

## ENTRADAS

Chips con Guacamole .....	\$245.00
Tostada de Atún (1 pza) .....	\$95.00
Tostada de Camarón en Escabeche (1 pza) .....	\$115.00
Tacos * <i>laCapital</i> (4 pzas).....	\$320.00
Flautas de Pescado (2 pzas) (extra \$120) .....	\$240.00
Pulpo a las Brasas (140g).....	\$375.00
Tártara de Atún (120g).....	\$280.00
Calamares Fritos (220g).....	\$275.00
Esquites.....	\$165.00

## CEVICHES Y TIRADITOS

Tiradito de Atún Aleta Amarilla (160g).....	\$280.00
Ceviche de Camarón, Mango, Jícama y Pepita Verde .....	\$275.00
Aguachile de Camarón, Aguacate y Pepino .....	\$275.00
Ceviche de Robalo a la Mexicana .....	\$275.00

## ENSALADAS

Palmitos y Elote .....	\$210.00
Ensalada de Hojas Verdes con Triángulos de Romeritos .....	\$215.00
Ensalada de Betabel con Queso Cabra y Piñon .....	\$215.00

## SOPAS

Sopa de Milpa .....	\$160.00
Fideo Seco .....	\$195.00
Sopa de Lima .....	\$160.00

## PASTAS

Pasta al Chipotle y Queso de Cabra.....	\$260.00
Arroz Cremoso con Camarón y Frijol Negro .....	\$295.00

## TORTAS

Hamburguesa de Cangrejo de Concha Suave .....	\$330.00
Milanesa de Ternera .....	\$275.00
Bacalao a la Veracruzana .....	\$260.00

Los gramos exhibidos son de la proteína en crudo. El consumo de pescados y mariscos crudos puede representar un riesgo para la salud, su consumo es absoluta responsabilidad del consumidor.

Formas de pago: Efectivo, tarjetas de crédito, débito y American Express. Los precios son en pesos mexicanos e incluyen IVA. \*La propina no es obligatoria.



## PLATOS PRINCIPALES

Pesca del Día (a elegir Zarandeado o Tikin Xic) (500g).....	\$485.00
Robalo con Salsa de Tomate Verde (180g).....	\$430.00
Atún Aleta Amarilla con Salsa de Mostaza (180g) .....	\$420.00
Salmón en Costra de Pepita Verde (180g).....	\$420.00
Filete La Capital (180g) .....	\$435.00
Chile en Nogada .....	\$435.00
Cochinita Pibil (180g) .....	\$320.00
Pollo al Pastor (650g) .....	\$410.00
Pechuga de Pollo en Costra de Ceniza (200g).....	\$395.00
Pollo Rostizado con Hierbas Finas (500g) .....	\$395.00
Milanesa de Berenjena.....	\$260.00
Coliflor Rostizada con Mole Negro .....	\$240.00
Enchiladas de Pato en Mole Negro (4 pzas).....	\$410.00
Enchiladas Verdes de Flor de Calabaza (4 pzas) .....	\$320.00

## POSTRES

🕒 Pastel de Chocolate y Chile Ancho (25 min. aprox).....	\$225.00
Crema Frita de Mamey.....	\$210.00
Chocolate en Dos Texturas .....	\$210.00
Merengue con Fresas y Crema de Vainilla.....	\$210.00
Bizcocho de Maple y Té Negro con Queso Mascarpone.....	\$210.00
Brûlée de Elote con Helado de Turrón .....	\$210.00
Moldeado de Guanábana .....	\$195.00

## NIEVES

Mamey, Mango, Maracuya, Frutos Rojos

1 Bola.....	\$65.00
2 Bolas.....	\$125.00

## HELADOS

Mazapán, Vainilla, Turrón, Cajeta, Chocolate

1 Bola.....	\$65.00
2 Bolas.....	\$125.00

## BEBIDAS

Carajillo .....	\$210.00
Carajillo de Cajeta .....	\$220.00
Café Irlandes .....	\$195.00
Matcha Baileys.....	\$210.00
Americano .....	\$65.00
Expresso.....	\$65.00
Capuchino .....	\$100.00

🕒 COCCIÓN LENTA



La Capital



lacapital\_cdmx



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[www.lacapitalrestaurante.com](http://www.lacapitalrestaurante.com)



## APPETIZERS

- 🌶️🥑 Chips con Guacamole ..... \$245.00  
Yucca, Sweet Potato, Plantain and Potato Chips with Guacamole. Gluten Free Option 🌿
- Tostada de Atún (1 piece) ..... \$95.00  
Fresh Tuna Tostadas with Avocado and Spicy Mayo
- 🌿 Tostada de Camarón en Escabeche (1 piece)..... \$115.00  
Cooked Shrimp with Pickled Jalapeños, Cauliflower and Carrot Gluten Free Option 🌿  
Served with Guacamole and Coriander
- 🌿 Tacos \*laCapital (4 pieces) ..... \$320.00  
Shrimp Tacos with Spicy Mayo and Avocado
- 🌿 Flautas de Pescado (2 pieces) (extra \$120)..... \$240.00  
White Fish Crispy Tacos prepared with Chipotle. Served with Avocado Sauce, Cream, Cheese and Lettuce
- Pulpo a las Brasas (140g) ..... \$375.00  
Grilled Octopus served with Black Bean Sauce
- Tártara de Atún (120g)..... \$280.00  
Tuna Tartar with Sweet Soy Sauce, wrapped in Avocado Slices
- Calamares Fritos (220g)..... \$275.00  
Crispy Squid with Peanut Red Sauce
- 🥑 Esquites..... \$165.00  
Corn Grains sauted in Butter with Pequin Chile, Epazote. Served with Mayo and Cheese
- 🌿 Vegan Option

## CEVICHE Y TIRADITOS

- 🌿 Tiradito de Atún Aleta Amarilla(160g) ..... \$280.00  
Fresh Tuna Slices, Avocado Cream, Coriander Oil and Soy Sauce Gluten Free Soy Option 🌿
- 🌿 Ceviche de Camarón, Mango, Jícama y Pepita Verde ..... \$275.00  
Shrimp, Mango, Jícama and Pumpkin Seeds
- 🌿🌿 Aguachile de Camarón, Aguacate y Pepino ..... \$275.00  
Raw Shrimp Marinated in Lemon, with Chile, Coriander Cucumber and Avocado
- 🌿 Ceviche de Pescado a la Mexicana ..... \$275.00  
White Fish Marinated in Lemon Juice with Cherry Tomatoes, Coriander, Red Onion and Avocado

## SALADS

- 🌿🌿 Palmitos y Elote ..... \$210.00  
Hearts of Palm, Corn, Tomato, Onion, Coriander, Avocado, Rucola and Cucumber. Served with Lemon Dressing
- 🌿🌿 Ensalada de Hojas Verdes con Triángulos de Romeritos ..... \$215.00  
Mix of Lettuce, Tomato, Avocado, Cucumber, Mushrooms, Romeritos Triangles  
Served with Tarragon Dressing
- 🌿🌿 Ensalada de Betabel con Queso Cabra y Piñon ..... \$215.00  
Beetroot, Carrot, Goat Chesse, Tangerine, Pinenuts and Mint

## SOUPS

- 🌿🥑 Sopa de Milpa ..... \$160.00  
Mushrooms, Corn, Poblano Chili, Squash Blossom, Oaxaca Cheese and Epazote
- 🥑 Fideo Seco ..... \$195.00  
Dry Mexican Pasta cooked in Three Chiles Sauce, wrapped in Avocado served with Cream and Cheese
- 🌿 Vegan Option
- 🥑 Sopa de Lima ..... \$160.00  
Lime Soup served with Chicken and Crispy Tortilla

## PASTAS

- Pasta al Chipotle y Queso Cabra ..... \$260.00  
Pasta with Chipotle Sauce, Cream and Goat Cheese
- Arroz Cremoso con Camarón y Frijol Negro ..... \$295.00  
Creamy Rice with Shrimp and Black Beans Gluten Free Option 🌿

## TORTAS

- Hamburguesa de Cangrejo de Concha Suave ..... \$330.00  
Crispy Softshell Crab with Mayo and Kimchee
- Milanesa de Ternera ..... \$275.00  
Breaded Meat, Cheese, Avocado, Tomato, Chipotle, Mayo and Black Beans
- Bacalao a la Veracruzana ..... \$260.00  
Cod fish prepared with Almonds, Olives, Parsley, Tomato and Avocado

## MAIN COURSES

- Pesca del Día (500g)** ..... \$485.00  
 Choose your preparation from the Grill:
- Zarandeado (Not spicy red sauce with Mayo)
  - Tikin Xic (Axiote, Plantain and Pico de Gallo)
- ⌚ **Robalo con Salsa de Tomate Verde (180g)** ..... \$430.00  
 Seabass with Fresh Green Tomatillo Sauce and Mashed Potatoes
- Atún Aleta Amarilla con Salsa de Mostaza (180g)** ..... \$420.00  
 Yellowfin Tuna with Mustard Sauce
- Salmón en Costra de Pepita Verde (180g)** ..... \$420.00  
 Salmon with Pumpkin Seed Powder served with Vegetables and Sweet Soy Sauce
- Filete *laCapital* (180g)** ..... \$435.00  
 Grilled Beef Steak with Roasted Tomatoes, Spinach and Mashed Potatoes Served with Cheese Sauce and Huitlacoche Gluten Free Option 🌾
- Chile en Nogada** ..... \$435.00  
 Poblano Chile filled with Beef and Pork Meat, Season Fruit and Spices. Topped with a Walnut Creamy Sauce
- Cochinita Pibil (180G)** ..... \$320.00  
 Slow-Roasted Pork marinated in Citrus Juice and Axiote. Served with Tortillas
- ⌚ **Pollo al Pastor (650G)** ..... \$410.00  
 Half Chicken Marinated in Pastor Sauce. Served with Lettuce, Potato Chips, Pineapple Relish and Tortillas
- ⌚ **Pechuga de Pollo en Costra de Ceniza (200g)** ..... \$395.00  
 Chicken Breast with Pistachios. Served with Goat Cheese, Zucchini, Asparagus, Onion and Creamy Corn Gluten Free Option 🌾
- ⌚ **Pollo Rostizado con Hierbas Finas (500g)** ..... \$395.00  
 Roasted Chicken with Fine Herbs. Served Roasted Vegetables
- 🥗 **Milanesa de Berenjena** ..... \$260.00  
 Breaded Eggplant with Creamy Cheese
- 🥗 **Coliflor Rostizada con Mole Negro** ..... \$240.00  
 Roasted Cauliflower with Dark Sweet Mole, Goat Cheese, Almond Powder and Plantain Vegan Option
- Enchiladas de Pato en Mole Negro (4 pieces)** ..... \$410.00  
 Soft Corn Tortillas filled with Duck Confit Covered with Black Sweet Mole and Almond Powder. Served with Cream and Cheese
- 🥗 **Enchiladas Verdes de Flor de Calabaza (4 pieces)** ..... \$320.00  
 Soft Corn Tortillas filled with Zucchini Flower and Cheese, covered with Green Tomatillo Creamy Sauce Served with Cream and Cheese

## DESSERTS

- ⌚ **Pastel de Chocolate y Chile Ancho (25 minutes aprox)** ..... \$225.00  
 Hot Chocolate Cake, with Pasión Fruit Sorbet and Red Fruits
- Crema Frita de Mamey** ..... \$210.00  
 Creamy Mamey Fruit served with Campechanas
- Chocolate en Dos Texturas** ..... \$210.00  
 Chocolate Cake with Red Fruit Sorbet
- Merengue con Fresas y Crema de Vainilla** ..... \$210.00  
 Vanilla Cream with Red Fruits and Merengue bits
- Biscuit de Maple y Té Negro con Queso Mascarpone** ..... \$210.00  
 Black Tea Biscuit with Mascarpone and Maple Syrup
- Brûlée de Elote con Helado de Turrón** ..... \$210.00  
 Corn Cake with Almond Ice Cream and Rompope
- Moldeado de Guanábana** ..... \$195.00  
 Soursop Soft Jelly with Red Coulis

## SORBET

- 🥗 **Mamey, Mango, Passion Fruit, Red Fruits**
- 1 Scoop ..... \$65.00
- 2 Scoops ..... \$125.00

## ICE CREAM

- Peanut, Vanilla, Almond, Cajeta, Chocolate**
- 1 Scoop ..... \$65.00
- 2 Scoops ..... \$125.00

