## ОСНО <br> CASCADAS

## Floating Chef Service

(Served family style, not individual orders)

## - Breakfast Menu -

- Fruit plate.
- (assorted seasonal fruits)
- Fruit Cocktail.
- (chopped seasonal fruit with orange juice)
- Eggs any style.
- (options: fried or scrambled with ham, pork sausage or bacon)
- Mexican eggs (w/ refried beans and bacon on the side).
- (onion, tomatoes, green bell pepper)
- Divorced eggs (w/ refried beans on the side).
- (fried with red and green sauce)
- Florentine omelette (w/ hash brown).
- (spinach, onion, green bell pepper, ham, cheese, mushrooms with hollandaise sauce)
- Omelette any style.
- (options: cheese, ham, sausage, green tomatoes, mushroom, onion or green pepper)
- Eggs Benedict.
- (Canadian ham, hollandaise sauce)
- Chilaquiles (red or green).
- (options: natural, eggs, chicken or beef)
- Burritos (w/ crispy bacon on the side).
- (eggs with ham, onion and/or bacon)
- Burritos de machaca ( $\mathrm{w} /$ refried beans on the side).
- (scrambled eggs with shredded beef)
- French toast.
- (natural or with syrup)
- Hot cakes.
- (natural or with chocolate syrup)
- Natural Juice.
- (orange, grapefruit, tangerine or lime only if it's season)


## - Lunch Menu -

- Hamburger (options: chicken or beef).
- (with french fries)
- Club sandwich (w/ french fries).
- (ham, cheese, lettuce, avocado, tomato)
- Quesadillas.
- (options: natural (cheese only), ham, chicken or beef)
- Tostadas de ceviche (options: fish or shrimp).
- (with tomato, carrot, onion, lime, coriander and avocado)
- Aztec cake ( $\mathrm{w} / \mathrm{salad}$ on the side).
- (chicken, potatoes, poblano pepper, cheese, onion and sour cream)
- Tacos (options: beef, chicken or shrimp).
- (with refried beans and pico de gallo on the side)
- Panini (options: ham or grilled chicken).
- (cheddar cheese, spinach or lettuce and french fries)
- Whole wheat baguette with arrachera beef.
- (lettuce, tomato, onion, with french fries)
- Chicken nuggets.
- (with french fries)
- Milanese (options: chicken or beef).
- (with french fries or salad)


## - Appetizers -

- Guacamole (spicy: optional).
- (avocado, coriander, onion, lime)
- Salsa Mexicana (pico de gallo).
- (tomato, onion, cucumber, coriander, lime), spicy: optional.
- Spinach rolls with cream cheese.
- (with flour tortilla)
- Nachos (chicken or beef).
- (tortilla chips, beans and cheese)
- Onion Dip.
- (with celery and cucumber straws)
- Avocado filled with tuna.
- (with red onion, corn kernels, celery, green bell pepper, mayonnaise and sour cream)
- Avocado filled with shrimp.
- (with parsley, celery, onion, eggs, mayonnaise and sour cream)


## - Salads -

- Mexican salad.
- (lettuce, cucumber, beetroot, corn kernels, pumpkin seeds with coriander dressing)
- Caprese salad.
- (tomatoes, mozzarella cheese, basil and balsamic vinegar)
- Grilled fruit salad.
- (lettuce, seasonal fruits, goat cheese, orange vinaigrette)
- Spinach salad.
- (grapefruit, orange or tangerine if it's season with almond shavings and vinaigrette)
- Caesar salad.
- (lettuce, parmesan cheese, Caesar dressing and croutons)
- Green salad.
- (lettuce, cucumber, green bell pepper, celery, coriander dressing, croutons)
- Tuna or chicken salad.
- (fresh tuna or chicken, bell pepper, onion, corn kernels, celery, coriander)
- Mixed salad.
- (red cabbage, lettuce, tomato, mushroom, cucumber, coloured bell peppers with parmesan cheese)


## - Cream \& Soup -

- Seafood cocktail.
- (shrimp, crab, octopus, fish)
- Onion (simple).
- (caramelized onion with garlic)
- Tortilla.
- (baked corn tortilla strips, avocado, cheese and sour cream)
- Shrimp broth.
- (shrimp with tomato, onion and coriander)
- Xochitl.
- (chicken, vegetables, chickpeas)
- Cream soups (options: pumpkin, carrot, mushroom, shrimp, asparagus or broccoli).
- (evaporated milk, pepper, garlic)


## - Main course dinner -

- Filet mignon with mushroom sauce.
(with vegetables and baked potato on the side)
- Pork meat with green tomato sauce.
(green tomato, onion, green pepper, coriander, with white rice on the side)
- Pork loin with apple sauce.
(apple, cinnamon, onion and celery with mashed potato, corn kernels and bell pepper)
- $B B Q$ ribs.
(pork ribs with mashed potato and vegetables)
- Fajitas (options: chicken, beef or shrimp).
(red, yellow and green bell peppers with onion and white rice on the side)
- Swiss enchiladas.
(flour tortilla filled with chicken and green tomato sauce gratinated with cheese)
- Tampiqueña
(poblano pepper filled with cheese, chicken enchilada, 5 oz. arrachera meat, rice and refried beans)
This is a big portion dish for Mexican food lovers.
- Chicken mole.
(peanut, onion, chocolate and assorted chilli sauce with rice on the side)
- Orange chicken.
(sauce made with orange juice, tomato, carrot, garlic with white rice on the side)
- Cordon bleu chicken (with mashed potato and white rice on the side).
(chicken breast filled with cheese and ham dipped with mushroom gravy)
- Shrimp any style ( $w /$ white rice and vegetables).
(options: breaded, garlic, butter or spicy tomato sauce)
- Veracruz style fish (options: whole fish or filet).
(tomato, bell pepper, green olives, coriander, capers and onion with white rice on the side)
- Lobster any style.
(options: garlic or butter with rice and vegetables on the side)
- Zarandeado style fish.
(fish filet marinated with a special red sauce; guacamole, pico de gallo and white rice on the side)
- Surf and turf.
(shrimp and arrachera meat with white rice, vegetables and baked potato filled with cheese)

SIDE DISHES: Baked potato (optional: filled with cheese), Vegetables (broccoli, carrot and cauliflower), Refried beans or White rice.

## - Vegetarian options -

- Oat pancakes with bananas.
- (oat, bananas, sugar and eggs)
- Noodles with vegetables.
- (zucchini, green bell pepper, onion, eggplant, soy sauce)
- Chickpeas sandwich.
- (whole wheat bread, chickpeas, onion, lettuce or spinach, avocado)
- Avocado filled with soy ceviche (lactose free available).
- (soy, carrot, onion, lime, coriander, avocado, mayonnaise or sour cream)
- Eggplant croquettes (w/ salad).
- (onion, eggplant, red bell pepper, oat bran)
- Portobello mushroom with red wine sauce.
- (Portobello mushroom, basil, onion, red wine, zucchini, with white rice on the side)
- Stuffed zucchini (w/ salad or pasta on the side).
- (mushroom, onion, tomato, garlic, green bell pepper, cheese)
- Stuffed and battered cauliflower.
- (eggs, cauliflower, tomato sauce with species with white rice on the side)
- Zucchini rolls with cheese.
- (eggs, parmesan cheese, zucchini, cheese, bread crumbs)
- Potato croquettes with cheese.
- (potato, eggs, cheese, pepper with salad on the side)


## — Desserts -

- Mexican flan.
- (sweet dessert made with milk, eggs, sugar and vanilla)
- Banana flambé.
- (flamed bananas with sweet sauce and vanilla ice cream)
- Ice cream.
- (options: vanilla, chocolate, nuts or mixed)
- Crème Brûlèe.
- (cream with sugar caramelized on top)
- Panna Cotta.
- (Italian dessert of sweetened cream thickened with gelatin and molded)
- Cheese pie.
- (condensed milk, evaporated milk, cream cheese, butter and eggs)
- Cake (will be bought from a bakery).
- (options: cheese, chocolate, three milk, red velvet, etc.)
*IF YOU'RE LACTOSE INTOLERANT AND/OR HAVE FOOD ALLERGIES, PLEASE LET US KNOW IN FRONT DESK.

