



Your
energy
starts
here.



MESAMORENA

COMIDA NUTRITIVA, DELICIOSA Y ACCESIBLE

MESAMORENA NUTRITIOUS, DELICIOUS AND AFFORDABLE EVERY DAY

At Mesa Morena, we know that food is much more than filling a plate: it's energy, health, and a moment of sharing. That's why we created a project designed to solve daily eating problems in a practical, nutritious way with a homemade flavor, always at a fair price.

We want to be the answer for those who need a reliable and affordable solution amidst the fast-paced nature of life. With us, eating well isn't a luxury; it's an affordable everyday option.

WHAT YOU WILL FIND ON YOUR TABLE

- Complete meals: protein, vegetables, and balanced sides.
- Adaptable options for people with gluten sensitivity or allergies.
- Snacks and surprises to discover new flavors.
- Natural drink recipes to inspire your daily routine.

PLANS AND LOGISTICS

Weekly Plan – 6 meals

Q450

Deliveries on Mondays and Wednesdays.

- Monday: 3 meals and return of dishes from the previous week.
- Wednesday: 3 meals and return of used dishes.
- Deposit for dishes: Q200 (refundable at the end of the service).
- Shipping costs: vary by address, defined when completing the form.
- Delivery hours: 12:00 p.m. to 3:00 p.m., with a designated time based on the delivery person's route.
- Special schedules or destinations may require an additional charge.

Biweekly Plan – 12 meals

Q900

Monthly Plan – 24 meals with a 5% discount

Q1710

HIRING AND FLEXIBILITY

- The service is contracted the week prior to begin the following week.
- A single dish can be ordered on specific days for an additional cost.
- The menu may vary based on customer needs and individual orders, with an extra cost depending on the variation.



*Coming
Soon!*



SUPPORTING NUTRITIONIST

For specialized diets associated with significant health concerns, we recommend collaborating with a nutritionist. Please inform us of your needs, and we will work together to create the ideal menu.

Clients have the option to:

- Provide us with guidelines from their own nutritionist.
- Alternatively, request to collaborate with our trusted nutritionist for support.

DELIVERY TIMES

- Delivery Hours: Mondays and Wednesdays from 3:00 to 5:00 p.m.
- Route Time Allocation: Standard scheduling per route, with the option for a special schedule available at an additional surcharge.

LIMITED CAPACITY

- At Mesa Morena we believe in quality over quantity.
- We serve only 10 customers at a time to ensure freshness, personalized service, and consistency.
- We have a waiting list: if space is full, you can register and we will contact you as soon as a space becomes available or we expand our capacity.

HOW CAN YOU ACQUIRE YOUR PLAN?

You have 3 easy ways to contact us:

- Direct WhatsApp – Write to us and we'll be happy to answer your questions.
- [Online form](#)
- Official website – www.namulegt.com/menu

We recommend using the website and the form, as there you can leave all your information in an organized manner for faster service.

TOWARDS AN INCREASINGLY CONSCIOUS TABLE

At Mesa Morena, we believe that good food starts with the simplest things: homemade flavor, fresh ingredients, and the care you would put into your own kitchen.

Every week we continue to expand our network of local and organic suppliers, with the vision that our menus will soon be 100% organic and free of hormones and antibiotics.

Our dream is to offer you, in addition to our current plans, a special version of Mesa Morena that represents the best of the best: a conscious table, made with only carefully selected ingredients, designed for those who seek not only to eat healthy, but to do so with the utmost purity and quality possible.

We invite you to follow our page and subscribe to our newsletter to be among the first to know when we launch this special plan. Because at Mesa Morena, the table that accompanies you, each dish is a step toward a healthier and more conscious future.