

# LAS PALADAS

## Sample Menu:

Georgina is a great cook and has a varied repertoire of choices as well as a great sense of food preparation and the need for balanced diet. It all has a Mexican flare to it of course.

### BREAKFAST (*DESAYUNO*)

- Coffee, Milk and Sugar (*Café, Leche y Azucar*)
- Cut up Pineapple / Papaya (*Pina y Papaya preparada*)
- Juices (*Jugos*)
- Yoghurt and Cereals (*Yoghurt y Cereales*)
- Eggs (*Huevos*)
  - Scrambled, A la mexicana (tomato/onion/chile), with ham (*Revueltos a la mexicana o con jamon*)
  - Fried egg on a tortilla with salsa served with beans (*Huevos Palapa con salsa roja or verde*)
- All served with Tortillas (*Tortillas calientes*)
- Toast and Jam or Cajeta (*Pan Tostado, mermeladas y cajeta*)
- Hot water for tea or more coffee! (*Agua caliente or mas café!*)

### THE BAR

- Beer (*Cerveza*)
- Ice (made from bottled water, safe) (*Hielo*)
- Limes (*Limonas*)
- Pop/Clamato/Coca Cola/Yoli (Sprite style drink) (*Refrescos*)
- Tonic/Soda water (*Agua Quinac/Agua Soda*)

### LUNCH (*COMIDA DE MEDIO DIA*)

\* There are many options, here are just a few from her repertoire

- Cheese Quesadillas (*Quesadillas de queso y jamon*)
- Always served with Guacamole and variety of salsas (*Guacamole y salsas*)
- Avocado (*Aguacate*)
- Marinated fish cocktail, mixed with onion, tomato, cilantro and other interesting variations (*Ceviche de camaron o pescado*)
- Tortilla based tapas with chicken, cheese, tomato, lettuce, salsa, cream (*Sopes*)
- Chicken tacos (*Tacos de pollo*)
- Snacks, potato chips, peanuts etc. (*Botana, Papas, cacahuates*)
- Juices (bottled and homemade) (*Jugos*)
- Coconut (lots on the property if you like the milk or to eat fresh) (*Cocos*)

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## DINNER (CENA)

\* Always served with a vegetable and or salad

- Chicken tacos served with all the fixings (*Tacos de Pollo*)
- Fish served in various ways (*Pescado al gusto*)
- Garlic Shrimp with rice (*Camaron al ajillo con Arroz*)
- Beef tenderloin (bought at La Comercial – plastic packaged pork tenderloin) (*Arachera*)
- Pasta of all kinds – Bolognese, stir fry (*Pasta con salsa de carne, con verduras*)
- Salads (variations – mostly iceberg lettuce) (*Ensaladas*)
- Vegetables (*Verduras*)
- Dessert (that you find in the store, not likely something she will prepare) (*Postre*)

Enjoy!