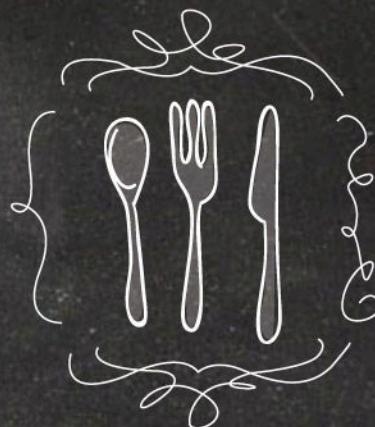


los Alcatraces

restaurante

menú



Desayuno continental Continental Breakfast

Café, Té o Leche
Jugo o Fruta
Pan Dulce o Pan Tostado

Coffee, Tea or Milk
Juice or Fruit
Sweet Bread or Toasted Bread

Desayuno norteño Northern Breakfast

Café, Té o Leche
Jugo o Fruta
Machaca con Huevo a la Mexicana
Tortillas de Harina o Maíz

Coffee, Tea or Milk
Juice or Fruit
Northern Style Scrambled Eggs with
"Machaca" (dry meat) & Mexican Sauce
Corn or Flour "Tortilla"

Desayuno americano American Breakfast

Café, Té o Leche
Jugo o Fruta
Pan Dulce o Pan Tostado
Hot Cakes o Huevos al gusto

Coffee, Tea or Milk
Juice or Fruit
Sweet Bread or Toasted Bread
Pancakes or Eggs any Style

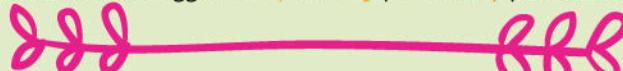
Chilaquiles Rojos con Huevo

Desayuno Casino Plaza Casino Plaza Breakfast

Café, Té o Leche
Jugo o Fruta
Chilaquiles Verdes o Rojos
(con Huevo o Pollo)
Bolillo

Coffee, Tea or Milk
Juice or Fruit
Crispy Fried "Tortilla" with Green or Red
mildly spicy Sauce (with Egg or Chicken)
White Bread

Terminos de Cocción: **Tiernos** | **Medio** | **Bien Cocido**
How to Order Eggs: **Sunny Side Up** | **Over Easy** | **Over Hard**



El consumo de alimentos crudos o a base de huevo son responsabilidad de quien los consume.
The intake of raw food or egg-based are the responsibility of the consumer.

Desayunos • breakfast

{Desayuno fitness fitness breakfast}

Café, Té o Leche

Jugo Verde o Fruta

Pan Integral

Claras revueltas con Espinacas, Rajas, Champiñones,

Cebolla o Jitomate (2 ingredientes a elegir)

Servido con Panela o Aguacate y Jitomate

Coffee, Tea or Milk

Green Juice or Fruit

Whole Wheat Bread

Egg whites with 2 ingredients (Spinach, Mushroom,

"Rajas", Onion or Tomato), served with "Panela"

Cheese or Avocado and Tomato

1 Elige tu platillo Choose your meal

• Mini Hotcakes acompañados con Fruta
Mini Pancakes with Fruit

• Huevo Revuelto con Salchicha, Jamón o Tocino acompañado con Queso Panela o Frijoles
Scrambled Eggs with Sausage, Ham or Bacon accompanied with "Panela" Cheese or Beans

2 Elige tu bebida Choose your beverage

• Leche o Jugo
Milk or Juice

*Cambia tu Bebida por Chocomilk por 10 pesos más
*Change your Beverage to Chocolate Milk for 10 pesos

{Otros Desayunos·Other breakfast}

Huevos al Gusto (Estrellados |
Revueltos | Rancheros | Divorciados)

Eggs any Style (Fried or Scrambled with
Bacon, Ham, Sausage or Mexican Sauce)

Omelette al Gusto
(Elige 3 de tus ingredientes favoritos)

Omelette (Choose three of you favorite
ingredients: Ham | Bacon | Mushroom |
Bell Pepper | Onion | Tomato | Cheese)

Chilaquiles Verdes, Rojos o
Divorciados (con Huevo o Pollo)

Crispy Fried "Tortilla" with Green or
Red mildly spicy Sauce (with Egg or Chicken)

Ingrediente Extra
Extra Ingredient

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Molletes Rancheros

"Molletes Rancheros" served with Beans and Melted Cheese on top

Molletes Mexicanos (Chorizo | Rajas)

Mexican "Molletes" (Pork Sausage | "Rajas")

Molletes Dulces (Lechera | Cajeta | Mermelada | Azúcar)

Sweet "Molletes" (Sweetened Condensed Milk | Caramel | Jam | Sugar)

chico/small

Plato de Fruta acompañado de Queso Cottage, Miel o Yogurt

Plate of Fruit with Cottage Cheese, Honey or Yogurt

grande/big

Cereal con Leche y Plátano

Cereal with Milk and Banana slices

Hot Cakes (Vainilla | Coco | Rompope | Chocolate)

Pancakes (Vanilla | Coconut | Eggnog | Chocolate)

Orden de Pan Dulce

Order of Sweet Bread

Pan Tostado

Toasted Bread with Butter and Jam

Pan Francés

French Toast

Yogurt con Granola o Fruta

Yogurt with "Granola" or Fruit

Ingrediente Extra

Extra Ingredient

bebidas · beverages

Café 180ml.

Coffee

Té o Leche 300ml.

Tea or Milk

Chocolate 300ml. o Chocomilk 400ml.

Hot Chocolate or Chocolate Milk

Jugo de Fruta Natural 300ml.

Fruit Juice (Orange | Grapefruit | Green)

Licuado (Fresa | Plátano | Papaya | Manzana) 400ml.

Shake (Strawberry | Banana | Papaya | Apple)

Malteada (Fresa | Chocolate | Vainilla) 400ml.

Milkshake (Strawberry | Chocolate | Vanilla)

Avena 300ml.

Oatmeal

licuados nutritivos smoothies

400ml.

Jugo de Naranja, Papaya y Guayaba (Ideal para evitar dolor de cabeza)

Orange Juice, Papaya and Guava (Best for avoid headache)

Jugo de Cítricos: Naranja, Piña y Limón (Contra enfermedades de las vías respiratorias y energizante)

Citric Juice: Orange, Pineapple, and Lemon (Against airways diseases and energizing)

Licuado Reductor: Piña, Pepino y Agua Mineral

Sahake for the Reduction Fat: Pineapple, Cucumber and Mineral Water

Licuado para mejorar la memoria: Fresa, Nuez y Naranja

Memory improving shake: Strawberry, Walnut and Orange

Licuado para la digestión: Naranja con Papaya

Digestive health shake: Orange and Papaya





comidas: lunch

comidas · lunch



{ entradas · appetizers }

Queso Fundido (Natural | Champiñones | Chorizo | Rajas)

Melted Cheese (Natural | Mushrooms | Pork Sausage | "Rajas")

Guacamole con Totopos

Guacamole (mashed Avocado, Coriander, Onion and Tomato served with Crispy Tortilla Chips)

Frijoles con Queso

Beans with Cheese

1/2 Aguacate Relleno de Atún

Half Avocado with Tuna Salad



{ pastas · pastas }

Espaguetti Bolognesa

Spaghetti Bolognese

Espaguetti Poblano

Spaghetti Poblano

Espaguetti Primavera con Pollo

Spaghetti "Primavera" with Chicken

Espaguetti Alfredo

Spaghetti Alfredo

Lasaña

Lasagna

{ SOPAS Y CREMAS · SOUPS & CREAMS }

Consomé de Pollo

Chicken Soup

Caldo Tlalpeño

"Tlalpeno" Soup (Chicken Broth with Vegetables, Rice, Chickpeas, Avocado and Chilli)

Sopa Azteca

Aztec Soup (served with Sour Cream, Fried "Tortilla" Juliennes, Chilli Pepper and Avocado)

Caldo Xochitl

Xochitl Soup (Chicken Broth with Avocado, Mexican Sauce and Rice)

Crema (Elote | Champiñón | Zanahoria | Brócoli | Jitomate)

Creams (Corn | Mushroom | Carrot | Broccoli | Tomato)



{ ensaladas · salads }

Ensalada de Atún

Tuna Salad

Ensalada del Chef

Chef's Salad

Ensalada César

Caesar Salad

Ensalada de Camarones al Coco

Coconut Shrimp Salad (Cranberries, Tangerine and Cream Cheese)

Ensalada de Pollo Adobado o Natural

Marinated or Natural Chicken Salad

Ensalada BBQ de Pollo

Chicken BBQ Salad

Ensalada Verde

Green Salad



{ antojitos • appetizers }

Tacos Dorados de Pollo

Chicken Fried "Tacos"

Enchiladas (Verdes | Rojas | Mole | Tapatías)

"Enchiladas" (Green | Red | Mole | "Tapatias")

Quesadillas Surtidas

"Quesadillas"

Burritas de Pollo o Res

Chicken or Beef "Burritos"

Chile Relleno

Stuffed "Poblano" Pepper

Tampiqueña Tropical



{ aves • poultry }

Pechuga a la Parrilla 160gr.

Grilled Chicken Breast

Pechuga Cordon Bleu 160gr.

Cordon Bleu Chicken Breast

Fajitas de Pollo 160gr.

Chicken Fajitas (with Pepper and Onion)

Fajitas Texanas 160gr.

Texas Fajitas (with Bacon & Mushrooms)

Milanesa de Pollo Empanizada 160gr.

Breaded Chicken Milanese

Pollo con Mole 160gr.

Chicken Breast with "Mole"

Pollo a la Parmesana 160gr.

Parmesan Chicken

Pollo a la Mostaza 160gr.

Mustard Chicken

Chop Suey de Pollo 100gr.

Chicken Chop-Suey

Chile Relleno



○○○○○○○○○○○○○○○○ { carnes • steaks }

Bien Cocida / Well Done Medio / Medium Rare 3/4 / Medium Well Rojo / Rear

Arachera 200gr.

Flank Steak

Tampiqueña 200gr.

"Tampiquena"

Puntas de Res a la Mexicana 160gr.

Mexican Style Beef Tips

Parillada

Arrachera, Chorizo, Cebolla, Frijoles rojos y un Volcan de Queso 200gr.

Grilled Flank Steak, Pork Sausage, Onion, Refried Beans and "Tortilla" Fried with Cheese

Tampiqueña Tropical 160gr.

Minced "Tampiquena" with Cheese and Mushroom

Chop Suey de Res 100gr.

Beef Chop-Suey

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{ cortes finos • premium steak }

T-Bone 250gr. ⏰

T-Bone

Rib-Eye 250gr. ⏰

Rib-Eye

Bien Cocida / Well Done Medio / Medium Rare 3/4 / Medium Well Rojo / Rare

{ Pescados y mariscos • fish & seafood }

Filete de Pescado al gusto (Al Ajillo | 200gr.
Empanizado | A la Plancha | A la Diabla |
Al Mojo de Ajo | Empapelado) ⏰

Fish Filet any Choice (Garlic | Breaded |
Grilled | Deviled | In Garlic Sauce |
Wrapped)

Camarones al gusto (Al Ajillo | 180gr.
Empanizado | A la plancha | A la Diabla |
Al Mojo de Ajo) ⏰

Shrimp any Choice (Garlic | Breaded |
Grilled | Deviled | In Garlic Sauce)

Camarones al Tequila 180gr. ⏰

Shrimp Tequila

{ Kids • kids }

Mini Sándwich con Verduras o Papas
a la Francesa

Mini Sandwich with Vegetables or French Fries

Hot Dog con Papas a la Francesa

Hot Dog with French Fries

Sincronizada

Traditional Flour Tortilla with Ham
and Cheese, served with Salad

Spaguetti Primavera con Jamón o Pollo

Spaghetti "Primavera" with Ham or Chicken



{ vegetariano • vegetarian }

Burritas

Soy "Burritos"

Carne Asada

Soy Steak

Carne al Pastor

Soy Marinated Meat

Nuggets

Soy Nuggets

Hot Dog con Papas a la Francesa

Soy Hot Dog with French Fries

Chop Suey

Soy Chop-Suey

Estos platillos son preparados a base de soya

These dishes are prepared with Soy

Calabacitas a la Mexicana

Zucchini with Onion and Tomato

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{snacks}•snacks

Sándwich (Pollo | Atún | Jamón | Queso)

Sandwich (Chicken | Tuna | Ham | Cheese)

Sándwich de Espinacas y Panela

Spinach and "Panela"
(soft mexican cheese) Sandwich

Club Sándwich

Club Sandwich

Hamburguesa Clásica de Res

Classic Beef Burger

Hamburguesa de Pollo

Chicken Burger

Hamburguesa de Camarón

Shrimp Burger

Hot Dog con Papas a la Francesa

Hot Dog with French Fries

{especiales}•special

Hamburguesa Vegetariana

Vegetarian Burger

Hamburguesa Portobello

Portobello Burger

Hamburguesa Aloha

Aloha Burger

Hamburguesa BBQ

BBQ Burger

Guarnición: Papas a la Francesa, Ensalada o Aros de Cebolla.

Aderezo: Chipotle, Tartara, Mil islas o Ranch

Garnish: French Fries, Salad or Onion Rings.

Dressings: Chipotle, Tartar, Thousand Islands or Ranch.

Alitas

Wings

Papas a la Francesa

French Fries

Aros de Cebolla

Onion Rings

Carnes Frías

Cold Meats (Ham, Sausage,
Cheese & Olives)

Pepito

Pepito (Beef Sandwich prepared with
Rustic Bread)

Crepas Saladas: (Jamón | Tocino,
Salchicha | Rajas | Queso Mozarella |
Queso Amarillo | Champiñón)
2 ingredientes y 1 aderezo a elegir

Crepes: (Ham | Bacon | Sausage | "Rajas" |
Mozarella Cheese | Yellow Cheese |
Mushroom)

2 ingredients and 1 dressing of your choice



{Postres·desserts}

Helado

Icecream

Helado Frito

Fried Icecream

Banana Split

Banana Split

Crepas Dulces: (Fresa | Platano | Manzana | Queso Philadelphia | Mermelada de Fresa | Nutella | Cajeta)

2 ingredientes a elegir

Sweet Crepes: (Strawberry | Banana | Apple | Philadelphia Cheese | Strawberry Jam | Nutella | Caramel)

2 ingredients to choose

Pan de Elote

Corn Bread

Flan Napolitano

Caramel Cream Cheese Custard

Cheesecake

Cheesecake

Postre de la Casa

House Dessert

Escamocha

Mixed Fruit with Orange Juice

Helado Frito



{ 1 cobertura a elegir:
Cajeta | Lechera | Chocolate

1 coverage to choose: Caramel |
Sweetened Condensed Milk | Chocolate



{ bebidas • beverages }

Agua Embotellada 500ml.

Natural Bottled Water

Limonada o Naranjada 400ml.

Lemonade or Orangeade

Jarra de Limonada o Naranjada 1,750ml.

Lemonade or Orangeade Jug

Jarra chica de Limonada o Naranjada 1,000ml.

Lemonade or Orangeade small Jug

Jarra de Agua de Fruta 1,750ml.

Fruit Water Jug

Jarra chica de Agua de Fruta 1,000ml.

Fruit Water small Jug

Té Helado 400ml.

Ice Tea

Refresco 355ml.

Soda

Smoothie 400ml.

Smoothie

Cerveza 355ml.

Beer

Michelada 355ml.

Michelada

Sangría 400ml.

Sangria (Red Wine)

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Café 180ml.

Coffee

Té o Leche 300ml.

Tea or Milk

Jarra de Café 1,250ml

Coffee Jug

Jarra chica de Café 750ml

Coffee Small Jug

Café Capuchino 220ml

Capuccino Coffee

Café Expreso 100ml

Express Coffee

Frapuchino 400ml

Frapuccino Coffee

Malteada 400ml

Milkshake

{ simbología • symbology }



tiempo de preparación más de 15 minutos
• preparation time approximately 15 minutes



vegetariano • vegetarian



fitness • low calories



contiene picante • with spicy





los Alcatraces

restaurante

Los precios incluyen IVA.

Los precios son en pesos mexicanos.
Precios sujetos a cambio sin previo aviso.

All prices included taxes.

Price are in mexican pesos.
Price subject to change without notice.



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