

Menú

The dishes on this menu are a tribute to contemporary Mexican cuisine, where the protagonists are the products of our country and culinary techniques.

Inspired by international cuisine and by the taste of a stylized gastronomy but with flavors that characterize our Mexico.

APPETIZERS

CRISPY CRAB TACOS

Soft shell crabs, fried to a crispy crust and tender interior, mounted on a corn tortilla with hoja santa, fried purple cabbage and creamy avocado.

RIB EYE CHICHARRON

Choice quality rib-eye tips, fried until crispy, served with guacamole and corn tortillas.

BONE MARROW WITH BRISKET

Roasted canoe bone accompanied with our eight-hour smoked brisket and corn tortillas.

GREEN FISH

Mahi Mahi rested in lemon juice, mixed with pesto, capers, black olives and pico de gallo, served with lavash bread.

SALMON TIRADITO

Salmon cured for two days in Nayarit salt, accompanied by avocado and roasted garlic ponzu.



LA CASCADA
RESTAURANTE-BAR





SALADS

ROASTED CAESAR SALAD

Orejona lettuce spread with anchovy butter and grilled, accompanied by our cured salmon and traditional homemade Caesar dressing.

POMODORO SALAD

Combination of fresh tomatoes from our organic garden according to seasonality, seasoned with pesto and olive oil, accompanied by a trilogy of cheeses: mascarpone, mozzarella and parmesan.

AVOCADO STUFFED WITH SHRIMP

Shrimp mixed with vegetables and Sriracha sauce covered with a layer of avocado.

MIXED SALAD

Lettuce mix from our garden with a fresh dressing of red fruits and burratina stuffed with mascarpone cheese.

CREAMS AND SOUPS

CARROT AND CARDAMOM CREAM

Carrots poached with cream and butter, flavored with the fresh and citric flavor of cardamom, accompanied by croutons with anchovy butter.

TORTILLA SOUP

Typical Mexican soup with tomato broth and dried chilies.

STONE BROTH

Typical broth from San Felipe Usila, Oaxaca, with shrimp and catch of the day, over hot stones on the table, to recreate this ancient technique.

SOPA DE LA MILPA

Soup that pays homage to the biodiversity of a crop where the ingredients coexist and help each other grow, creating a symphony of flavors and textures.

LENTILS AND PLANTAIN

Lentil soup with a base of vegetable broth accompanied with fried plantain and tomato.

MAIN COURSES

**RIB EYE WITH HOJA SANTA
CHIMICHURRI, ACCOMPANIED
BY ROASTED POTATO
STUFFED WITH BACON AND
MACARONI CHEESE**

Choice beef seasoned with chimichurri and a Mexican touch of hoja santa, accompanied by a traditional northern baked potato stuffed with bacon and macaroni and cheese.

BEEF FILLET

Accompanied by potato gratin and grilled asparagus, with three sauces to choose from: pepper, béarnaise or red wine with marrow.

**SMOKED BRISKET
OVER MASHED POTATOES,
BATHED WITH BEEF GLAZE**

Brisket smoked for eight hours, over rustic mashed potatoes, bathed with a reduction of caramelized juices and red wine, accompanied by roasted vegetables.

**PORK PORCHETTA WITH CARROT
ACCOMPANIED BY THYME PUREE
AND FRIED CAULIFLOWER**

Portion of pork lining the ribs, aged for two days for a crispy crust, on mashed carrots poached in butter and flavored with thyme.

**ROKA SHRIMP OVER PARMESAN
TRUFFLED POTATOES**

Panko-breaded shrimp seasoned with Sriracha sauce, accompanied by French fries flavored with truffle oil and Parmesan cheese.

MUSSELS A LA PROVENZAL

Traditional preparation with garlic, onion, parsley and white wine, accompanied by house bread.

**LACQUERED SALMON WITH
POLENTA MASH AND SAUTÉED
ASPARAGUS IN BUTTER**

Grilled salmon slice with orange reduction, creamy polenta puree, and asparagus in butter and white wine.

DUCK CONFIT

Duck confit, shredded and sautéed with onions, garlic and coriander, accompanied by homemade red mole and fried plantain.

CHICKEN CURRY

Chicken cubes seasoned with red curry sauce and coconut, accompanied by rice with spices, cashews and blueberries.

CURRY SHRIMP

Grilled shrimp seasoned with curry sauce and coconut, accompanied by rice with spices, cashews, and cranberries.

VEGETARIAN CURRY

With chickpeas, roasted vegetables (depending on the seasonality of the organic garden) and rice.

DORADO WITH PIPIAN

Grilled dorado fish, accompanied by green pipian.

LACQUERED BABY BACK

Baked beef ribs with apricot, orange and soy sauce, accompanied by mashed potatoes.

SHRIMP BURRITO

Filled with a mixture of shrimp, celery, red onion, garlic, cucumber, red cabbage and tomato, wrapped in Sonoran flour tortilla, accompanied by Sriracha dressing.

VEGETARIAN BURRITO

Stuffed with lentils, purple cabbage, cucumber, tomato, and avocado, accompanied by fried sweet potato wedges.



MAIN COURSES

POKE BOWL

Bowl with white rice, asparagus, avocado, chickpea, purple cabbage, cucumber and tomato, accompanied by citrus sauce or ponzu. Choice of protein: cured salmon, grilled chicken or tempura tofu.

QUINOA RISOTTO WITH ROASTED VEGETABLES

Creamy risotto with olive oil or butter, Parmesan cheese or tofu, grilled roasted vegetables: yellow, purple, orange carrots, and beetroot candy.

FRIED RICE WITH VEGETABLES, SEEDS AND RED FRUITS

Fried basmati rice, spiced with turmeric and cardamom, with sunflower seeds, cashews, cranberries and raisins.

PASTA

LASAGNA DEL CAMPO

Made with ingredients grown together in the cornfield such as quelite, huitlacoche, and cazahuate mushrooms, which are local to Morelos and more abundant during rainy season.

PASTA CARBONARA

With traditional carbonara sauce, pork belly and Parmesan flakes.

PASTA A LA MARINERA

Pasta bathed in sauce with a base of shrimp bisque, fresh cream, and butter, accompanied by shrimp, octopus and mussels.

DRY NOODLES

Noodles with tomato sauce flavored with smoked chipotle, accompanied by pork rinds, cream, cheese, and avocado.

CHILDREN'S MENU

DRY NOODLES

CREAMY PASTA WITH BROCCOLI

CHEESEBURGER WITH FRENCH FRIES

MACARONI WITH ROASTED CHICKEN BREAST

VEGETABLE SOUP

PASTA WITH TOMATO SAUCE



DESSERTS

**PAVLOVA WITH PASSION
FRUIT SAUCE, SEASONAL
FRUITS AND PINOLE**

Traditional Australian dessert with Mexican touches of blue corn pinole and blue spirulina powder, accompanied by red berries from the region.

CHOCOLATE VOLCANO

Chocolate cake with liquid center accompanied by vanilla ice cream.

**YELLOW CORN CAKE
WITH ROMPOPE SAUCE**

Traditional cake of the region, with the sweet touch of yellow corn, accompanied by eggnog sauce.

ENGLISH SOUP

Hydrated sponge cake cubes with port, red berries, banana, and English cream.

APPLE STRUDEL

Puff pastry and house preparation of green apples, accompanied by vanilla ice cream.

VERY MEXICAN CREPES

Trilogy of popcorn crepes, roasted totemoxtle and pinole; accompanied with a spiced guava compote, marzipan dulce de leche and mezcal sauce with orange.

