

Saúl

Entra con calma



EN UN MUNDO DONDE TODO
APARENTA SER URGENTE Y PASAJERO,
NOS QUEDA LA ELECCIÓN DE VIVIR
CON (C)ALMA..

TE HACEMOS UNA INVITACIÓN:
UNAMOS NUESTROS CORAZONES CON
LOS PIES EN LA TIERRA.

SABOREEMOS EL PRESENTE,
HAGAMOS DEL AHORA
EL MOMENTO MÁS IMPORTANTE.

EL LEMA DE HOY:
CON GOZO Y (C)ALMA,

Saúl

Saúl

BREAKFASTS DESAYUNOS



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

A. 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.

CROCANTES VERDES Q89

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

TÍPICO CHAPÍN Q79

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

A



B



SCRAMBLED EGGS

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

OMELETTE DE SALMÓN Q115

Salmon, cream cheese, dill and Suibak bread.
+1 side.

LA OMELETTE SAÚL Q89

Melted Gruyère, bacon, peppers, spices & croutons. + 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
EGG WHITES
ONLY



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.

BREAKFAST BURGER

D. EGG & HASHBROWN BURGER ♥ Q75

Bretzel bun burger, avocado, starry egg, hashbrowns, tomato and cobanero mayo. Add bacon or Virginia ham for +Q10.



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

SWEET BREAKFASTS

DESAYUNOS DULCES

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



SUPERFOODS

MUESLI SAÚL Q85

Yogurt, oatmeal, almonds & mixed fruits.

POWER OATS Q69

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

CIAO CHÍA PUDDING Q69

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

E. AÇAÍ BOWL Q60

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

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

French Kiss Mua in a reduction of red wine and berries like only Saúl knows how to make it.

PANCAKES

PANCAKES SAÚL Q69

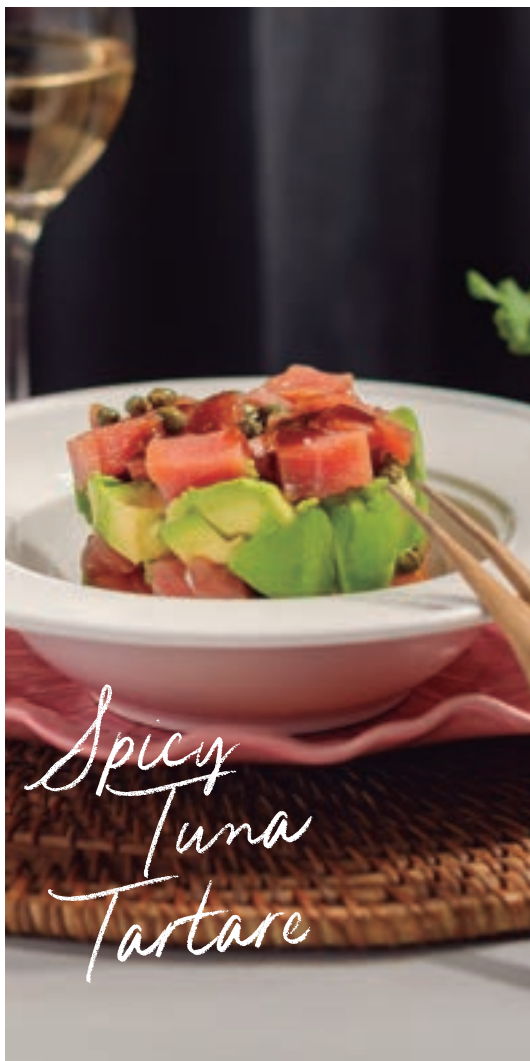
Fluffy pancakes with red berries and honey.

ORDER THEM WITH
GLUTEN-FRIENDLY
BATTER

Saúl

LUNCH AND DINNER

ALMUERZOS y CENAS



STARTERS ENTRADAS

ARTICHOKE COMPOTE ♥ Q89

With Grana Padano cheese.

Enjoy it at home, buy it at:

Mercado Saúl

A. 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).

CARPACCIO DE SALMÓN Q129

Salmon carpaccio.

CARPACCIO DE LOMITO Q99

Tenderloin carpaccio.



We recommend pairing it with red wine *Famiglia Saúl Ciliegiole*



B. ANTIPASTO DEL MERCADO

(TO SHARE) Q140

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



We recommend pairing it with *Prosecco Caval*

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 FRIJOLES Q55

Black beans soup with cheese, avocado & croutons.



TOASTS SAÚL

With whole wheat bread *artisanally* baked in our oven.

2 X Q65

CLASSIC

A. AVO TOAST CON HUEVO ♥

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

B. AVO TOAST CON TOMATES CHERRY ♥

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

C. NAPA

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

D. BAJA CALIFORNIA

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

2 X Q85

FANCY

E. NORMANDIE ♥

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

F. DINAMARCA

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

G. CARPACCIO

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

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!



Peruviana de Pollo

(A)

SALADS

ENSALADAS

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

VEGETARIANS

ENSALADA GRIEGA ♥ Q75

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

WITH MEAT

A. 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.

WITH CHICKEN

PERUANA DE POLLO Q95

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

WITH TUNA

DELLA NONNA Q95

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

(C)



(B)



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.

B. MIT BOWL Q90

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

POKES

POKE BOWL MUSHROOMS ♥ Q79

SALMON POKE BOWL Q105

C. 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

D. 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.

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.



Sandwich de Carpaccio

SANDWICHES

Serve with crispy Saul potatoes, salad, rosemary chips, rustic potatoes or mixed chips
Add an extra side dish for +Q18.

STEAK CLUB SÁNDWICH Q99

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

POLLO CAPRESE Q99

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

SÁNDWICH DE CARPACCIO Q90

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

CHICKEN CLUB Q89

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

SAVORY CRÊPES

CRÊPES SALADAS

SERVE THEM with salad, mixed chips, or rosemary potatoes.
Extra: Plant-Based Protein +Q15, available for all savory crepes.



VEGETARIAN

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.

GRATIN

GRATINADAS SUIZAS Q99

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



We recommend pairing it with red wine *Robert Mondavi Twin*

GRATINADAS FRANCESAS Q99

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

WITH CHICKEN

CRÊPE SAN ÁNGEL Q95

Chicken, avocado, Gruyère cheese & fresh basil sauce.



We recommend pairing it with wine *MUGA BLANCO Rioja*

NEUCHATEL Q95

Chicken & mushrooms in white wine & cream sauce.

CON CARNE

LA ARGENTINA Q95

Roasted tenderloin, avocado, cherry tomatoes, mozzarella & chipotle sauce.



We recommend pairing it with red wine *KAIKEN INDÓMITO*

BORDEAUX Q75

Ham, cheese & red wine..



SECRET MENU

Lunch

STARTER + MAIN COURSE + DESSERT + DRINK



Our pizza dough rests for 24 to 72 hours and, of course, we use Italian pre-ferments and quality ingredients that give it that unique flavor.

That's how we make every pizza: with patience, respect y love to good taste.

...MMMM IT'S THE DOG



PIZZAS & PASTAS

PIZZAS

CAPRICCIOSA

MED. Q89 LARGE. Q139

QUATTRO STAGIONI

MED. Q89 LARGE. Q129

A. LOMITO Y CEBOLLA CARMELIZADA

MED. Q89 LARGE. Q129

SALAMI Y ARÚGULA

MED. Q89 LARGE. Q129

B. MARGHERITA CLÁSICA

MED. Q79 LARGE. Q109

TRES QUESOS

MED. Q79 LARGE. Q109



PASTAS

PASTA CARBONARA Q99

C. RAVIOLES DE CHAMPIÑÓN Q99

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

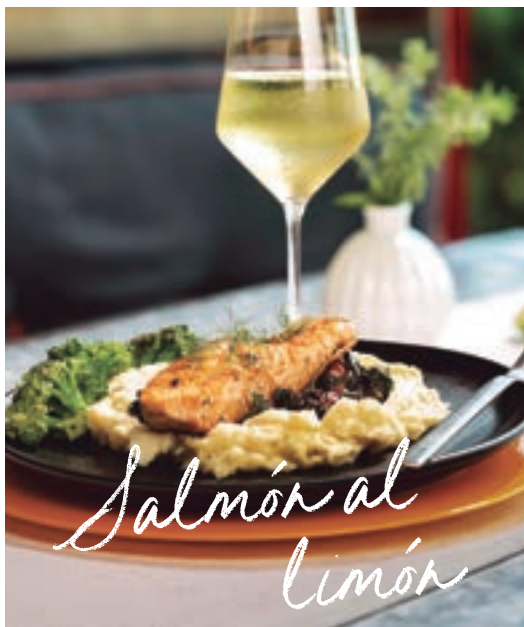
D. PASTA POMODORO Q95

E. PASTA PESTO Q95

LASAGNA DE QUESOS Q85

Add chicken +Q15.





MEATS

CARNES

MEAT

LOMITO 4 PIMIENTAS Q180

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



We recommend pairing it with *wine* **MONTES CLASSIC SAUVIGNON MERLOT- Chile**

LOMITO AL VINO Q180

Tenderloin cooked in a red wine reduction; zucchinis, mashed potatoes and arugula.



We recommend pairing it with *wine* **MUGA RESERVA Rioja**

FRENCH STEAK Q180

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



We recommend pairing it with red wine *Familia Saúl Sangiovese*

SALMON

SALMÓN TERIYAKI Q155

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

SALMÓN AL LIMÓN Q155

Fresh roasted salmon with lemon butter and caper sauce; mashed potatoes, kale, and broccoli.



We recommend pairing it with red wine **MONTES CLASSIC SAUVIGNON BLANC**

CHICKEN

POLLO PROVENZAL Q110

Grilled chicken breast glazed in white wine, basmati rice, Provençal sauce, gorgonzola cheese; sautéed spinach and mushrooms.



We recommend pairing it with white wine *Pinot Grigio*

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 Aliño Argentino..



E



B



A



C



D

SWEET CRÊPES CRÊPES DULCES

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



A. CRÊPE 3 LECHEs Q85

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

FRESAS & CHAMPAGNE Q79

White chocolate & strawberries.

CRÊPE SELVA NEGRA Q79

with dark chocolate, Saúl cream & blueberries.

B. LA DOLCE VITA Q69

Mascarpone cream, Nutella, strawberries or bananas.

TORTA CHILENA Q69

With strawberries & cajeta.

C. APPLE PIE Q60

Caramelized apple, crumble and vanilla ice-cream.

CRÊPE TATAN (TATIN) Q60

Caramelized apples in butter and vanilla ice cream.

D. NUTELLA BRÚLEE Q59

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

E. CRÊPE PECAN PIE Q55

Caramelized pecans & creamy vanilla ice cream.

LA CRÊPE SAÚL CON NUTELLA Q49

Add banana, strawberry, or peach. +Q8.

CAJETA ARTESANAL Q49

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 5-0 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.

SUPERNUTRITIVES

PROTEIN SHAKE SAÚL Q59

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

COLÁGENO SHAKE SAÚL Q55

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

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.

A



B



C



D



E



SODAS & REFRESHER

REFRESCOS

LIMONADA FROZEN Q30

Strawberry or Hibiscus.

LIMONADA LAVANDA Q30

NARANJADA FROZEN

CON PEPITORIA Q30

LIMONADA O NARANJADA Q29

CIMARRONA Q25

With natural juice.

JUGOS Q25

Papaya, orange or mango.

TÉ FRÍO Q25

AGUA PURA Q15

AGUA PURA SAÚL Q8

SODAS

SAN PELLEGRINO Q64

SALUTARIS Q22

COCA COLA Q18

COCA COLA ZERO Q18

PEPSI Q18

PEPSI BLACK Q18

7 UP Q18

7 UP LIGHT Q18

SPRITE Q18

AGUA CON GAS SAÚL Q12



A

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 Y MATCHA

ICED MATCHA Q35

MATCHA PRO Q35

MATCHA LATTE Q35

With handmade marshmallow.

TÉ CHAI VAINILLA Q35

Hot or cold? Ask for it sugar-free.

JOT KAKAO Q29

100% Guatemalan hot cocoa with handmade marshmallows.



Infusiones

COFFEE-BASED BEVERAGES

BASE DE CAFÉ

CALIENTES

CAPPUCCINO A
LA NUTELLA Q35

(B)



MOCCACHINO
NOR. Q29 GRN. Q35

B. CAFÉ LATTE
NOR. Q25 GRN. Q29

CAPPUCCINO
NOR. Q25 GRN. Q29

C. CAFÉ LATE NERO Q27
With activated charcoa.

FLAT WHITE Q26

MACCHIATO
NOR. Q19 GRN. Q25

EL GUATEMALTECO
NOR. Q17 GRN. Q22

ESPRESSO DOBLE Q19

CAPPUCCINO ITALIANO Q19

ESPRESSO Q15

(C)



(D)



(E)



(F)



(G)



(H)



COLD

D. ICEBERG NUTELLA
NOR. Q35 GRN. Q45

E. COLD BREW Q45

F. ICED LATTE COLD
BREW Q45

G. COLD BREW TONIC Q45

H. SUNSET COLD BREW Q45
Hibiscus & cardamom.

CAFÉ GRIEGO Q35

ICED CAFÉ LATTE
NERO Q35
With activated charcoal.



COCKTAILS

A. BLACK WHISKY SOUR Q75

Very British. Johnnie Walker Black Label whisky, house-made sour mix, and black tea infusion..

B. OCASSO ROSSO Q59

Rosé vermouth, vodka, lemon juice, and cranberry juice.

C. PALOMA SAÚL Q50

Our signature recipe with Mezcal Mitre from Oaxaca; lemon and grapefruit juice.

D. BORA BORA TEA GIN Q50

Born here... at Saúl. Tanqueray gin with Bora Bora tea infusion and juniper.

E. MARGARITA SAÚL CLÁSICA Q50

Frozen margarita with cristalino tequila, orange liqueur, and lime.

F. CARAJILLO SAÚL Q50

Digestif! Spiced liqueur with a shaken shot of espresso.

GIN TONIC Q50

English-style cocktail. Tanqueray gin, tonic water, rosemary, juniper, and cucumber... crisp and refreshing.

PIÑA COLADA Q50

Rum, pineapple, coconut, and milk.

BAILEYS KISS Q35

Why not, darling? Baileys, vodka, a shot of espresso, and milk.

G. CLERICÓ

GLASS 12OZ. Q50 PITCHER. Q150
White wine with a mix of macerated fresh fruit.

H. SANGRÍA

GLASS 16OZ. Q69 PITCHER. Q150
Mediterranean—always a favorite! Red wine, orange juice, soda, fruit, and spices.

MIMOSA Q35

(G)

(H)



BEERS

HEINEKEN Q45

STELLA Q45

MONTE CARLO Q40

GALLO Q35

CABRO Q35

DORADA DRAFT Q35

CORONA Q35

MICHELOB Q35

MIX MICHELADA Q15

MIX CHELADA Q10

CRAFT BEER

SAN ROQUE

LAGER Q49 IPA Q49

VINOS

RED

CATENA MALBEC Q330

MONTES SEL.
LIMITADA Q240

LEYDA CARMENERE Q180

35 SUR RESERVA
MERLOT Q160

VINO SAÚL DE LA CASA
(CILIEGIOLO O SANGIOVESE)
GLASS. Q59 BOTTLE. Q140

ROSÉ WINE

MONTES CHERUB Q240

FESTIVO ROSÉ Q160

WHITE

MONTES SEL. LIMITADA
SAUVIGNON Q240

ROBERT MONDAVI
TWIN Q180

VINO DE LA CASA (PINOT GRIGIO)
GLASS. Q59 BOTTLE. Q160

BESO DE VINO Q160

SPARKLING

CHANDON GARDEN
SPRITZ Q342

PROSECCO CA'VAL
DE LA CASA Q140
Saúl Exclusive

CHANDON
(MINI BOTTLE) Q89



Enjoy it at home, buy it at: **Mercado Saúl**



Disfruta



el sabor



Saúl



en casa.

Mercado Saúl

La tienda de productos conscientes

Conoce más en: saulemendez.com

Casa Saúl Zona 10 Cayalá Encuétranos en: Majadas Once Sankris Mall Plaza Concepción



Lleva la experiencia Saúl a tu próximo evento o celebralo en uno de nuestros salones diseñados para ti.



EVENTOS Saúl

SAÚL LLEGÁ A TÍ
Carrito Móvil

EVENT SPACES:

Casa Saúl, zona 10

Cayalá

Majadas Once

Plaza Concepción

Zona 14

Información de contacto: + (502) 5218-9883
Conoce más en: saulemendez.com



Saúl