

Welcome to our gastronomic space. We fuse authentic flavors with the culinary expertise of our founder, Maria Enriqueta Soto Aguirre. We hope you enjoy every dish we carefully prepare Thank you for choosing us today. Enjoy your time with us!

# M E N U

## Centro Ecoturístico del Lago Restaurant



### BREAKFAST AND TRADITIONAL DISHES FROM 09:00 TO 12 :00 HRS

#### EGGS \$5.00USD

Eggs to taste  
A preparation to choose from: Mexican (onion, tomato and cilantro) or sausage or ham or chorizo or rancheros.

#### EGGS DEL LAGO \$5.00USD

Scrambled eggs topped with a delicious mashed green sauce accompanied by panela cheese.

#### OMELET \$7.00USD

Omelet filled with your choice of panela or Oaxaca cheese  
With your choice:  
nopales or mushrooms or squash blossoms.

#### CHILAQUILES \$7.00USD

It is made with a tortilla with green or red sauce with lettuce, radish, onion, cilantro, cheese and shredded chicken accompanied with:  
cecina 60gr \$7.48USD  
arrachera 60 gr \$8.31USD

#### ENCHILADAS \$7.00USD

5 pieces smothered in red or green sauce with shredded chicken with:  
cured meat (60gr) \$7.50USD  
flank steak (60gr) \$8.51USD

#### TLACOYOS OF ALBERJON \$7.00USD

3 pieces gratinated or drowned in green sauce.

#### ENMOLADAS \$8.00USD

3 pieces bathed in poblano mole with red onion, cheese and avocado.

#### MOLLETES \$5.00USD

3 pieces gratinated with pico de gallo (onion, tomato and cilantro)

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Enjoy it!

## SWEET FOOD

WAFFLES \$6.00USD

A preparation to choose from:  
· fried egg  
· bacon

PANCAKES \$6.00USD

3 pieces accompanied with maple syrup.

BREAD \$2.00USD

1 piece



## FOR YOUR BREAKFAST

For only \$4.00USD more, complement your dish, including:  
· a glass of natural juice (orange, tangerine, apple, green or carrot) or seasonal fruit  
· American coffee or Mexican traditional coffee



## SOMETHING TO TAKE HOME

MULTIFLOR HONEY BEE

Direct from the hives to the table.  
1 liter \$6.00USD

SEASONAL JAM \$6.00USD

Made with our garden harvest. Ask about the available flavors: blackberry, red berry, plum, and peach.

ORCHARD FRUIT \$5.00USD FOR KILO

Enjoy the freshness and unparalleled flavor of our freshly harvested fruit (plum, peach, blackberry, pear, green and red apple)

PAN DE PULQUE \$5.00USD

6 pieces of bread

BLACK GARLIC \$3.00 USD FOR PIECE

Perfectly fermented black garlic, takes care of your health and enhances your dishes with a gourmet touch.

## LUNCH

### FROM 13:00 TO 21:00

#### FOOD STARTERS

QUESADILLAS \$4.00USD

Cheese, sweetbreads, mushrooms, potatoes, strips of poblano pepper, pork rinds, zetas, squash blossoms, huitlacoche.

SOPES \$4.00USD

3 pieces made with beans or potatoes, gratinated accompanied by shredded chicken

#### SOUPS

MILPA \$4.00USD

zucchini, mushrooms, strips of poblano pepper, corn, tortilla and cheese.

AZTEC \$4.00USD

tortilla accompanied by cheese, avocado and pork rinds.

RED RICE \$4.00USD

individual order.

CHICKEN BROTH \$4.00USD

with rice, vegetables and shredded chicken.

#### SALADS

DEL LAGO \$6.00USD

lettuce, mango, apple, caramelized walnuts, sunflower seeds, sweet and sour dressing and cranberries.

GREEN GODDESS \$7.00USD

3 varieties of lettuce, sesame, walnuts, fried bacon, peanuts, cucumber, avocado, and house dressing.

.with roasted breast in tajine \$8.66USD

AZTEC \$6.00USD

nopales, avocado, onion, cilantro, tomato and panela cheese.





## FROM THE GRILL

TROUT \$11.00USD

Choose from: butter, chipotle, Mexican, garlic mojo, or diablo (spicy) . Accompanied by house vegetables.

BEEF STEAK \$20.00USD

Accompanied by house vegetables.

SAVANNAH AU GRATIN

. with house vegetables \$10.00USD  
. with french fries \$10.00USD

CURED MEAT

.with house vegetables \$9.80USD  
.with enchiladas \$10.06USD

MARINATED CURED MEAT

.with house vegetables \$10.00USD  
.with enchiladas \$10.00USD

FLANK STEAK

. with enchiladas \$11.00USD  
. with french fries \$12.00USD

GRILLED, BREADED OR GRATIN

CHICKEN BREAST

.with house vegetables \$10.00USD  
.with french fries \$11.00USD

PARMESAN CHICKEN BREAST

.with house salad \$10.00USD  
.with french fries \$12.00USD



## ACCOMPANIMENT

GUACAMOLE \$4.00USD

It is made with avocado, onion, garlic and salt.

MEXICAN BEANS \$3.00USD

It is made with a traditional recipe with beans,garlic,onion and epazote that is a mexican plant.

RED RICE \$2.00USD

EGG SUNNY- SIDE-UP \$1.00USD

## CHEF OR HOUSE SPECIALS

### PECHUGA AL CAMPO \$20.00USD

it is chicken breast, grilled, and stuffed with huitlacoche bathed in squash blossom sauce.

### NAVARRESE TROUT \$14.00USD

wrapped in a base of olive oil with garlic and Serrano ham, accompanied by house vegetables.

### CHILE EN NOGADA \$16.00USD

It is a poblano pepper stuffed with meat, raisins, walnuts, citron, among other ingredients, bathed in walnut sauce decorated with pomegranate and parsley, accompanied with lettuce and avocado.

### ESCAMOLES \$20.00USD

Escamoles are ant larvae, especially the pea ant, known as Mexican caviar, and its consumption dates back to pre-Hispanic times.



## DESSERTS

### SLICE OF APPLE PIE

\$3.00USD

### SLICE OF CHOCOLATE CAKE

\$5.00USD

### SLICE WALNUT PIE

\$5.00USD

### SLICE OF CHEESE PIE

\$4.00USD

### HOUSE DESSERT

\$4.00USD





## HOT DRINKS

AMERICAN COFFEE	\$3.00USD
Refill 1 cup of 6 oz	
MEXICAN COFFEE	\$3.00USD
EXPRESSO	\$3.00USD
CAPPUCCINO	\$3.00USD
HOT CHOCOLATE	\$3.00USD
with vanilla	
TEA	\$2.00USD
cinamon, lemongrass, cedron.	



## COLD DRINKS

NATURAL JUICE \$3.00USD

09:00 -1200 hrs  
orange, tangerine ,apple, green or carrot.

JAR OF WATER 1.5L \$5.00USD

natural fruit: strawberry with peppermint, soursop,  
passion fruit,  
orange,tangerine,lemon,pineapple,melon.

SODA \$2.00USD

coca-cola,sangria, squirt, 7up, manzanita.



## COCKTAIL BAR

BEER	\$3.00USD
CHELADA	\$4.00USD
MICHELADA	\$4.00USD
PIÑA COLADA	\$4.00USD
MEDIAS DE SEDA	\$5.00USD
BLOODY MARY	\$5.00USD
MOJITO	\$5.00USD
PIEDRA	\$5.00USD
RUSO NEGRO	\$5.00USD
SANGRIA	\$5.00USD



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## KETO DIET

Indications : diabetes mellitus, insulin resistance, polycystic ovary syndrome.

## BREAKFAST

3- cheese omelet (mozzarella, gouda and parmesan). \$8.00USD

## MEAL

Flank Steak with cauliflower puree and guacamole. \$13.00USD

## DINNER

Salad keto with goat cheese, avocado and tahini dressing. \$12.00USD



## EASY DIGESTION

Indications : gastritis, colitis, irritable bowel syndrome, diarrhea, vomiting, pre and post surgery.

## BREAKFAST

whole wheat pancakes with apple and cinamon. \$7.00 USD

## MEAL

baken chicken breast stuffed with cottage cheese, spinach and walnuts \$11.00USD

## DINNER

Baked potato with vegetables and turkey breast ham. \$6.00USD





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### DASH DIET

Indications: arterial hipertension, heart disease, pre and post cardiac surgery.

### BREAKFAST

Omelet with vegetables with fresh cheese and avocado. \$7.00USD

### MEAL

fish wrapped in paper with vegetables and fresh herbs. \$11.00USD

### DINNNER

cottage cheese and tomato toast on a bed of avocado. \$7.00USD



YOU CAN FIND US IN:



Centro Ecoturistico del  
Lago

Tel:

7751449205

7717920188