

Menu

**HOTEL
ESENCIA**
XPU-HA MEXICO

BREAKFAST

BREAKFAST ESSENTIALS

PASTRY BASKET <i>House made morning pastries and jams</i>	9
TOAST <i>White, whole grain and mixed seeds, with butter and house made jams, local honey</i>	6
SEASONAL FRUIT BOWL	9
GREEK YOGURT BOWL Served with a choice of fresh or stewed fruit <i>Topped with homemade granola</i>	10
HOMEMADE GRANOLA Served with a choice of milk or greek yogurt <i>Organic oats, mixed dried fruit, nuts and seeds</i>	10
ORGANIC OATMEAL Served with your choice of milk <i>Oatmeal porridge, dark Mexican sugar, raisins</i>	9
QUINOA PORRIDGE <i>Almond milk, stewed fruit, toasted almonds</i>	11
BUTTERMILK PANCAKES Choice of blueberry, banana or apple <i>Fresh berries, sliced banana, organic maple syrup</i>	14
FRENCH TOAST <i>Brioche bread, homemade fruit jams</i>	13
..... FROM OUR JUICE BAR	
HEALTH BLAST SUPERFOOD BOWL <i>A creamy blend of avocado, banana, green apple, hemp protein and soy milk, topped with oats, grated coconut, banana, hemp hearts, granola and amaranth</i>	16

EL CONTINENTAL

*Fruit bowl, pastry basket,
juice, coffee or tea*

20

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EL ESENCIAL

*Fruit bowl, choice of hot entrée, toast,
juice, coffee or tea*

30

EGGS

PREPARED WITH ORGANIC EGGS

EGGS ANY STYLE Scrambled, sunny-side up, hard-boiled <i>Served with green salad and homemade toast</i>	15	
OMELETTE 3 Egg - Regular or Egg white <i>Served with breakfast potatoes or green salad with your choice of:</i>	15	
Chaya Spinach	Red Onion	Oaxaca Cheese
Mushrooms	Bacon	Roasted Peppers
Chorizo Argentino	Chihuahua Cheese	Cherry Tomato
POACHED EGGS AND AVOCADO TOAST 2 Eggs <i>Crushed avocado, cherry tomatoes, cilantro</i>	15	
FRITTATA <i>Served with organic cherry tomato salad</i>	15	
Zucchini & Parmesan	Mixed Mushroom	Asparagus & Fava
EGGS BENEDICT ON OUR HOUSE CROISSANT <i>2 poached eggs, seared turkey ham, chipotle hollandaise</i>	15	

OUR MEXICAN HOUSE SPECIALS

HUEVOS MOTULEÑOS	15		
<i>2 eggs sunny side up, tortilla, smashed black beans, seared ham, salsa motuleña, green peas, fried plantain</i>			
HUEVOS RANCHEROS	15		
<i>2 eggs sunny side up, tortilla, smashed beans, salsa ranchera, avocado, breakfast potatoes</i>			
HUEVOS A LA MEXICANA	15		
<i>Soft scrambled eggs with tomato, onion, jalapeño pepper, served with warm tortillas</i>			
HUEVOS AHOGADOS	15		
<i>2 poached eggs in salsa ranchera, topped with cheese</i>			
HUEVOS AL SARTÉN	15		
<i>Skillet-baked eggs in tomato sauce with sautéed bell & poblano peppers</i>			
CHILAQUILES	15		
<i>Tomatillo or tomato sauce Crispy tortilla, fried egg, shredded chicken, crumbled fresco cheese, sour cream, onions, avocado</i>			
QUESADILLAS	15		
<i>Wheat tortilla filled with Oaxaca string cheese and served with guacamole, pico de gallo and your choice of:</i>			
Mushrooms	Roasted Peppers	Grilled Chicken	Chorizo Argentino

SIDES

Breakfast Potatoes Seared Turkey Ham Bacon Chorizo
 Sliced Avocado Green Salad Organic Cherry Tomato Salad
 Seared Fresco Cheese Mixed Mushrooms Refried Black Beans
 Guacamole Corn Tortillas Berries

5

BEVERAGES

COFFEE

*Espresso · Cappuccino · Americano
 Latte · Iced coffee*
 5

ARTISAN WHOLE LEAF TEA BY MIGHTY LEAF

*Organic Breakfast · Organic Earl Grey
 Organic Mint Melange · Organic Hojicha Green Tea
 Organic Detox Infusion · Bombay Chai
 Chamomile Citrus · Orange Dulce · Ginger Twist*
 6

FRESHLY MADE JUICES

*Orange · Grapefruit · Seasonal Fruit
 Chaya, Pineapple & Orange*
 5

NON-DAIRY MILK OPTIONS: SOY, ALMOND, RICE

MORNING PICK ME UP

Bloody Mary - Our house recipe
 16
Champagne Mimosa
 20

PLEASE ADVISE YOUR SERVER OF ANY SPECIAL DIETARY REQUIREMENTS.
 PRICES ARE IN US DOLLARS AND DO NOT INCLUDE 15% SERVICE CHARGE.

LUNCH

The Pool Restaurant

APPETIZERS & SNACKS

Avocado Fries ^V <i>Crispy avocado wedges, with regional tomato sauce</i> —	14
Pulpo al Mojo de Ajo <i>Grilled octopus, roasted cherry tomatoes, crushed potatoes, garlic and chile pasilla dressing</i> —	22
Gazpacho Rojo ^V <i>Tomato, red pepper, cucumber</i> —	14
Crudités ^V <i>Local fruits and vegetables, with lime and chili salt</i> —	14
Nachos ^V <i>With cheese sauce, refried beans, guacamole, pico de gallo and pickled jalapeños</i> Served with chicken	16 21
Served with beef	23

DIPS

SERVED WITH TOTOPOS, PLANTAIN AND TARO ROOT CHIPS
OR CUCUMBER, JÍCAMA & CARROT STICKS

Guacamole ^V <i>with xnipec sauce and pico de gallo</i> —	13
Roasted Eggplant ^V <i>Roasted eggplant, whipped tahini, crunchy pine nuts, golden raisins</i> —	13
Green Fava Bean ^V <i>Puréed fava, parmesan, chile de árbol, toasted almonds, cilantro</i>	13

CEVICHE

Ceviche Yucateco <i>Local white fish marinated in Yucatecan lime juice with tomatillos, avocados, and fresh serrano chile</i> —	24
Ceviche Veggie ^V <i>Mushroom, cauliflower, tomato, cucumber, cilantro, jalapeño chile and avocado, marinated in citrus juices</i> —	19
Ceviche de Atún <i>Yellowfin tuna, avocado, jalapeño pepper, lime and red onions</i> —	26
Ceviche Clásico <i>Local white fish, octopus, and shrimp, marinated in citrus juices with tomato, red onion and cilantro</i>	28

Sandwiches

SERVED WITH FRENCH FRIES OR GREEN SALAD

Seared Tuna Sandwich <i>Yellowfin tuna fillet, tomato and arugula on our house baked focaccia, morita chile aioli</i> —	26
The Esencia Club <i>Slow roasted turkey breast, crispy bacon, tomato, lettuce and mayonnaise</i> —	20
Hamburger ^{225 g} <i>Angus beef, Chihuahua cheese, tomato, lettuce, red onion, with house made brioche and pickles</i> —	20
B.L.T <i>The Esencia take on the American classic, with roasted tomato, avocado, tomatillo and chipotle aioli</i>	18

The Pool Restaurant

TACOS

Tacos de Camarones a la Diabla <i>Jumbo shrimp in spicy guajillo sauce on homemade corn tortillas, topped with a zesty cabbage salad</i>	22
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Tacos de Cochinita Pibil <i>Pork slow-cooked with achiote, served with fried black beans and pickled onions</i>	18
—	
Tacos de Pescado o de Pollo <i>With guacamole, red cabbage and cilantro, on homemade corn tortillas</i>	
Grilled fish 21 Grilled chicken 19	
—	
Wrap de Camarón <i>Mexican style grilled shrimp wrap on flour tortilla, with tomato, fennel, chayote, cayenne pepper mayo, and manchego cheese</i>	22

SIDES

Grilled Asparagus Sweet Potato Wedges Grilled Vegetables French Fries	6
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V = VEGETARIAN

PLEASE ADVISE YOUR SERVER IF YOU HAVE
ANY SPECIAL DIETARY REQUIREMENTS.

PRICES ARE IN US DOLLARS AND
DO NOT INCLUDE 15% SERVICE CHARGE.

OUR DISHES ARE PREPARED TO ORDER IN OUR
OWN KITCHEN FROM FRESH, SEASONAL AND
LOCALLY SOURCED INGREDIENTS. ALL BREADS
ARE BAKED ON PREMISES FRESH DAILY.
WE USE EXTRA VIRGIN OLIVE OILS FROM
BAJA CALIFORNIA, MEXICO.

MAINS

Watermelon Salad ^V <i>Watercress, purslane sprouts, crumbled, feta cheese, jicama, roasted peanuts, tamarind dressing</i>	17
—	
Tossed Grains & Veggies ^V <i>Farro, purslane, asparagus, fava beans, baby zucchini, mint, greek yogurt dressing, roasted tomato and feta cheese</i>	20
w/chicken skewer 23 w/shrimp skewer 26	
—	
Grilled Shrimp & Charred Avocado Salad <i>Chipotle aioli, frissé and cherry tomato</i>	24
—	
The Classic Caesar Salad <i>Romaine lettuce, shaved parmesan, garlic anchovy crouton</i>	20
With marinated chicken skewer 23 With grilled shrimp skewer 26	
—	
Grilled catch of the day <i>With sautéed veggies and fresh corn truffle, green salad and salsa verde</i>	29
—	
Fajitas ^V <i>With red and yellow peppers, zucchini, red onions and watercress salad</i>	20
Shrimp 26 Chicken 23 Angus Beef 26	
—	
Veggie Spaghetti ^V <i>Zucchini, carrot, and chayote spaghetti noodles with a rustic tomato sauce and pine nuts</i>	19
—	
Penne Pomodoro ^V <i>Penne rigate in our house tomato sauce, with mozzarella di bufala, and shaved parmesan</i>	20
—	
Arrachera <i>Grilled flank steak, served with adobo potato wedges, grilled spring onions and cilantro chimichurri</i>	28

DINNER

The Pool Restaurant

Taquitos de Langosta <i>Sautéed lobster, adobo sauce over yuca mini tortillas, avocado, pickled red onions</i>	26
Tostada de Ceviche <i>White fish marinated with passion fruit and ginger, with cucumber and avocado purée on crispy tostada</i>	20
Berenjena Rostizada ^V <i>Chili roasted eggplant, mozzarella di bufala, tomato-chile pesto, grilled spring onions, basil</i>	18
Tartare de Atún <i>Yellowfin tuna, roasted pineapple, avocado purée, cilantro leaves, sesame oil</i>	24
Tostaditas de Pulpo al Mojo de Epazote <i>Epazote marinated octopus, oregano mayo, cilantro, and cherry tomatoes over crispy corn tostadita</i>	20
•	
Gazpacho de Sandía ^V <i>Watermelon gazpacho with tomato, red pepper, cucumber, and fennel</i>	16
Sopa de Lima Yucateca <i>Traditional chicken and Yucatecan lime soup</i>	18
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Ensalada del Chef ^V <i>Arugula, organic cherry tomatoes, golden beets, pickled red onion, avocado oil, parmesan</i>	18

The Pool Restaurant

<i>Camarones al Chile de Árbol</i> <i>Grilled jumbo shrimp over a warm quinoa salad with fava beans, asparagus, and green mole sauce</i>	32
<i>Linguine Aragosta</i> <i>Lobster tail linguine with our house tomato sauce</i>	36
<i>Tikin Xic</i> <i>Local catch of the day fillet in a traditional Yucatecan achiote marinade, wrapped in banana leaf, with white rice and pickled onions</i>	32
<i>Veggie Spaghetti ^V</i> <i>Zucchini, carrot, and chayote spaghetti noodles with a rustic tomato sauce and pine nuts</i>	19
<i>Tacos de Zanahoria Rostizada ^V</i> <i>Chili-roasted baby carrots, mole poblano, and crumbled feta cheese</i>	19
<i>Atún Sellado</i> <i>Seared yellowfin tuna with Mexican Caponata and roasted cauliflower</i>	34
<i>Pollo al Sartén</i> <i>Pan-roasted chicken breast, over a yuca tortilla, with sautéed wild mushrooms and pumpkin seed pipián sauce</i>	26
<i>Medallón de Res Angus</i> <i>Grilled angus beef tenderloin with rustic mashed potatoes, roasted baby carrots, asparagus, and mushroom sauce</i>	38
<i>Filete Rib Eye Angus al Grill</i> <i>Smashed plantains, caramelized shallots, grilled string beans, and roasted tomato chile sauce</i>	38
<i>Arroz con Pollo</i> <i>Grilled chicken breast, saffron-turmeric rice, lemon, sweet peas, roasted red bell pepper</i>	26
<i>Sides</i> <i>Grilled Asparagus · Sweet Potato Wedges Grilled Vegetables</i>	6

The Garden Restaurant

Tostaditas de Atún	22
<i>Seared yellowfin tuna, with crispy parsley and chile morita aioli</i>	
Croquetas de Jaiba y Langosta	22
<i>Lump crabmeat and lobster croquettes with salsa verde and pickled red onion</i>	
Queso Fundido ^V	18
<i>Skillet melted Chihuahua cheese fondue served with chorizo, poblano pepper rajas and warm homemade tortillas on the side</i>	
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Sopa de Lima Yucateca	18
<i>Traditional chicken and Yucatecan lime soup</i>	
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Ensalada Verde ^V	19
<i>Arugula, shaved fennel, fava beans, sweet peas, string beans, asparagus ribbons, herb-infused olive oil</i>	
Ensalada de Betabel y Citricos	19
<i>Slow roasted beets, radicchio, orange wedges, toasted seeds, beets purée, and feta cheese</i>	

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The Garden Restaurant

Camarones al Tamarindo	32
<i>Jumbo shrimp sautéed in a tamarind-honey sauce, with saffron rice, lemon sauce, and buttered vegetables</i>	
Lasagne Vegetariane ^V	20
<i>Local 'chaya' spinach lasagna with chard, tomato sauce, corn truffle sauce, and parmesan cheese</i>	
Pescado a la Veracruzana	32
<i>Catch of the day fish fillet Veracruz style, with tomatoes, bell peppers, olives, and cilantro rice</i>	
Pollo a la Plancha	26
<i>Griddle-seared chicken breast, arugula, capers, parmesan cheese, lemon, cherry tomatoes, and roasted baby carrots</i>	
New York Strip Steak	38
<i>Plantain tostones, grilled spring onions, almond mole sauce</i>	
Cola de Langosta a la Parrilla	45
<i>Grilled lobster tail, tossed farro with fava beans and mushrooms</i>	
Pollo en Salsa Xcatik	26
<i>Seared chicken breast, creamy Xcatik pepper sauce, broken potatoes, bitter greens, and fava beans</i>	
Penne Pomodoro ^V	20
<i>Penne rigate in our house tomato sauce, with mozzarella di bufala, and shaved parmesan</i>	
Arroz con Pollo	26
<i>Grilled chicken breast, saffron-turmeric rice, lemon, sweet peas, roasted red bell pepper</i>	
Sides	6
<i>Grilled Asparagus · Sweet Potato Wedges Grilled Vegetables</i>	

DESSERTS

Dinner

Desserts

Sensación Haba Tonka 12
*Tonka bean mousse
over a crunchy ginger cookie*

Chocolate Bomb 14
*Warm dark chocolate fondant
served with vanilla ice cream*

Tres Leches cake 12
*Traditional Mexican cake
moistened with 3 kinds of milk*

Mexican Churros 12
*Served with chocolate and hazelnut
sauces*

Homemade ice cream and sorbet 10
*Please ask your waiter for our
seasonal and vegan flavors*

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Lunch

Desserts

Chocolate lingot 12
*Dark chocolate ganache over
chocolate covered popped quinoa*

Local Lime Dessert 12
With meringue and sablé

Seasonal Fruit Crumble 12
With vanilla ice cream

Tiramisú 12
Special recipe from the Duchess

Fruit Tartelette 12
*With fruits and berries, vanilla cream,
and chocolate*

Homemade ice cream and sorbet 10
*Please ask your waiter for our
seasonal and vegan flavors*

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ROOM SERVICE

BREAKFAST

7 AM - 10.30 AM

Pastry basket <i>House made morning pastries and jams</i>	9
Toast <i>White, whole grain and mixed seeds, with butter and house made jams, local honey</i>	6
Seasonal Fruit Bowl	9
Greek Yogurt Bowl <i>Served with a choice of fresh or stewed fruit Topped with homemade granola</i>	10
Quinoa Porridge <i>Almond milk, stewed fruit, toasted almonds</i>	11
Buttermilk Pancakes <i>Choice of blueberry, banana or apple - served with fresh berries, sliced banana, organic maple syrup</i>	14
French Toast <i>Brioche bread, homemade fruit jams</i>	13
Organic eggs any style <i>Scrambled, sunny-side up, hard-boiled Served with green salad and homemade toast</i>	15
Omelette <i>Regular or Egg white Served with breakfast potatoes or green salad with your choice of:</i> Chaya Spinach · Red Onion · Oaxaca Cheese · Mushrooms · Cherry Tomato Bacon · Roasted Peppers · Chorizo Argentino · Chihuahua Cheese	15
Huevos Rancheros <i>2 eggs sunny side up, tortilla, smashed beans, salsa ranchera, avocado, breakfast potatoes</i>	15
Huevos al Sartén <i>Skillet-baked eggs in tomato sauce with sautéed bell & poblano peppers</i>	15
Sides Breakfast Potatoes · Seared Turkey Ham · Sliced Avocado · Guacamole Green Salad · Organic Cherry Tomato Salad · Seared Fresco Cheese Mixed Mushrooms · Refried Black Beans · Corn Tortillas · Berries	5
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El Continental <i>Fruit bowl, pastry basket, juice, coffee or tea</i>	20
El Esencial <i>Fruit bowl, choice of hot entrée, toast, juice, coffee or tea</i>	30

LUNCH

11 AM - 5.30 PM

Avocado Fries with regional tomato sauce ^V	14
Tacos de Cochinita Pibil - <i>Traditional Yucatán pulled pork, on corn tortilla, with black beans and pickled red onions</i>	18
Guacamole ^V - <i>With xnipec sauce, pico de gallo and corn totopos</i>	13
Green Fava Bean Dip ^V - <i>Puréed fava, parmesan, chile de árbol, toasted almonds, cilantro</i>	13
Red Gazpacho ^V	14
Tossed Grains & Veggies ^V - <i>Farro, purslane, asparagus, fava beans, baby zucchini, mint, greek yogurt dressing, roasted tomato and feta cheese</i> <i>With marinated chicken skewer 21</i> <i>With grilled shrimp skewer 21</i>	20
Ceviche Yucateco - <i>Local white fish marinated in Yucatecan lime juice with tomatillos, avocados, and fresh serrano chile</i>	24
Veggie Ceviche ^V - <i>Champignon, cauliflower, tomato, cucumber, cilantro, jalapeño, avocado</i>	19
Fish or Chicken Tacos - <i>With guacamole, red cabbage and cilantro, on homemade corn tortillas</i> <i>Grilled fish 21</i> <i>Grilled chicken 19</i>	18
Hamburger <i>225 g - Angus beef, Chihuahua cheese, tomato, lettuce, and red onion, on house made brioche *</i>	20
The Esencia Club - <i>Slow roasted turkey breast, crispy bacon, tomato, lettuce and mayonnaise *</i>	20
B.L.T - <i>The Esencia take on the American classic, with roasted tomato, avocado, tomatillo and chipotle aioli *</i>	18
Penne Pomodoro ^V - <i>Penne rigate in our house tomato sauce, with mozzarella di bufala and shaved parmesan</i>	20
Sides - <i>Grilled Asparagus · Sweet Potato Wedges · Grilled Vegetables · French fries</i>	6
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<i>V = Vegetarian</i>	
<i>* Served with french fries or green salad</i>	

DINNER

6 PM - 10.30 PM

Tartare de Atún <i>Yellowfin tuna, roasted pineapple, avocado purée, cilantro leaves, sesame oil</i>	24
Berenjena Rostizada ^V - <i>Chili roasted eggplant, mozzarella di bufala, tomato and chile pesto, grilled spring onions, basil</i>	18
Sopa de Lima Yucateca <i>Traditional chicken and Yucatecan lime soup</i>	18
Ensalada Verde ^V - <i>Arugula, shaved fennel, fava beans, sweet peas, string beans, asparagus ribbons, herb-infused olive oil</i>	18
Tacos de Zanahoria Rostizada ^V - <i>Chili-roasted baby carrots, mole poblano, and crumbled feta cheese</i>	19
Penne Pomodoro ^V - <i>Penne rigate in our house tomato sauce, with mozzarella di bufala and shaved parmesan</i>	20
Linguine Aragosta - <i>Lobster tail linguine with our house tomato sauce</i>	36
Camarones al Chile de Árbol - <i>Grilled jumbo shrimp over a warm black quinoa salad with fava beans, asparagus, and green mole sauce</i>	32
Pollo en Salsa Xcatik - <i>Seared chicken breast, creamy Xcatik pepper sauce, broken potatoes, bitter greens and fava beans</i>	26
Tikin Xic - <i>Local catch of the day fillet in a traditional Yucatecan achiote marinade, wrapped in banana leaf, with white rice and pickled onions</i>	32
Filete Rib Eye Angus al Grill - <i>Smashed plantains, caramelized shallots, grilled string beans, and roasted tomato chile sauce</i>	38
Sides - <i>French fries · Green salad · Sautéed veggies · Roasted asparagus · Mashed potatoes · White rice · Refried beans · Organic cherry tomato salad</i>	6

DESSERTS

LUNCH DESSERTS

- Chocolate Lingot** - Dark chocolate ganache over chocolate covered popped quinoa 12
- Tiramisú** - Special recipe from the Duchess 12
- Seasonal and vegan homemade ice creams and sorbets** 10

DINNER DESSERTS

- Bomba de Chocolate** - Warm dark chocolate fondant served with vanilla ice cream 14
- Tres Leches Cake** - Traditional Mexican cake moistened with 3 kinds of milk 12
- Sensación Haba Tonka** - Tonka bean mousse over a crunchy ginger cookie 12
- Seasonal and vegan homemade ice creams and sorbets** 10

KIDS MENU 11AM - 10.30 PM

- 9
- Chicken and veggies soup** 10
- Veggie sticks with hummus dip** 14
- Chopped chicken salad**
- Spaghetti or Penne**
Tomato sauce or Butter and Parmesan 10
Vegetables 13 Meatsauce 14 15
- Chicken or fish fingers** - With salad and mashed potatoes or french fries 13
- Hot dog** - With french fries 14
- Mini hamburger** - With cheese and french fries 13
- Grilled ham and cheese sandwich with fries**

AFTER HOURS

11 PM - 6 AM

- Guacamole** ^V - With xnipec sauce, pico de gallo and corn totopos 13
- Nachos** ^V - With cheese sauce, refried beans, guacamole, pico de gallo and pickled jalapeños
With chicken 21 With beef 23 16
- Ensalada Verde** ^V - Arugula, fennel, fava beans, sweet peas, string beans, asparagus ribbons 18
- Penne Pomodoro** ^V - Penne rigate in our house tomato sauce, with mozzarella di bufala and shaved parmesan 20
- Fish or Chicken Tacos** - With guacamole, red cabbage and cilantro, on homemade corn tortillas
Grilled fish 21 Grilled chicken 19
- Hamburger** 225 g - Angus beef, Chihuahua cheese, tomato, lettuce, and red onion * 20
- The Esencia Club** - Slow roasted turkey breast, crispy bacon, tomato, lettuce and mayonnaise * 20
- B.L.T** - The Esencia take on the American classic, with roasted tomato, avocado, tomatillo and chipotle aioli * 18
- Tres Leches Cake** - Traditional Mexican cake moistened with 3 kinds of milk 12
- Chocolate Lingot** - Dark chocolate ganache over chocolate covered popped quinoa 14

OUR DISHES ARE PREPARED TO ORDER
IN OUR OWN KITCHEN FROM FRESH, SEASONAL
AND LOCALLY SOURCED INGREDIENTS.

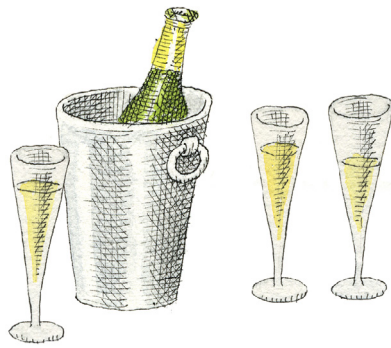
ALL BREADS ARE BAKED ON PREMISES FRESH
DAILY. WE USE EXTRA VIRGIN OLIVE OILS FROM
BAJA CALIFORNIA, MEXICO.

PLEASE ADVISE YOUR SERVER IF YOU HAVE ANY
SPECIAL DIETARY REQUIREMENTS.

PRICES ARE IN US DOLLARS.

ROOM SERVICE CHARGE IS 25% OR 5 USD FOR OUR
COMPLIMENTARY BREAKFAST IN YOUR ROOM.

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HOTEL ESENCIA

XPU-HA MEXICO