



Platanos Frito con Camaron
Fried plantain patties stuffed with ground chorizo & queso fresco

Ensalada Refresca de Jalapeno y Mango
Cilantro jalapeño salad with mango, avocado, com, tomatoes, & black beans

ENTREES

Pato en Pepita Roja Con Arroz y Calabacin Picante
Pan seared duck served with cilantro-lime rice & a side of spicy roasted zucchini

Papadzules Bañado en Salsa de Pepitas - Vegetarian Option Egg stuffed tortillas topped with creamy pumpkin habanero sauce

DESSERT

TAKEAWAY

Calabaza en Tacha
Parfait of kabocha, añejo cream,
& spice cake

Fueled by Frijoles

Black bean based protein bar spiced with
authentic flavors of Puebla

DRINKS

Batido de Chocolate
Freshly blended creamy chocolate
smoothie with hints of banana &
almond butter

Mexican Cojito

Cool mint & coconut refresher with hints of lime

earning raw or undercooked meets, poutry, sealood, shellfish, or eggs may excrusive your raw or loodborne thress. Please notify your server of any allerges within your party

SPORTS DRINKS

For most athletes, only water is needed to stay properly hydrated. But when exercising a sports drink could be beneficial to take a few sips from. The calories, potassium, and other nutrients in sports drinks can provide energy and electrolytes to help you perform for a longer period of time. Be sure to choose a sports drink wisely because many contain high amounts of sugar and sodium.

How much water should you drink while exercising?

- Drink 17-20 ounces of water 2-3 hours before you start exercising.
- Drink 8 ounces of water 20-30 minutes before you start exercising or during your warm-up.
- Drink 7-10 ounces of water every 10-20 minutes during exercise.
- Drink 8 ounces of water no more than 30 minutes after you exercise.



HYDRATION

Hydration is one of the most important nutritional concerns for an athlete. Good hydration means getting the right amount of water before, during, and after exercise. Approximately 60% of body weight is water. Almost every measurement of performance: aerobic endurance, strength, power, speed, agility and reaction time decreases with as little as 2% dehydration. Water regulates your body temperature, and helps to transport nutrients to give you energy to keep you healthy. If you're not hydrated, your body can't perform at its highest level. You may feel tired, have muscle cramps or feel dizzy. Hydration helps to improve muscle function, blood pressure, and circulation.





