

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 DESAYUNOS



SAVORY BREAKFAST 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”.

HUEVOS AL GUSTO

A. EL BALANCEADO ♥ Q89

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”.

HUEVOS REVUELTOS

EGG BITES ♥ Q69

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! Q89

Omelette with mushrooms, spinach, avocado, feta cheese, and bell pepper; a roasted tomato on the side with panela cheese, and a corn toast.

A



B



ORDER YOUR
FAVORITES
EGG WHITES
ONLY



CRÊPES

C. GUATEMALTECO EN PARÍS ♥ Q79

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

LAS ENAMORADAS Q89

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

BURGER DESAYUNO

D. EGG & HASHBROWN BURGER ♥ Q79

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 BREAKFAST

DESAYUNOS DULCES

Add 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 Q89

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 Q65

Açaí, berries, banano, manzana, chía, peanut butter and Saul granola.

FRENCH TOAST

FRENCH KISS CON NUTELLA Q85

Classic French toasts with Nutella and berries.

FRENCH KISS CON CAJETA Q85

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

FRENCH KISS MUA! Q85

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

PANCAKES

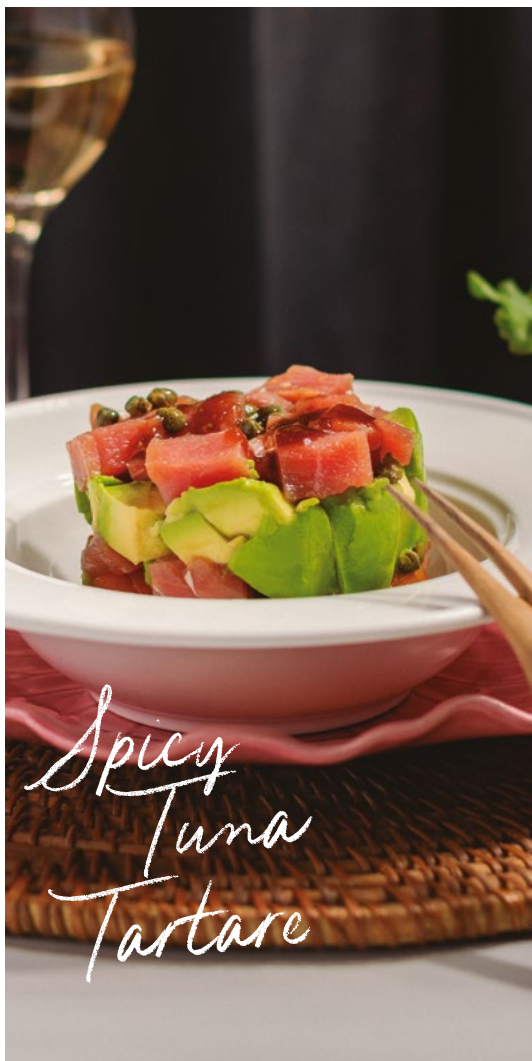
PANCAKES SAÚL Q69

Flu y pancakes with red berries and honey.

ORDER THEM
WITH
GLUTEN
FRIENDLY
BATTER

Saúl

LUNCH AND DINER ALMUERZOS y CENAS



ENTRADAS

COMPOT DE
ALCACHOFAS ♥ 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

CARPACCIO DE LOMITO Q99



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



B. ANTIPASTO DEL MERCADO
(TO SHARE) Q145

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



We recommend pairing it with
Prosecco Caval

SOPAS

SOPA DE TOMATE ♥ Q59

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

SOPA CASERA DE
VEGETALES ♥ Q59

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

SOPA DE FRIJOLES Q59

Black beans soup with cheese, avocado &
croutons.



TOASTS SAÚL

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

2 X Q70

CLÁSICAS

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 Q90

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 ♥ Q79

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 Q99

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

WITH CHIKEN

PERUANA DE POLLO Q99

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

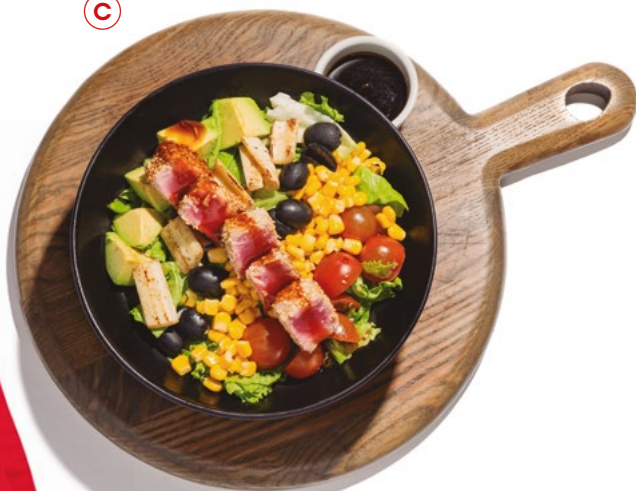
WITH TUNA

DELLA NONNA Q99

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 Q95

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

B. MIT BOWL Q95

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

POKES

POKE BOWL MUSHROOMS ♥ Q79

POKE BOWL SALMÓN Q109

C. POKE BOWL ATÚN Q109

Choose your base: rice quinoa or lettuce mix. Choose between Sriracha dressing or Ajonjoli dressing.

FANCY BURGERS

Serve with ccrispy Saul potatoes, salad, rosemary chips, rusticpotatoes 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.



SÁNDWICHES

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.



VEGETARIANA

GUATEMALTECO EN PARÍS ♥ Q79

Mozzarella cheese, fried beans, sour cream, tomato sauce, ranchera sauce & a fried egg on top of the crêpe.

CRÊPE RATATOUILLE ♥ Q79

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 CHIKEN

CRÊPE SAN ÁNGEL Q99

Chicken, avocado, Gruyère cheese & fresh basil sauce.



We recommend pairing it with red wine *MUGA BLANCO Rioja*

NEUCHATEL Q99

Chicken & mushrooms in white wine & cream sauce.

WITH MEAT

LA ARGENTINA Q99

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



Te recomendamos acompañarlo con vino tinto *KAIKEN INDÓMITO*

BORDEAUX Q79

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 DOUGH!



PIZZAS & PASTAS

PIZZAS

CAPRICCIOSA
MED. Q89 LARGE. Q139

QUATTRO STAGIONI
MED. Q89 LARGE. Q129

A. LOMITO Y CEBOLLA
CARAMELIZADA
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

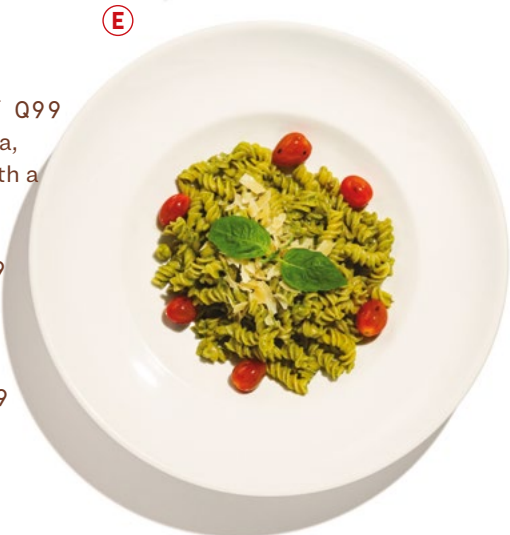
PASTA CARBONARA Q99

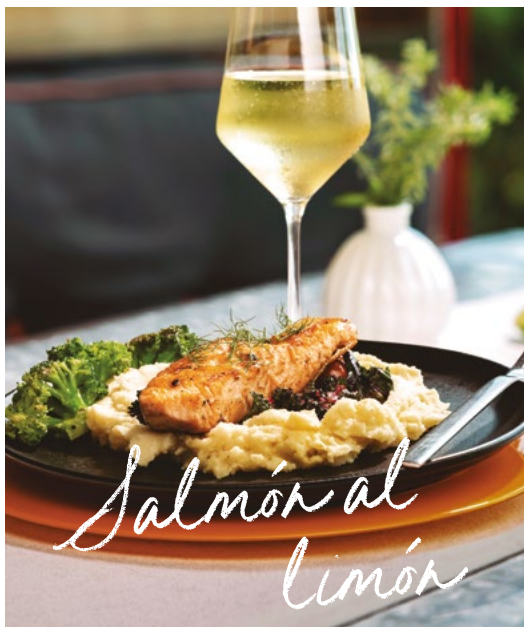
C. RAVIOLES DE CHAMPIÑÓN Q99
Ravioli filled with spinach, ricotta, Parmesan, and nutmeg, served with a white mushroom sauce.

D. PASTA POMODORO Q99

E. PASTA PESTO Q99

LASAGNA DE QUESOS Q89
Add chicken +Q15.





MEATS

CARNES

LOMITO

LOMITO 4 PIMIENTAS Q185

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 Q185

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



We recommend pairing it with wine *MUGA RESERVA Rioja*

FRENCH STEAK Q185

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



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

SALMON

SALMÓN TERIYAKI Q159

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

SALMÓN AL LIMÓN Q159

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 Q115

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



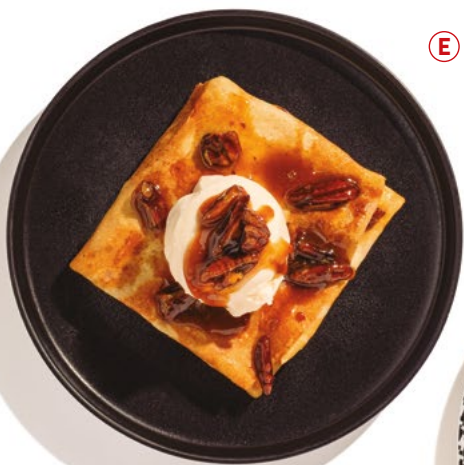
We recommend pairing it with red wine *Pinot Grigio*

POLLO ALMENDRADO Q109

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 Q89

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 BRÛLEE Q59

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

E. CRÊPE PECAN PIE Q59

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 Q45
Orange, coconut & pineapple.

B. TURBO Q45
Pineapple, orange & coriander.

C. COPACABANA Q45
Pineapple, coconut & milk.

D. IBIZA Q45
Strawberry, blackberry & raspberry.

E. CARIOCA Q45
Passion fruit & orange.

SUPERNUTRITIV3S

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 Q39
Cucumber, carrot, celery, parsley, orange juice
& organic honey.

SOBREDOSIS C Q39
Passion fruit, apple, grapes, orange juice &
organic honey.

DOUBLE GREEN Q39
Pure energy! Apple, avocado, matcha &
organic honey.



SODAS & REFRESHER

REFRESCOS

LIMONADA FROZEN Q30
Strawberry or Hibiscus.

LIMONADA LAVANDA Q30

NARANJADA FROZEN
CON PEPITORIA Q30

LIMONADA O NARANJADA Q29

CIMARRONA Q29
Con jugo natural.

JUGOS Q29
Papaya, naranja o mango.

TÉ FRÍO Q29

AGUA PURA Q19

AGUA PURA SAÚL Q8

SODAS

SAN PELLEGRINO Q65

SALUTARIS Q25

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 Q15



TEA TIME

INFUSIONS

A. BORA BORA SAÚL Q39

Hibiscus flower, apple, papaya, saúcoy, and raspberry.

MANZANA TURCA Q39

Apple, pineapple & spices. Great source of vitamin C.

DEEP RELAX Q39

Lavender, chamomile, and peppermint.

TÉ MY MINT (CON TEÍNA) Q39

Green tea, mint, basil, licorice & cardamom. y cardamomo.

CHAI Y MATCHA

ICED MATCHA Q39

MATCHA PRO Q39

MATCHA LATTE Q39

With handmade marshmallow.

TÉ CHAI VAINILLA Q39

Hot or cold? Ask for it sugar-free

JOT KAKAO Q29

100% Guatemalan hot cocoa with handmade marshmallows.



COFFEE-BASED BEVERAGES

BASE DE CAFÉ

CALIENTES

CAPPUCCINO A
LA NUTELLA Q39

MOCCACHINO
NOR. Q29 GRN. Q39

B. CAFÉ LATTE
NOR. Q25 GRN. Q29

CAPPUCCINO
NOR. Q25 GRN. Q29

C. CAFÉ LATE NERO Q29
With activated charcoal.

FLAT WHITE Q29

MACCHIATO
NOR. Q19 GRN. Q29

EL GUATEMALTECO
NOR. Q19 GRN. Q25

ESPRESSO DOBLE Q22

CAPPUCCINO ITALIANO Q19

ESPRESSO Q19



FRÍAS

D. ICEBERG NUTELLA
NOR. Q39 GRN. Q49

E. COLD BREW Q49

F. ICED LATTE COLD
BREW Q49

G. COLD BREW TONIC Q49

H. SUNSET COLD BREW Q49
Hibiscus & cardamom.

CAFÉ GRIEGO Q39

ICED CAFÉ LATTE
NERO Q39
With activated charcoal.



COCKTAILS

A. BLACK WHISKY SOUR Q79

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 Q39

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. Q155
Mediterranean—always a favorite! Red wine, orange juice, soda, fruit, and spices.

MIMOSA Q39



CERVEZAS

HEINEKEN Q49

STELLA Q49

MONTE CARLO Q40

GALLO Q39

CABRO Q39

DORADA DRAFT Q39

CORONA Q39

MICHELOB Q39

MIX MICHELADA Q19

MIX CHELADA Q15

ARTESANALES

SAN ROQUE

LAGER Q49 IPA Q49

VINOS

TINTO

CATENA MALBEC Q335

MONTES SEL.
LIMITADA Q245

LEYDA CARMENERE Q185

35 SUR RESERVA
MERLOT Q165

VINO SAÚL DE LA CASA
(CILIEGIOLO O SANGIOVESE)
GLASS. Q59 BOTTLE. Q145

VINO ROSÉ

MONTES CHERUB Q245

FESTIVO ROSÉ Q165

BLANCO

MONTES SEL. LIMITADA
SAUVIGNON Q245

ROBERT MONDAVI
TWIN Q185

VINO DE LA CASA (PINOT GRIGIO)
GLASS. Q59 BOTTLE. Q165

BESO DE VINO Q165

ESPUMANTE

CHANDON GARDEN
SPRITZ Q345

PROSECCO CA'VAL
DE LA CASA Q145
Saúl Exclusive

CHANDON
(MINI BOTELLA) Q89



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



Disfruta



el sabor



Sauil



en casa.

Mercado Sauil

La tienda de productos conscientes

Conoce más en: saulemendez.com

Encuétranos en:

Casa Sauil Zona 10 Cayalá Majadas Once Sankris Mall Plaza Concepción
Zona 14 Antigua Guatemala Metro 15 Lux Oakland Place Miraflores



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



EVENTOS **Saul**

SAÚL LLEGA A TÍ
Carrito Móvil

SALONES:

Casa Saul, zona 10 Cayalá Majadas Once Plaza Concepción Zona 14

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Conoce más en: saulemendez.com



Saúl