

# El Bajío



## Cocina Mexicana

El Bajío is an example of union, tenacity and endeavor of Mexican families. Founded in 1972 by Raúl Ramírez Degollado and Alfonso Hurtado Morellón, it currently counts nineteen restaurants supervised by the internationally acclaimed chef Carmen “Titita” Ramírez Degollado. We are happy to welcome you to share our passion for traditional Mexican cuisine and its delicious food.

El Bajío features diverse dishes from Carmen Titita’s homeland state of Veracruz, such as anise “gorditas”, Veracruz-style fish filet and “tamales papantecos”, as well as typical dishes from Mexican provinces of Yucatán, Puebla, Oaxaca and the pride of the house our Michoacán-style “carnitas”.

**ANTOJITOS**  
de banqueta  
Mexican Snacks



*All of our dishes are prepared with fresh products and the traditional Mexican cuisine touch that has always characterised our cuisine.*

*Empanada de plátano  
rellena de frijol (1)  
Plantain Empanada  
filled with black beans*

*Gordas infladas de frijo (3)  
Puffed bean Gorditas*

*Garnachas orizabeñas (6)  
Small tortillas with  
red and green hot sauce,  
shredded beef and  
diced potatoe*

*Gordas petroleras (1)  
Filled with pork rind*

*Gordas rellenas  
de quesón o frijol con  
hoja de aguacate (2)  
Gordita filled with tender  
cheese or black beans  
with avocado leaf*

*Sopes de pollo,  
queso o chicharrón (2)  
Thick tortilla with black  
beans and lettuce, topped  
with shredded chicken  
cheese or chicharron*

*Manitas de cerdo  
a la vinagreta (2)  
Pickled pork hands with  
vegetables*

*Tostada de manita de cerdo (1)  
Fried tortilla  
with black beans,  
lettuce, guacamole  
and pickled pork hand*

*Tostada de pollo (1)  
Fried tortilla  
with black beans,  
lettuce, guacamole  
and chicken*

*Tostadas de minilla (1)  
Fried tortilla  
with minilla fish*

*Tostadas  
michoacanas (6)  
Fried tortilla with  
guacamole and  
shredded chicharron*

*Chicharrón (50 g)  
Chicharron*

**QUESADILLAS:** (1)  
de flor de calabaza (60 g),  
hongos (70 g) o chicharrón (70 g).  
*Quesadilla made of:  
zucchini blossom, mushroom or  
chicharron*

*Combinada con queso* (35 g)  
*With oaxaca cheese*

*Quesadilla de queso* (60 g) (1)  
*frijol* (60 g) o *requesón* (60 g).  
*With cheese, black beans or  
soft cheese*

*Carnitas con queso* (75 g)  
*Carnitas with oaxaca cheese*

*Quesadilla dorada de jaiba* (1)  
*Fried crabmeat quesadilla*

*Panuchos yucatecos* (3)  
*Small tortilla covered with  
black beans, cochinita pibil,  
onion and habanero pepper*

*Pan de cazón* (300 g)  
*Fried tortilla with  
cazon fish*

*Tacos de jaiba estilo Xico  
envueltos en hoja de plátano*  
(3)  
*Xico style crabmeat tacos  
wrapped in banana leaves*



ENSALADAS  
Salads



*Aderezadas con vinagreta  
de la casa  
Salads dressed  
with home made  
vinagrette*

*Ensalada estilo Bajío*  
Lechuga, nopalitos, jitomate,  
cebolla y aguacate (250 g)  
*Lettuce, cactus, tomato,  
onion and avocado*

*Ensalada verde (160g)*  
Lechuga, jitomate y cebolla  
*Lettuce, tomato and onion*

*Ensalada de nopalitos*  
Nopalitos, cebolla, orégano,  
jitomate y queso (200g)  
*Cactus, onion, oregano,  
tomato and cotija  
cheese*





**DISFRUTA DE LO  
TRADICIONAL**  
con menos calorías  
*Enjoy traditional dishes  
with fewer calories*

*Quesadilla al comal  
de hongos (70 g) o flor de  
calabaza (60 g)  
Roasted quesadilla with  
mushrooms, or zucchini  
blossoms*

*Quesadilla al comal  
de requesón (60 g)  
Soft cheese quesadilla*

*Orden de queso  
panela asado (190 g)  
Grilled panela cheese*

*Tostada de pollo en cacala sin  
frijoles refritos (1)  
Chicken tostada with roasted  
tortilla without refried beans*

*Ensalada de nopales  
y queso panela asado (290 g)  
Cactus salad with chayote  
squash, tomato and cactus*

*Ensalada de lechugas mixtas,  
chayote, jitomate  
y nopales (325 g)  
Mixed green salad with  
chayote squash, tomato and  
cactus*

*Caldo de pollo  
y pechuga deshebrada (400 ml)  
Chicken broth with shredded  
chicken breast*

*Caldo de pollo  
con verduras (400ml)  
Chicken broth with vegetables*

*Nopales y queso panela asado  
con pico de gallo (340 g)  
Cactus salad with  
grilled panela cheese and  
diced tomato, onion and green  
pepper sauce*

*Barbacoa (200 g) sobre nopal  
asado con pico de gallo  
Slow cooked lamb on grilled  
cactus with diced tomato,  
onion and green pepper sauce*

*Tampiqueña (200 g) con  
ensalada o verduras cocidas  
Thin grilled beef filet strips  
with green salad or boiled  
vegetables*

*Cecina natural con ensalada o  
verduras cocidas (200 g)*  
*Natural cured beef steak  
with green salad or boiled  
vegetables*

*Pechuga de pollo  
asada con ensalada  
o verduras cocidas (200 g)*  
*Grilled chicken breast  
with green salad or boiled  
vegetables*

*Pierna y muslo de pollo  
asado con ensalada o verduras  
cocidas (380g)*  
*Grilled chicken leg and thigh  
with green salad or boiled  
vegetables*

*Verduras al vapor  
con queso panela*  
*Steamed vegetables with  
panela cheese*



**MENÚ INFANTIL**  
*Children's menu*

**ENTRADA:**

*Sopa de fideo, caldo de pollo  
o arroz con plátano*

**FIRST COURSE:**

*Pasta soup (200 ml), chicken  
broth (200 ml) or rice with  
plantain (100 g)*

**PLATO FUERTE:**

*Pechuga empanizada o  
pechuga a la plancha (100 g)*

**SECOND COURSE:**

*Breaded or grilled chicken  
breast.*

*Arrachera marinada (120 g)  
Marinated flank skirt*

*Filete de res a la plancha o  
empanizado (100 g)  
Grilled or breaded beef filet*

*Carnitas for children (50 g) ½u  
Two Michoacan style pork tacos*

*Barbacoa for children (50 g) ½u  
Two lamb tacos*

*Incluye vaso de agua  
de sabor (300 ml)  
Includes a glass of fresh fruit  
flavored water*

**POSTRE:**

*Nieve (1 bola) o postre  
de la casa*

**DESSERT:**

*Fruit sherbet or house dessert*

SOPAS CALDOS Y  
ARROCES  
*Soups, broth and rice*



*All of our dishes are prepared with fresh products and the traditional Mexican cuisine touch that has always characterised our cuisine.*

*Mole de olla de cerdo* (700 ml)  
*Guajillo pork broth with back bone, zucchini, green beans and corn*

*Caldo de mole de olla con verduras* (400 ml)  
*Guajillo pork broth with vegetables*

*Sopa de médula* (400 ml)  
*Marrow soup*

*Caldo de pollo* (400 ml)  
*(con arroz y pollo deshebrado)*  
*Chicken broth with rice and shredded chicken*

*Caldo Xóchitl* (400 ml)  
*(con pollo, aguacate, cilantro, chile y cebolla)*  
*Chicken broth with shredded chicken, avocado, cilantro, onion and jalapeño*

*Sopa de fideo seca* (190 g)  
*Pasta soup with tomato, avocado, cilantro and cream*

*Sopa de fideo caldoso* (400 ml)  
*Pasta soup in tomato broth*

*Consomé de barbacoa* (400 ml)  
*Lamb broth*

*Arroz rojo a la Mexicana* (200 g)  
*Red Mexican rice*

*Con huevo*  
*With one fried egg*

*Con dos huevos*  
*With two fried eggs*

*Con un huevo y mole* (100 g)  
*With one fried egg and mole*

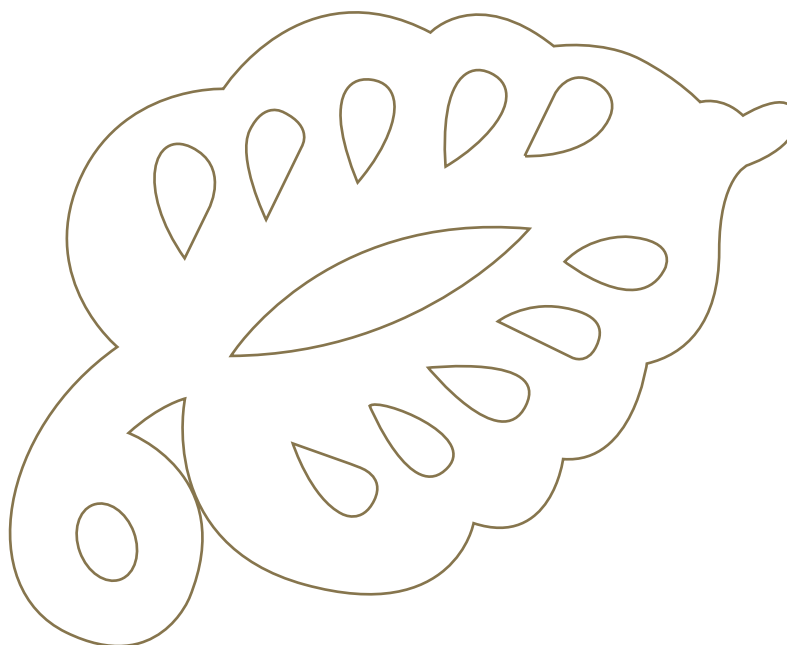
*Con dos huevos y mole* (100 g)  
*With two fried eggs and mole*

*Con plátano macho* (100 g)  
*With fried plantain*

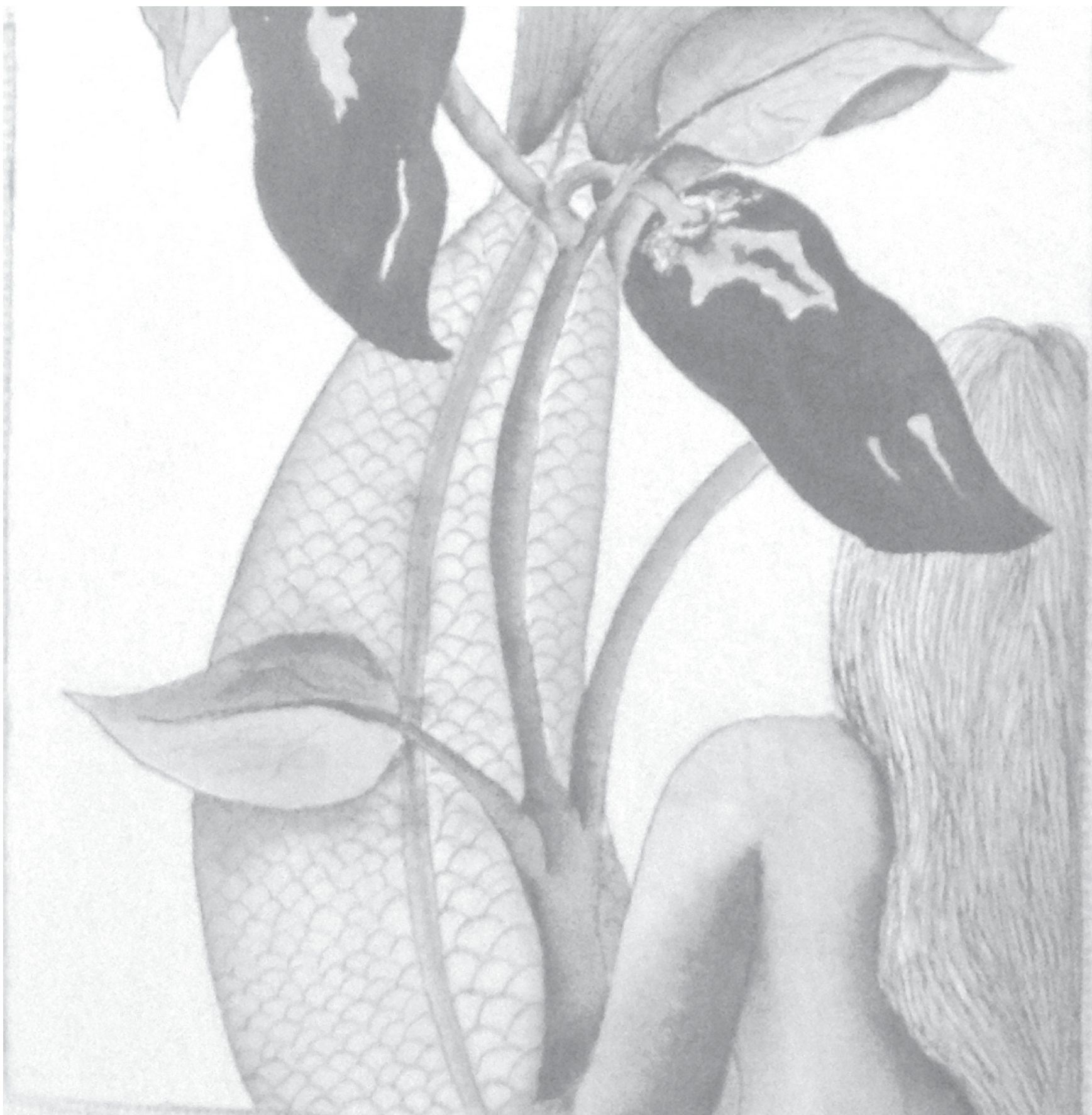
*Con plátano macho* (100 g)  
*y mole* (100 g)  
*With fried plantain and mole*

*Con mole hecho en casa* (150 g)  
*With home made mole*

*Con plátano macho* (100 g)  
*y un huevo*  
*With fried plantain and*  
*one fried egg* (100 g)







**NOSTALGIA**  
de provincia  
*Longing from  
province*



*All of our dishes are prepared with fresh products and the traditional Mexican cuisine touch that has always characterised our cuisine.*

*Tortitas de huauzontle en salsa pasilla, jitomate o mole (3)*  
*Lightly battered prehispanic vegetables with cheese in pasilla, tomato or mole sauce*

*Enchiladas de pollo con mole hecho en casa (3)*  
*Chicken enchiladas with home made mole*

*Enchiladas de pollo en salsa verde (3)*  
*Chicken enchiladas with green sauce*

*Pierna y muslo (380 g) de pollo con mole (250 g)*  
*Chicken leg and thigh with mole*

*Pierna y muslo asada (380 g)*  
*Grilled chicken leg and thigh*

*Pechuga de pollo (300 g) con mole (250 g)*  
*Chicken breast with mole*

*Pechuga de pollo asada (200 g)*  
*Grilled chicken breast*





## CARNES

Meat



Order of Tortillas 6 pcs. free  
whit your meal.

All of our dishes are prepared  
with fresh products and  
the traditional Mexican  
cuisine touch that has always  
characterised our cuisine.

CARNITAS:  
*Orgullo de El Bajío*  
Nuestras carnitas  
están elaboradas diariamente  
por nuestros carniteros  
de Michoacán.

CARNITAS:  
*Michoacan style pork daily  
prepared*

*Kilo (incluye 18 tortillas)*  
*Kilo (includes 18 tortillas)*

*Medio (incluye 10 tortillas)*  
*½ Kilo (includes 10 tortillas)*

*Cuarto (incluye 5 tortillas)*  
*¼ Kilo (includes 5 tortillas)*

Taco (50 g) *Piece*

*Estilo “Bajío” por kilo*  
Preparadas con tequila  
y cerveza  
*Carnitas El Bajío style*  
marinated with  
tequila and beer

BARBACOA (pura maciza)  
*Lamb cooked in*  
*a prehispanic style*

*Kilo (incluye 18 tortillas)*  
*Kilo (includes 18 tortillas)*

*Medio (incluye 10 tortillas)*  
*½ Kilo (includes 10 tortillas)*

*Cuarto (incluye 5 tortillas)*  
*¼ Kilo (includes 5 tortillas)*

Taco (50 g) *Piece*

*Arrachera marinada (230 g)*  
*Marinated flank skirt*

*Milanesa de filete (200 g)*  
*Breaded tender beef filet*

*Tampiqueña estilo El Bajío (200 g)*  
*Grilled beef filet strips served*  
*with rice, black beans, rajas*  
*and folded tortilla with mole*

*Costilla de res con huarache (240 g)*  
*Beef rib served over a thick*  
*tortilla with black beans and hot*  
*sauce*

*Cecina natural (200 g)*  
*Natural cured beef steak*

*Cecina enchilada (200 g)*  
*Spiced cured pork steak*



**ACOMPAÑANTES**  
*Side orders*

Aguacate en rebanadas (1 piece)  
*Avocado in slices*

Guacamole (150 g) *Guacamole*

Cazuelita de mole (150 g)  
*Small bowl with housemade mole*

Queso panela en tiras (190 g)  
*Sliced panela cheese*

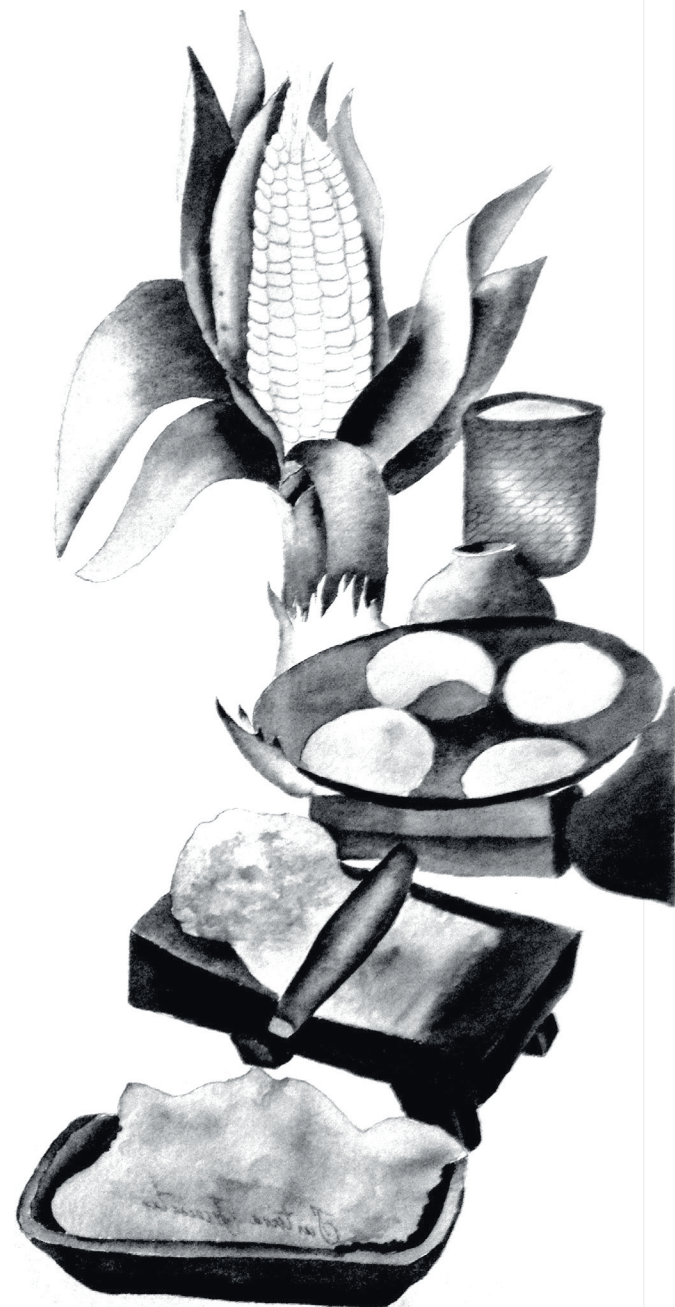
Chiles toreados con cebolla  
*Grilled serrano peppers with onion (very spicy)* (150 g)

Frijoles bien refritos  
estilo Veracruz  
*Veracruz style refried black beans* (140 g)

Orden de frijoles caldosos  
*Pot beans with jalapeño and epazote (herb)* (250 ml)

Verduras al vapor  
*Steamed vegetables* (250 g)

Nopales asados  
*Grilled cactus* (2)



**BEBIDAS**  
*Beverages*

AGUAS FRESCAS *Vaso* (360 ml)  
*Fresh Mexican fruit flavored  
water (1 glass)*

*Jugo chico*  
*Small jug*  
(770 ml approx.)

*Jugo mediano*  
*Medium jug*  
(1,800 ml approx.)

*Jugo grande*  
*Large jug*  
(2,500 ml approx.)

REFRESCOS (355 ml)  
SOFT DRINKS  
Coca Cola,  
Coca Cola Light,  
Coca Cola Zero,  
Fanta, Fresca,  
Sidral Mundet,  
Sprite Light

AGUA EMBOTELLADA  
BOTTLED WATER  
Ciel (600 ml)

AGUA MINERAL  
FIZZLE WATER  
Ciel (355 ml)

Perrier (300 ml)

CAFÉS / COFFEE  
*Americano of machine* (170 ml)

*Capuchino / Capuccino* (300 ml)

*Express* (60 ml) / \**cortado*  
*Expresso / \*drop of milk*

*Express doble* (120 ml) / \**cortado*  
*Double expresso / \*drop of milk*

*De olla* (300 ml)  
*pot coffee*

*Variedad de Tes* (170 ml)  
*Variety of tea*

CERVEZAS  
Beers

*XX Lager*  
(325 ml)

*Sol*  
(355 ml)

*Indio*  
(325 ml)

*Indio Pilsner Plata*  
(325 ml)

*XX obscura*  
(325 ml)

*Tecate*  
(325 ml)

*Tecate light*  
(325 ml)

*Sol cero*  
(355 ml)

*Bohemia*  
(355 ml)

*Bohemia obscura*  
(355 ml)

*Bohemia weizen*  
(355 ml)

*Victoria*  
(355 ml)

*Corona*  
(355 ml)

*Corona light*  
(355 ml)

*Modelo especial*  
(355 ml)

*Negra Modelo*  
(355 ml)

*Nochebuena*  
En temporada  
(355 ml)

*Heineken*  
355 ml

*Stella Artois*  
(330 ml)

*Michelada or cubana add*

*Clamato add*



POSTRES  
*Desserts*

*All of our dishes are made daily  
and conform with traditional  
Mexican cooking. The El Bajío  
restaurant does not include a  
cover charge per person.  
All prices in Mexican pesos  
include VAT.*

Ate con queso (140 g)  
*Chesse with ate*

Requesón con miel de  
piloncillo (230g)  
*Curd w/brown sugar honey*

Arroz con leche (250 g)  
*Pudding rice*

Capirotada (250 g)  
*Fried bread with honey,  
peanuts, raisins and cheese*

Natilla (240 g)  
*Mexican creme caramel*

Plátanos machos  
con crema (180 g)  
*Fried plantain with cream*

Nieves y Helados (2 scoops)  
*Mexican fruit sherbets*

Flan de vainilla (1)  
*Vanilla custard*

Tartas, pasteles (1)  
*Tarts and cakes*