & pineapple.



CHICKEN

POLLO PROVENZAL Q110
Grilled chicken breast glazed in white wine, basmati rice, Provençale sauce, gorgonzola cheese; sautéed spinach and mushrooms.

POLLO ALMENDRADO Q105
Chicken breast sealed with Edmond Fallot mustard & roasted almonds.

MILANESA BUENOS AIRES Q99
Chicken Milanese, pomarola sauce and mozzarella au gratin; salad of romaine lettuce, avocado, apple tomato and Aligno Argentino.

SWEET CRÊPES

CRÊPES DULCES

A

B

C

D



ADD a scoop of ice cream (vanilla or chocolate) +Q12

A. CRÊPE PECAN PIE Q55

Caramelized pecans & creamy vanilla ice cream.

B. LA DOLCE VITA Q69

Mascarpone cream, Nutella, strawberries or bananas.

C. CRÊPE 3 LECHES Q85

Strawberries, blackberries, blueberries & vanilla ice cream, covered with “3 leches” sauce & roasted almonds.

D. APPLE PIE Q60

Caramelized apple, crumble and vanilla ice-cream.

NUTELLA BRÚLEE Q59

Crêpe flambé, Nutella, candied walnuts and vanilla ice cream.

LA CRÊPE SAÚL CON NUTELLA Q49

Add banana, strawberry, or peach. +Q8.

CAJETA ARTESANAL Q49

CRÊPE TATAN (TATIN) Q60

Caramelized apples in butter and vanilla ice cream.

TORTA CHILENA Q69

With strawberries & cajeta.

FRESAS & CHAMPAGNE Q79

White chocolate & strawberries.

CRÊPE SELVA NEGRA Q79

with dark chocolate, Saúl cream & blueberries.

Saúl COLD DRINKS

BEBIDAS

EXTRA PROTEIN: Add Bolt Supplements protein (12 grams) +Q15

EXTRA COLLAGEN: Add 10 grams of Siento Collagen +Q15

SMOOTHIES

A. HAWAII 5-O Q40

Orange, coconut & pineapple.

B. TURBO Q40

Pineapple, orange & coriander.

C. COPACABANA Q40

Pineapple, coconut & milk.

D. IBIZA Q40

Strawberry, blackberry & raspberry.

E. CARIOCA Q40

Passion fruit & orange.

SUPERNUTRITIVOS

DETOX Q35

Cucumber, carrot, celery, parsley, orange juice & organic honey.

SOBREDOSIS C Q35

Passion fruit, apple, grapes, orange juice & organic honey.

DOUBLE GREEN Q35

Pure energy! Apple, avocado, matcha & organic honey.

COLÁGENO SHAKE SAÚL Q55

Collagen Siento, blueberries, pineapple, strawberry, orange and lemon juice, sweetened with Stevia.

PROTEIN SHAKE SAÚL Q59

Protein, oat milk, butter, blueberries, and banana.



SODAS & REFRESCOS

SOFT DRINKS

CIMARRONA Q25

With natural juice.

LEMONADE OR ORANGEADE Q29

FLAVORED FROZEN LEMONADE Q30

Strawberry or Hibiscus.

LAVENDER LEMONADE Q30

FROZEN ORANGEADE WITH "PEPITORIA" Q30

JUICES Q25

Papaya, orange or mango.

ICED TEA Q25

WATER Q15

SAÚL WATER Q8

SODAS

COCA COLA Q18

COCA COLA ZERO Q18

PEPSI Q18

PEPSI BLACK Q18

7 UP Q18

7 UP LIGHT Q18

SPRITE Q18

SALUTARIS Q22

SAN PELLEGRINO Q59

AGUA CON GAS SAÚL Q12



TEA TIME

INFUSIONS

A. BORA BORA SAÚL Q35
Hibiscus flower, apple, papaya, saúcoy, and raspberry.

MANZANA TURCA Q35
Apple, pineapple & spices. Great source of vitamin C.

DEEP RELAX Q35
Lavender, chamomile, and peppermint.

TÉ MY MINT (CON TEÍNA) Q35
Green tea, mint, basil, licorice & cardamom. y cardamomo.

CHAI & MATCHA

ICED MATCHA Q35

MATCHA PRO Q35

MATCHA LATTE Q35
Con marshmallow artesanal.

TÉ CHAI VAINILLA Q35
Hot or cold? Ask for it sugar-free.

JOT KAKAO Q29
100% Guatemalan hot chocolate with handmade marshmallows.



INFUSIONES

COFFEE-BASED BEVERAGES

BASE DE CAFÉ

HOT

CAPPUCCINO
NOR. Q25 GRN. Q29

ITALIAN CAPPUCCINO Q19

NUTELLA CAPPUCCINO Q35

MOCCACHINO
NOR. Q29 GRN. Q35

EL GUATEMALTECO
NOR. Q17 GRN. Q22

B. CAFÉ LATTE
NOR. Q25 GRN. Q29

C. CAFÉ LATE NERO Q27
With activated charcoal 8oz.

FLAT WHITE Q26

ESPRESSO Q15

DOUBLE ESPRESSO Q19

MACCHIATO
NOR. Q19 GRN. Q25



B



C

D

E

F

G

H



COLD

D. NUTELLA ICEBERG
NOR. Q35 GRN. Q45

GREEK COFFEE Q35

LATTE NERO
ICED COFFEE Q35
With activated charcoal.

E. COLD BREW Q45

F. ICED LATTE COLD
BREW Q45

G. COLD BREW TONIC Q45

H. SUNSET COLD BREW Q45
Hibiscus & cardamom.



CÓCTELES

A. CARAJILLO SAÚL Q50
¡Digestivo! Licor de especias con un shot de espresso “shakeado”.

B. PALOMA SAÚL Q50
Nuestra receta especial con Mezcal Mitre de Oaxaca; jugo de limón y toronja.

C. MARGARITA SAÚL CLÁSICA Q50
Margarita frozen con tequila cristalino, licor de naranja y limón.

D. BORA BORA TEA GIN Q50
Nació aquí... en Saúl. Gin Tanqueray e infusión de té Bora Bora con enebro.

GIN TONIC Q50
Cóctel inglés. Gin Tanqueray, agua quina, romero, enebro y pepino... sobrio y refrescante.

PIÑA COLADA Q50
Ron, piña, coco y leche.

BLACK WHISKY SOUR Q75
Muy “british”. Whisky Johnnie Walker etiqueta negra, “sour mix” artesanal e infusión de té negro.

BAILEYS KISS Q35
Why not darling? Baileys, vodka, shot de espresso y leche.

CLERICÓ VASO 12OZ. Q50 JARRA. Q150
Vino blanco con mix de frutas maceradas en trozos.

SANGRÍA COPA 16OZ. Q69 JARRA. Q150
Mediterránea, ¡no falla! Vino tinto, jugo de naranja, soda, frutas y especias.

MIMOSA Q35

OCASSO ROSSO Q59
Vermouth rosado, vodka, jugo de limón y de cranberry.

CERVEZAS

MONTE CARLO Q40

GALLO Q35

CABRO Q35

DORADA DRAFT Q35

HEINEKEN Q45

STELLA Q45

CORONA Q35

MICHELOB Q35

MIX MICHELADA Q15

MIX CHELADA Q10

ARTESANALES

SAN ROQUE LAGER Q49 IPA Q49

VINOS

TINTO

E. HOUSE WINE (CILIEGIOLO
O SANGIOVESE)
COPA. Q59 BOTELLA. Q125

LEYDA CARMENERE Q180

MONTES SEL.
LIMITADA Q240

35 SUR RESERVA
MERLOT Q140

CATENA MALBEC Q330

BLANCO

SAÚL WINE
(PINOT GRIGIO)
COPA. Q59 BOTELLA. Q125

MONTES SEL. LIMITADA
SAUVIGNON Q240

ROBERT MONDAVI
TWIN Q180

BESO DE VINO Q140

VINO ROSÉ

FESTIVO ROSÉ Q140

MONTES CHERUB Q240

ESPUMANTE

PROSECCO CA'VAL
HOUSE WINE Q125
Exclusive at Saúl

CHANDON GARDEN
SPRITZ Q342

CHANDON
(MINI BOTTLE) Q89





Saul