

The **YUCATÁN** peninsula, the land of Maya temples, pyramids & Caribbean beach resorts. The warm turquoise sea of the Riviera Maya, fringed with white sand beaches and palm groves is second to none. The archaeological sites of Chichén Itzá, Uxmal & Tulum, among many others, invite exploration, as do the area's ecological sites

CHIAPAS is one of the world's most diverse biological areas. Lush green fields, forests, mountains & tropical rainforest with a range of unique flora, fauna & rare species. It was the centre of the Mayan Empire with ceremonial cities in Palenque & Yaxchilán. An area of discovery with many beautiful places hidden in the jungle & known only to the local people. Chiapas is also one of the states with the most diverse resource base, & generates 35% of Mexico's electricity via hydropower, because of the strength, height & beauty of its spectacular waterfalls.

CAMPECHE has long been fought over for its strategic importance. With the Gulf of Mexico to the north & Guatemala & Belize on its southern borders, it has a long history of attack by pirates due to its importance as a major port area. On the Gulf coast the city of Campeche, renowned for its seafood & Spanish colonial architecture, is fortified by a wall & though not as yet a popular tourist destination, nevertheless is being used as a location set for period films.

The tropical town of **VERACRUZ** exudes Caribbean style & rhythm. The culture of the region is a mixture of Andalusian & African elements. Music featuring marimbas, flutes, harps & dance. Food is specialised in the seafood & fish of the Caribbean & this is one of Mexico's most enjoyable places to sit back, relax & be entertained.

A state of incredible pride in the culture & history of Mexico. Nicknamed the 'soul of Mexico', it is also home to the oldest university, founded in the Americas in 1540. Famous for the guitars of Paracho, the lace of Aranza, the masks of Tocuaro & the pottery of Capula. Archaeological sites abound & the ecological wonder of Lake Zirahuén has still to reveal its deep secrets. **MICHOACÁN** is craft, industry, history, leadership, natural beauty, art, music & the guardian of tradition.

The city of **OAXACA** is a graceful blend of pre-Columbian & colonial influences, with the finest baroque church in Mexico. Many engaging museums & galleries, ebullient feast days, kaleidoscopic markets & the complexities of Oaxaqueñacuisine. The state of Oaxaca abounds in ghostly ancient ruins, Zapotec villages steeped in mysticism & a dramatic landscape with cascading waterfalls & abundant nightlife.

GUERRERO, on Mexico's southern coastline is a mixture of modernity, antiquity, mountains & sea. It has stunning beaches along 313 miles of coastline. Famous for its lagoons, rivers, mountains, grottos, churches, convents, cave murals, archaeological sites, historic monuments & its variety of folklore, craftsmanship & a marvellous gastronomy. Perhaps Guerrero's most famous city is Acapulco followed closely by Ixtapa & Zihuatanejo.

The climate in **JALISCO** varies from the snow capped Nevado de Colima, to the moderate high plains, to the often steamy tropical jungles along the Pacific coast. Jalisco's indigenous population for the most part still conserve their native languages & colourful dress. Guadalajara, the state capital is a mixture of colonial splendour & modernity. The coastal city of Puerto Vallarta, is a well visited cruise ship & tourist destination, & of course the city of Tequila, famous for perhaps Mexico's most famous export.

The state of **GUANAJUATO** is noted primarily as Mexico's foremost mining state, with silver still to this day an important product, & was the reason for the colonization by the Spanish in the 1520's. At one time it produced over 1/3rd of the world's silver. Guanajuato is still relatively unknown by foreign visitors, though very popular with all Mexicans. The city of Guanajuato is a world heritage site & one of Mexico's most important Spanish Colonial cities with more than 20 important museums & every year hosts the most important International Festival in Latin America; 'El Festival Internacional Cervantino'.

PUEBLA is one of Mexico's oldest & most historically important cities, home to a multitude of magnificent baroque churches with their sparkling tiled domes. Silver jewellery & Talavera dinnerware are just two of the traditional crafts to look out for in this region

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GASTRONOMIC WEEK

**September
6th - 11th**

Starters - Entrada

Yucatán

PANUCHOS: 2 deep fried tortilla pouches filled with refried beans, cochinita or pollo pibil (melt in your mouth chicken or pork cooked in a sauce of achiote & orange juice). **4.80**

TAMALES YUCATECOS: (2) corn maize filled with your choice of cochinita or pollo pibil wrapped in a banana leaf, then steamed to perfection. **6.20**

Chiapas

TOSTADOS TUXTECAS: 2 corn or flour tortilla topped with finely ground beef, mixed with onion, radish & jalapeno pepper, topped with cilantro & salsa verde. **6.50**

SOPA DE PAN: a chicken, tomato and garlic soup, poured over fresh croutons, currants & capers, garnished with sliced green olives, sliced hard boiled egg & queso fresco. **6.50**

Campeche

PULPITOS EN VINO TINTO: octopus lightly sauteed in butter, oregano, tomatoes, chopped black olives, serrano chile, onion, black pepper & red wine. **8.00**

EMPANADAS DE CAZÓN: 2 corn pastries filled with flaked white fish, tomato, epazote, chopped olives & capers. **4.80**

Veracruz

TAMALES COSTENOS: (2) corn maize filled with your choice of pork or chicken, in a chipotle chile & tomato sauce, wrapped in a banana leaf, then steamed to perfection. **5.40**

CAMORONILLAS: 2 tortillas filled with chile spiced baby prawns, & then deep fried until golden. **5.80**

Michoacán

SOPA PUREPECHA: (V) a puree of black bean soup, garnished with fried corn tortilla strips, grated cheese, cream & chile de arbol. **5.80**

TACOS DE REQUESON: (2) cream cheese filled tacos, deep fried & served with a spicy radish salsa. **4.40**

Oaxaca

TLAYADUA: (for 2 people) a large baked tortilla topped with pork juices, refried beans, shredded lettuce & grilled vegetables, plus a choice of sliced chicken breast or sliced leg of pork. Known as the Mexican pizza. **10.50**

CALDO DE NOPALES Y CAMARON: a shrimp and nopales (edible cactus) soup with guajillo chile, onion, garlic & epazote. **6.50**

Guerrero

CALDO DE CAMARON: a shrimp broth coked with cilantro, onion, tomato, carrots & courgette, accompanied with hot tortillas, sliced avocado, diced onion, jalapeno pepper, cilantro & lime slices. **8.50**

TACOS DE PESCADO FRITO: (2) beer battered fish filet, in a warm tortilla topped with pico de gallo, lettuce, cilantro & lime wedges, with a chipotle chile & beer maionnaise sauce on the side. **7.50**

Jalisco

SOPES DE POLLO: 2 corn tortillas topped with refried beans, shredded chicken, cheese, sour cream and salsa roja & salsa verde. **4.40**

TORTA AHOGADA: home made bread roll, stuffed with carnitas (pork) smothered in a chile de árbol salsa. **6.50**

Guanajuato

TAMALES GUANAJUATENSES: 2 corn meal parcels filled with chicken or cheese, ancho chile, wrapped in a corn husk, steamed and accompanied with sour cream. **5.80**

EMPANADAS DE CARNITAS: 2 corn pastries filled with marinated roast pork & topped with a salsa verde. **4.40**

Puebla

CEMITA POBLANA: shallow fried breaded beef cutlet on a bread roll, with queso fresco, sliced onion, avocado slices & drizzled with a chipotle chile sauce. **8.50**

EMPANADAS POBLANAS: (v) freshly made corn empanadas, topped with slices of poblano pepper, cooked with garlic, onion, sweet corn & cheese, then fried until golden. **5.50**

Main Course - Platos Fuertes

Yucatán

PESCADO TIKIN XIC: (Mayan speciality) fish filet grilled in a banana leaf with achiote, orange juice & chile, served with rice & beans. **14.00**

POLLO TICUL: chicken in a spicy sauce of achiote, peppers & tomatoes, wrapped in a banana leaf then steamed to infuse the flavours. **12.50**

Chiapas

MOLE DE CALABAZA: chicken breast with a mole sauce (moh lay) of pumpkin, sesame seeds, mulato chile, garlic, onion, chocolate, cardamom, peanuts & nutmeg, served with rice & beans. **14.50**

PUCHERO DE GALLINA: a chicken and whole corn soup with shredded cabbage, tomato, onion & peppers, served with a salsa criolla. **10.50**

Campeche

PAVO EN ESCABECHE: sliced turkey breast, pickled in a traditional marinade of aromatic herbs, baby potatoes, cauliflower & carrots. **13.50**

CAMARONES AL COCO: butterfly king prawns, coated & fried in maize flour in a coconut shell filled with apple puree, and wedges of fresh apple. **15.00**

Veracruz

PESCADO ESTILO VERACRUZ: filet of fish grilled with a chipotle chile, tequila, tamarind & garlic sauce, served with rice & beans. **14.50**

ENTOMADAS VEGETARIANAS: (v) mixed vegetables (peppers, broccoli, cauliflower, green beans & sautéed potatoes) on a black bean, cheese & cream covered tortilla, then topped in a tomato sauce, garnished with pico de gallo & jalapeno pepper. **10.50**

Michoacán

CHAMORRO AL TEQUILA ESTILO CUITZEO: (served for 2 people) shank of slow cooked leg of pork, marinated in a mulato and pasilla chile & tequila sauce, served with rice & beans. **24.00**

APORREADILLO ROJO: strips of flash fried beef, served with scrambled eggs, topped with a tomato & serrano chile salsa, served with rice. **14.00**

Oaxaca

LOMO DE CERDO ENCHILADO: slices of slow cooked loin of pork marinated and topped with a sauce of black peppers, cloves, diced ham & ancho chile, served with rice & beans. **14.50**

MOLE AMARILLO: shank of lamb cooked in a spicy marinade & covered in a yellow 'mole' stew of herbs, tomatillo, guajillo chile, green beans & chayote. Topped with diced onion and accompanied with a corn tortilla. **16.50**

Guerrero

POZOLE VERDE DE POLLO o CERDO: this special green pozole consists of whole corn soup, coriander, tomatillo & green chilies, with your choice of pork, chicken (or both) garnished with lettuce, radish, onion, avocado, chopped chilies & lime. **12.50**

PESCADO A LA TALLA: grilled sea bass marinated in lime juice, guajillo chile & mayonaise sauce wrapped & grilled in a banana leaf, served with rice & vegetables. **18.50**

Jalisco

ENCHILADAS TAPATÍAS: chicken enchiladas with an ancho chile sauce & crumbled cheese served with rice & beans. **12.50**

POZOLE ROJO DE POLLO O CERDO: a slow cooked whole corn, red pepper & guajillo chile soup, (your choice of chicken, pork or vegetarean) accompanied with diced onion, lettuce, oregano & lime wedges. **12.50**

Guanajuato

ENCHILADAS MINERAS: fried tortilla topped with grilled chicken breast, a salsa guajillo chile sauce & crumbled cheese accompanied with carrots, potatoes, lettuce, & strips of jalapeño chile. **12.50**

MANITAS DE CERDO EN ESCABECHE: pork trotters pickled in white wine vinegar, aromatic herbs & jalapeño chile, potatoes & carrots (served chilled). **12.50**

Puebla

CHILEAJO CON POLLO o GUAJALOTE: chicken or turkey breast, served with a chileajo sauce of guajillo and arbol chile, onion, tomatoes, oregano, garlic & cumin, served with rice & beans. **12.50**

ENCHILADAS A LOS 3 MOLE CON PAPA (v) o POLLO: 3 flour tortillas filled with potato or shredded chicken & covered in 3 'mole' sauces - roja / verd / poblano, served with ruce & beans. **12.50**

Desserts - Postres

PASTEL DE ELOTE CON ROMPOPE: home made corn cake covered in a Rompope liqueur sauce. **4.20**

PASTEL BORACHO: a cream and raspberry filled cake drizzled with a pineapple marmalade. **3.60**

ESPUMA DE CAJETA: a light caramel mousse. **3.60**

ARROZ CON LECHE: Mexican rice pudding. **3.20**

CAFÉ DE OLLA: sweet Mexican coffee. **1.80**

FIESTA DE INDEPENDENCIA Mexican Independence Day Party 15th September

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