# Reservaciones (222) 242 0503 y 242 6696 www.elmuraldelospoblanos.com

**BREAKFAST** 

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#enelmural



# **APPETIZERS**

Corn dough with costeño chili and peas, covered in green serrano chili salsa with avocado, cheese, cream and grilled chicken.

Quesadillas with requeson (curd) and quelites (Mexican wild herb) (4 pieces)

With frijoles de la olla (pot beans) and jalapeño chili strips.

Cemitas de chalupa

The most poblano of all our appetizers! Red and green chalupas poblanas served in a cemita roll.

Chalupas poblanas

Soft fried corn tortillas covered in green and red salsa, topped with chopped onion and shredded beef.

Tamal

Cumin with pork, mole poblano with duck or green salsa with chicken.

Tacos de chicharrón prensado

Stuffed, crushed pork rinds in green stew, served with morita chili salsa, chopped onion and coriander.

Pellizcadas (3 pieces)

Fried tortilla stuffed with longaniza (locally produced sausage), chicken and cecina (cured meat).

Quesadillas de mercado con tlalitos (3 pieces)

Corn tortillas stuffed with squash blossoms, mushrooms, zucchini, Oaxaca cheese, and pork rinds.

Conchas con frijoles refritos (2 pieces) Shell-shaped sweet bread with refried beans.

# FRUITS AND SWEET

Fruit with yogurt, granola and our special local honey

Tamal sweet with cream or corn

Conchas con nata de Chipilo (2 pieces)

Shell-shaped sweet bread with clotted cream from the region of Chipilo

Gorditas de nata (4 pieces)

Clotted cream biswits

Orden de nata de Chipilo

Clotted cream from the region of Chipilo

Sweet bread from "La Flor de Puebla" (local bakery)

Churros

Cord-shaped deep fried dough coated with sugar and cinnamon.

# CHILDREN'S MENU

Includes: Juice or fruit + cereal with milk or sweet bread and a glass of milk + eggs with ham or sausage.

## **Drinks**

Mimosa (150 ml.)

Möet & Chandon İmperial cocktail and fresh orange juice.

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Orange, grapefruit, carrot, beet, combined,

green (celery, nopal, pineapple and orange), fruits in season.

Traditional cacao with water (370 ml.)

Cacao + mint with water (370 ml.)

Cacao + cardamom with water (370 ml.)

Traditional cacao with milk (370 ml.)

Cacao + mint with milk (370 ml.)

Cacao + cardamom with milk (370 ml.)

Hot Chocolate

Champurrado

Mexican hot chocolate made from "pinole"

(finely ground roasted corn with cinnamon) of San Mateo Ozolco, Puebla.

# Coffee or teas

Café de olla (black coffee sweetened with "piloncillo" – brown sugar)

Black coffee (American)

Espresso

Doubleshot espresso

Cappuccino

Lechero (Café-au-lait)

Black tea english breakfast

apanese green tea (Sencha) flavored with lemon

Guava (with guava and cinnamon pieces)

Relaxing herbal infusions (5 flowers blend)

Almond and cinnamon (fruit blend with cinnamon)

Market teas (anise, peppermint, chamomile and lemon)



We serve GALIL brand honey from the Puebla mountain region. It is elaborated through a natural crystallization process. It's obtained through fair commerce with the producers. When consuming we contribute to bees reproduction.



# TRADITIONAL

Each serving includes: juice + fruit + a piece of sweet bread + coffee (black, espresso, cappuccino), "de olla" (sweetened with cinnamon and "piloncillo"- brown sugar), or "champurrado" (a Mexican hot chocolate).

#### Tacos de canasta

6 to choose: from pork rind, shredded meat, potato or beans with an avocado salsa.

# Mole de panza

Beef tripe cut in pieces in spicy tomato broth flavoured with guajillo and arbol chilies and coriander.

Chilaquiles with eggs - With chicken - With cecina (cured meat)

Corn chips with pasilla chili salsa or serrano chili salsa. Served with fried beans, avocado, cheese and cream.

## Chilaquiles prietos Mural

Corn chips with pasilla chili salsa, pork rinds, avocado, cheese, cream and frijoles de la olla (pot beans).

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Spicy mole sauce-dipped tortillas stuffed with chicken, scrambled eggs or cheese.

## Enfrijoladas

Bean sauce-dipped tortillas stuffed with chicken or cheese with a hint of chipotle chili.

# Mole de pápalo de la Tía Asela

Pork ribs and backbone in a spicy green salsa with papalo (an aromatic Mexican herb), green beans and frijoles de la olla (pot beans).

#### Dobladitas de fideo seco

Fried corn tortillas stuffed with angel-hair pasta accompanied by white sausage from Tepeaca, lettuce, avocado, Cotija cheese and cream.

## Enchiladas tres moles

Order the enchiladas (corn tortillas stuffed with chicken or cheese), and we'll serve you a sampler plate of three different moles: mole poblano (traditional salsa made with chilies, spices and chocolate), pipian verde (green pumpkin seeds mole) and pipian rojo (red peanut mole).

#### Mole de chito

Sun-dried goat meat in guajillo, costeño and árbol chilies broth. Served with chochoyotes (small balls of dough and epazote).

# **EGGS**

Each serving includes: juice + fruit + a piece of sweet bread + coffee (black, espresso, cappuccino), "de olla" (sweetened with cinnamon and "piloncillo"- brown sugar), or "champurrado" (a Mexican hot chocolate).

## Con mole

Fried eggs on a corn tortilla fried in lard, covered in mole poblano (traditional salsa made with chilies, spices, fruit and chocolate).

#### Rabo de mestiza

Cooked eggs in a light tomato salsa with poblano chili strips and fresh cheese.

# Con longaniza de Tepeaca

Scrambled eggs with locally produced sausage, serrano chili, chopped onion, frijoles de la olla (pot beans), grilled nopal (flat cactus), Oaxaca cheese, and crispy potato thin slices.

#### En cazuela

Couple eggs cooked in clay pot with jocoque (lebanese sour cream), dried meat, serrano chili, chopped onion, pita bread and a drizzle of olive oil.

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Served in a morita chili salsa with cecina (cured meat) and frijoles de olla (pot beans).

#### Mural

Fried eggs on potato chips with red or green pipian (mole salsa made with tomatoes, seeds, chilies and spices) or adobo salsa (made with dried chilies and spices).

## Huevos Chiquis

Fried eggs on a corn tortilla fried in lard with powdered pipian (mole made with tomatoes, seeds, fresh chilies, spices and regional herbs) served with refried beans.

#### Frijoles con huevo

Scrambled eggs with jalapeño chili strips, onion and pot beans.

#### Huevo en salsa verde

Scrambled eggs in green salsa (serrano chili) with potato and frijoles de la olla (pot beans).

#### Omelette poblano

Oaxaca cheese, poblano chili strips with huitlacoche (corn mushroom), guacamole (avocado salsa) and refried beans.

#### Omelette ligero

Egg whites with panela cheese, grilled nopal (flat cactus) and mix salad.

#### Otros

With ham, sausage, rancheros (on a corn tortilla fried in lard and topped with green or red salsa) or Mexican style (scrambled with chopped onions, tomatoes and serrano chili.) Served with refried or pot beans. "El Calvario" eggs from Tehuacan, Puebla.