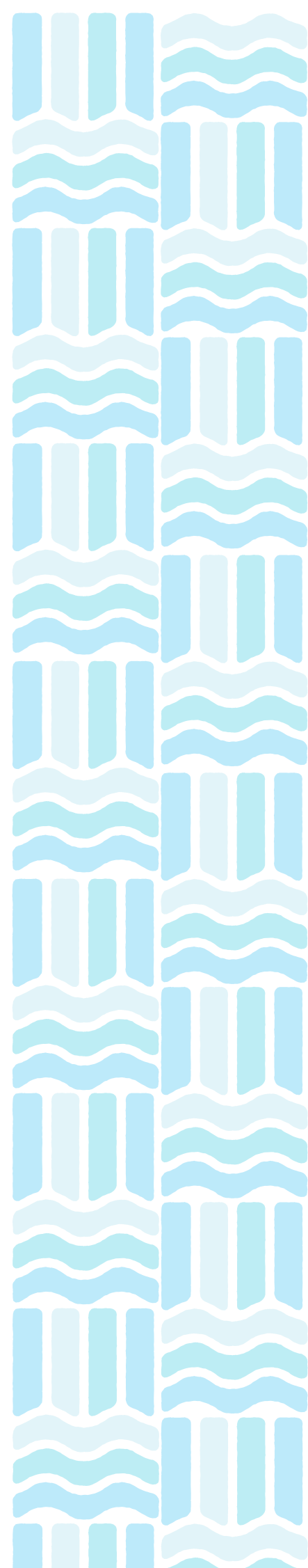


LA CASCADA

RESTAURANTE • BAR



La Cascada: where gastronomy is dressed in art and excellence is savored in every detail.



MEALS & DINNER

STARTERS

TUNA TARTARE (120 g) \$280

Freshness and sophistication in perfect harmony. Impeccably cut saku tuna, marinated with precision in a teriyaki sauce and a touch of mild chipotle. Topped with crispy rice paper, furikake, and sesame seeds, accompanied by homemade lavash pita chips to wrap up every note of flavor.

CRUNCHY CRAB TACOS (80 g | 2 Pcs) \$380

Delicate soft-shell crabs with a crispy crust. Served on a corn tortilla with hoja santa and a smooth avocado cream. A taco that balances scrunchiness and tradition for a culinary experience

RIB-EYE CHICHARRÓN (150 g) \$420

Choice quality rib eye cubes, fried to perfection for a golden, juicy texture. Served with fresh guacamole from the garden, crispy pork strips, and corn tortillas, in a dish full of character and flavor.

BRISKET WITH BONE MARROW (80 g | 2 Pcs) \$350

Baked marrow, served on a canoe bone, with our smoked brisket for 4 hours in a slow cooking process. A rich, creamy dish full of character, accompanied by tortillas to wrap each bite in flavor and tradition.

PORK BELLY BAO BUNS (80 g | 2 Pcs) \$205

Fluffy steamed bao bun filled with juicy pork belly glazed with teriyaki sauce. Served with a fresh mix of red cabbage, carrot, and spinach.

SALMON TIRADITO (120 g) \$280

A refined expression of the sea: salmon cured by hand for two days in Nayarit salt, accompanied by creamy avocado and ponzu infused with roasted garlic. A subtle, elegant dish full of nuances.

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SALADS

TRADITIONAL CAESAR SALAD

The elegance of a classic, served fresh at the table

Crisp romaine lettuce hearts, emulsified dressing with garlic and anchovies that melts with distinction. Delicately grated Parmesan cheese and artisanal croutons round out this experience with character and texture.

NATURAL	\$250
WITH CHICKEN (120 g)	\$295
WITH SHRIMP (120 g)	\$340

CAPRESE SALAD <i>Vegetarian</i>	\$230
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Fresh, mild mozzarella, cherry tomatoes freshly picked from our garden, and a classic basil pesto that perfumes every bite. An ode to Italian simplicity, elevated with ingredients of noble origin.

AVOCADO STUFFED WITH SHRIMP (110 g)	\$280
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Ripe avocado stuffed with sautéed shrimp and fresh vegetables, bound together with a spicy touch of sriracha. A vibrant, fresh dish with personality.

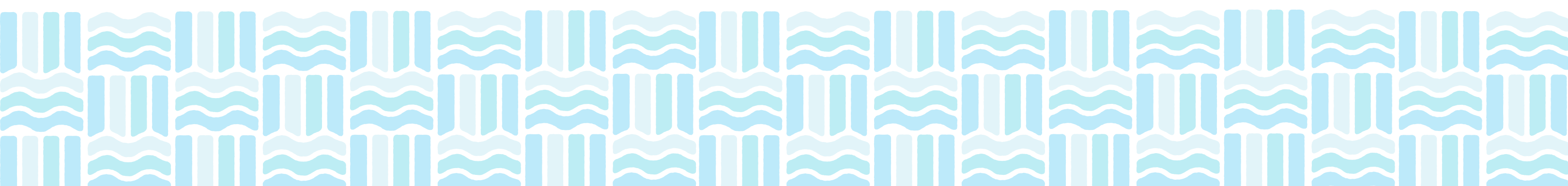
SERRANO HAM SALAD (40 g)	\$310
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A mix of organic lettuce with Serrano ham, peaches sautéed in agave honey, goat cheese, pistachios, cherry tomatoes, and balsamic reduction. Sweetness, acidity, and depth in perfect harmony.

GREEK SALAD <i>Vegetarian</i>	\$210
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An authentic and vibrant version: fresh tomatoes from the garden, Kalamata olives, feta cheese, cucumber, red onion, and fresh oregano with olive oil. Pure Mediterranean essence.

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SOUPS

CREAM OF CARROT AND CARDAMOM *Vegetarian* \$160

Carrots poached in butter and cream, scented with subtle citrus cardamom. Served with golden croutons with anchovy butter. Smooth, comforting, and elegant.

TORTILLA SOUP \$160

Our tribute to Mexican flavor: tomato broth enriched with dried chilies, accompanied by crispy fried tortilla strips, cheese, fresh cream, avocado, pork rinds, and a touch of pasilla chili. Tradition with elegance.

CALDO DE PIEDRA (STONE BROTH) \$240

An ancestral ritual served at the table: shrimp and fish of the day cooked with hot stones, in the original style of San Felipe Usila, Oaxaca. An experience of flavor and living tradition.

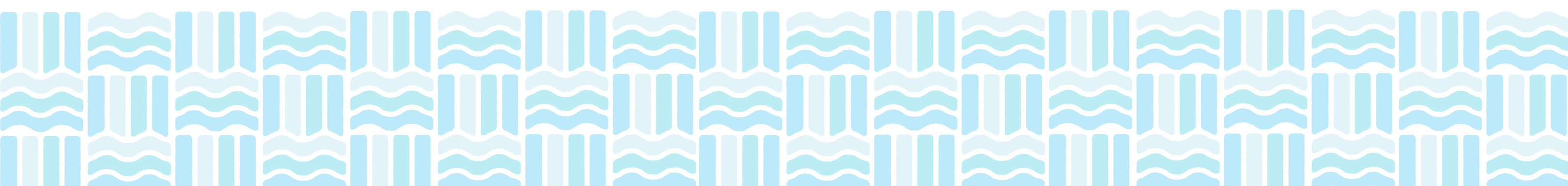
MILPA SOUP *Vegetarian* \$170

A symphony of the earth: huitlacoche, squash blossoms, mushrooms, corn kernels, and epazote. Ingredients that coexist in the countryside and harmonize in this soup full of identity and flavor. Pure connection with the earth.

PLANTAIN AND LENTIL STEW *Vegetarian* \$160

Lentils in vegetable broth with sweet notes of fried plantains and hints of tomato. A warm balance between the traditional and the unexpected.

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MAIN COURSES

RIB EYE (350 g) WITH HOJA SANTA CHIMICHURRI, SERVED WITH STUFFED POTATOES AND ASPARAGUS \$995

Choice grade rib eye, grilled to perfection and enhanced with hoja santa chimichurri. Served with grilled asparagus, potato stuffed with bacon, parmesan, and cream, and a delicate mushroom sauce.

SHORT RIB STEW (180 g) \$560

Slow-cooked ribs for 8 hours until perfectly tender. Served with orzo risotto and cremini mushrooms, caramelized figs in Tempranillo wine, and a dark beef sauce.

SMOKED BRISKET (180 g) ON MASHED POTATOES, BATHED IN BEEF GLAZE \$390

Brisket smoked for 4 hours, served on rustic mashed potatoes and bathed in a reduction of juices and red wine. Roasted vegetables accompany elegantly.

BABY BACK RIBS (300 g) \$430

Tender, golden ribs glazed with apricot, orange, and soy sauce, served with velvety mashed potatoes.

CRISPY PORK BELLY (180 g) \$340

Crispy on the outside, melt-in-your-mouth tender on the inside. This braised pork belly is accompanied by sweet potato purée, roasted pattypan squash, and a Dijon mustard demi-glace that elegantly coats the dish.

ROKA SHRIMP (150 g) \$380

Golden shrimp coated in panko, accompanied by fresh coleslaw and a subtle touch of sriracha mayonnaise. Crispy, spicy, and refined.

CATCH OF THE DAY WITH PIPIÁN (180 g) \$410

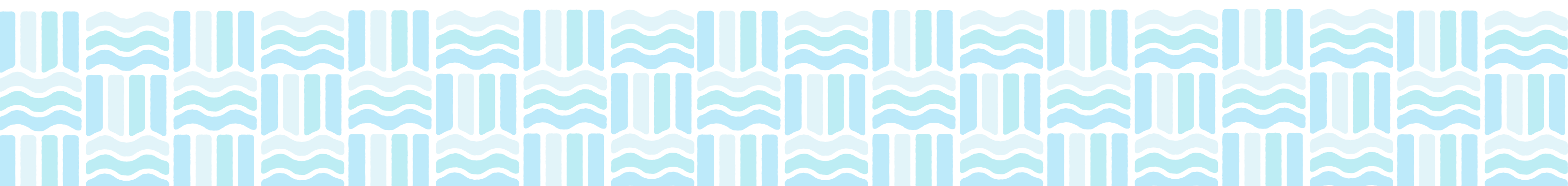
Grilled catch of the day, seared to perfection and served over a silky green pipián made from toasted seeds and fresh herbs. Accompanied by roasted vegetables, this dish offers deep, fresh, and delicately balanced flavors.

POKE BOWL

NATURAL	\$220
FRESH TUNA (120 g)	\$280
CURED SALMON (120 g)	\$310
CHICKEN (120 g)	\$230

A vibrant and fresh composition: white rice topped with cured salmon or freshtuna, crisp vegetables, avocado, cream cheese, and Asian notes of teriyaki and ponzu. Crispy wonton and sriracha mayonnaise add the perfect finishing touch to this symphony of textures.

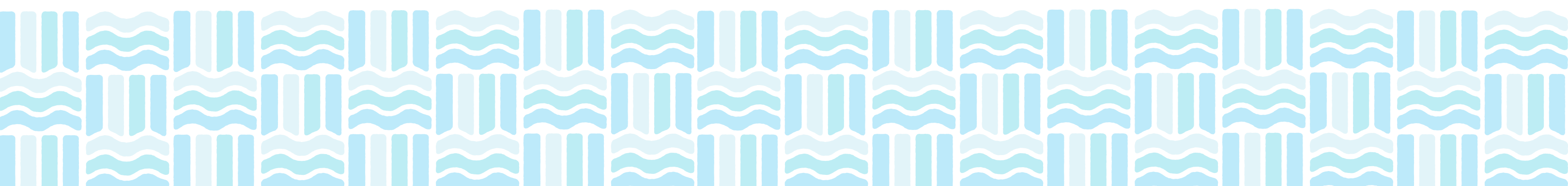
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MAIN COURSES

<p>BLACK RISOTTO WITH CRISPY OCTOPUS (130 g)</p> <p><i>The sea and the land in a symphony of flavors: Creamy Arborio rice stained with squid ink, sautéed with chistorra sausage, tomato, and onion, topped with Parmesan cheese, al dente asparagus, and a grilled octopus tentacle with crispy skin. An intense and sophisticated seafood experience.</i></p>	\$410
<p>GLAZED SALMON WITH POLENTA PURÉE AND SAUTÉED ASPARAGUS IN BUTTER (200 g)</p> <p><i>Grilled salmon fillet glazed with a delicate orange reduction. Served on a bed of creamy polenta and accompanied by asparagus sautéed in butter and white wine. A subtle and harmonious combination that comforts with elegance.</i></p>	\$415
<p>SHRIMP BURRITO (140 g)</p> <p><i>Shrimp with garlic, red onion, and celery, wrapped in a Sonora-style tortilla. Served with fresh vegetables, red cabbage, tomato, cucumber, and our special dressing. A vibrant and refined coastal reinterpretation.</i></p>	\$285
<p>DUCK CONFIT (150 g)</p> <p><i>Shredded duck confit, sautéed with onion, garlic, and cilantro, served over a delicate house red mole sauce. Accompanied by fried plantains, adding sweet notes that balance this intense and memorable experience.</i></p>	\$415
<p>CHICKEN CURRY (180 g)</p> <p><i>Juicy chicken cubes bathed in a mild curry sauce with coconut milk, accompanied by white rice and exquisite garnishes: shredded coconut, mango chutney, boiled egg, cranberries, walnuts, and crispy bacon. A journey of aromas and textures.</i></p>	\$380
<p>SHRIMP CURRY (120 g)</p> <p><i>Juicy Shrimp cubes bathed in a mild curry sauce with coconut milk, accompanied by white rice and exquisite garnishes: shredded coconut, mango chutney, boiled egg, cranberries, walnuts, and crispy bacon. A journey of aromas and textures.</i></p>	\$525
<p>VEGETARIAN BURRITO</p> <p><i>A wrap full of flavor and softness: spiced lentils, red cabbage, tomato, cucumber, and avocado come together in a handmade tortilla. It is accompanied by golden sweet potato wedges for a warm and comforting contrast.</i></p>	\$260
<p>SERRANO CHICKEN BREAST (180 g)</p> <p><i>An elegant fusion: chicken stuffed with Serrano ham and cheese, with a pistachio crust, accompanied by silky cauliflower purée, sautéed spinach, confit tomatoes, and brussels sprouts, all framed by a port wine reduction.</i></p>	\$360

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PASTA

PAPPARDELLE PASTA *Vegetarian* \$250

Wide pasta cooked al dente in a delicate garlic and onion cream sauce, with sautéed spinach, cherry tomatoes, and Parmesan cheese that subtly coats each strand.

COUNTRYSIDE LASAGNA *Vegetarian* \$265

The heart of the Morelos countryside in every bite: lasagna with quelites, huitlacoche, and cazahuate mushrooms, endemic ingredients that emerge strongly during the rainy season. Earthy and comforting, a deeply vegetal, an authentic expression of Morelos.

CARBONARA PASTA \$250

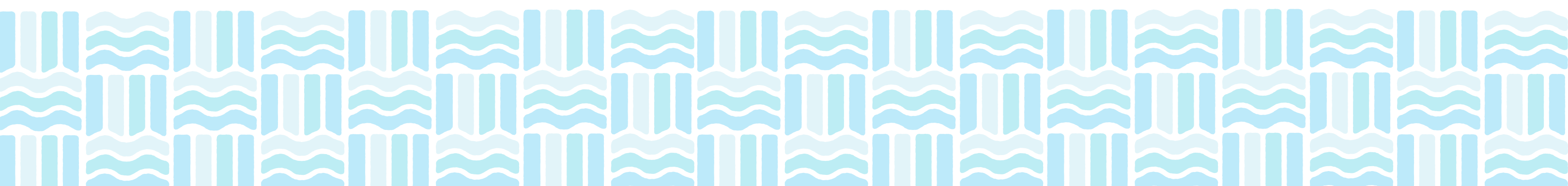
Pasta wrapped in a silky egg yolk carbonara sauce, with golden pancetta and aged pecorino cheese that melts with character. A tribute to Italian culinary art, served with timeless elegance.

MARINARA PASTA \$310

A journey into the ocean: pasta in a rich seafood sauce with a shrimp bisque base, finished with cream and butter. Plump shrimp, tender octopus, and fresh mussels complete this maritime experience.

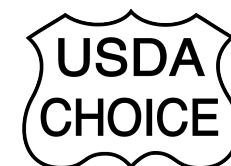


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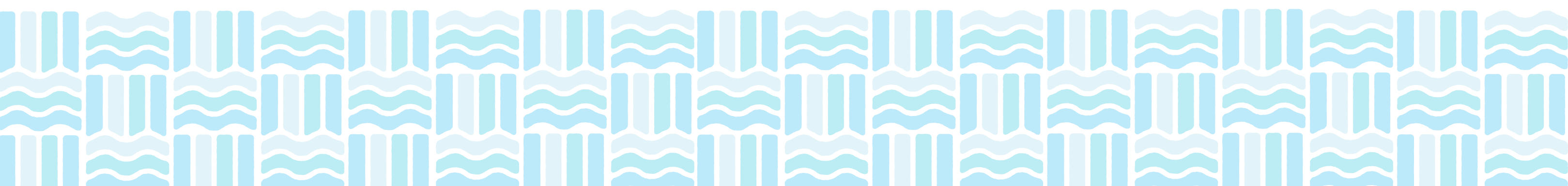


DESSERTS

PAVLOVA	\$175
<i>Traditional Australian dessert with Mexican touches of blue corn pinole and blue spirulina powder, accompanied by regional red berries.</i>	
CHOCOLATE CAKE	\$165
<i>Chocolate cake with a liquid center served with vanilla ice cream.</i>	
SWEET CORN CAKE	\$180
<i>Traditional cake from the region's corn season, with the sweet touch of yellow corn, accompanied by eggnog sauce.</i>	
CHERRY TRIFLE	\$210
<i>Sponge cake cubes soaked in port wine, red berries, banana, and custard sauce.</i>	
APPLE STRUDEL	\$190
<i>Puff pastry and homemade green apple filling, served with vanilla ice cream.</i>	
TRADITIONAL MEXICAN CREPES	\$220
<i>A La Buena Vibra Signature</i>	
<i>Trilogy of popcorn crepes, roasted corn husks, and pinole; accompanied by spiced guava compote, marzipan dulce de leche, and mezcal sauce with orange.</i>	



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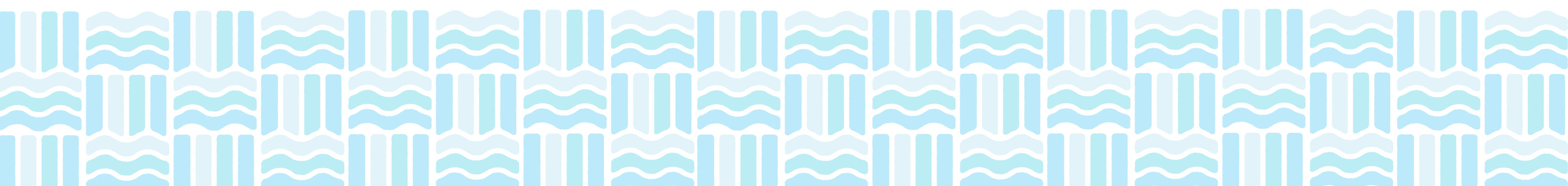


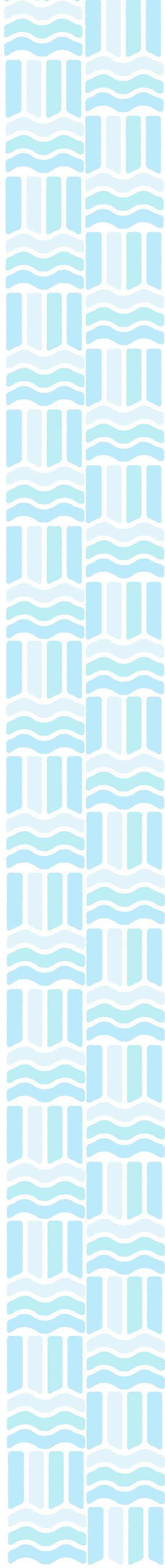
KIDS' MENU

CREAMY PASTA WITH BROCCOLI	\$190
MINI SLIDERS (80 g)	\$215
<i>Two mini beef burgers with cheese, brioche buns, and French fries.</i>	
MAC AND CHEESE WITH GRILLED CHICKEN (150 g)	\$210
PASTA IN CREAMY TOMATO SAUCE	\$190
CHEESE QUESADILLA TRILOGY	\$170
NUGGETS WITH FRENCH FRIES OR OCTOPUS SAUSAGES WITH FRENCH FRIES	\$190



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La Buena Vibra

WELLNESS RESORT & SPA

Tepoztlán - Morelos - Mx

