

CARMELA Y SAL

MENU

Address: Torre Virreyes, Pedregal 24, Lomas - Virreyes,
Molino del Rey, Miguel Hidalgo, 11040 Ciudad de México,
CDMX, Mexico

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7107

❖ ENTRADAS

Ensalada De Betabel	MX\$270.00
Sope De Chicharrón Y Pulpo	MX\$300.00
Ceviche De Robalo	MX\$317.00
Esquite De Risotto	MX\$210.00
Tostadas De Coco En Varias Maduraciones	MX\$230.00

❖ POSTRES

Mostachón Tropical	MX\$167.00
Manjar De Coco	MX\$167.00
Pastelito De Chocolate	MX\$167.00
Plátanos Con Dulce De Leche	MX\$167.00

❖ ESPECIALIDADES

Jícamas Con Pesto	MX\$210.00
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❖ PLATOS FUERTES

Canelon Relleno De Cochinita Pibil 150G	MX\$317.00
Short Rib Con Chirmol	MX\$525.00
Róbalo Con Arroz A La Tumbada	MX\$495.00
Cordero Confitado	MX\$495.00

At Carmela Y Sal, located in the heart of Mexico City at Torre Virreyes, Pedregal 24, Lomas - Virreyes, Molino del Rey, Miguel Hidalgo, this restaurant offers a delightful journey through traditional and contemporary Mexican flavors. The restaurant's menu is a celebration of bold tastes, vibrant colors, and innovative presentations that highlight the finest ingredients. From appetizers to desserts, every dish at Carmela Y Sal is carefully crafted to offer an unforgettable dining experience.

Starting with the Entradas (appetizers), Carmela Y Sal serves a variety of dishes that set the tone for a flavorful meal. The Ensalada De Betabel is a fresh and earthy beetroot salad that pairs perfectly with the restaurant's distinctive dressings. If you're looking for something with a bit more texture and depth, the Sope De Chicharrón Y Pulpo combines crispy fried dough with tender octopus and crunchy pork cracklings-an unforgettable combination of flavors. For seafood lovers, the Ceviche De Robalo is a standout. The fish is marinated to perfection, offering a fresh and zesty taste that's both refreshing and satisfying. The Esquite De Risotto brings a creamy twist to the traditional Mexican esquite, transforming it into a decadent dish that balances the richness of risotto with the brightness of corn and lime. Another noteworthy starter is the Tostadas De Coco En Varias Maduraciones, which showcases the versatility of coconut, with varying degrees of ripeness lending a unique depth to each bite.

When it comes to Postres (desserts), Carmela Y Sal doesn't disappoint. The Mostachón Tropical is a tropical twist on the traditional meringue, featuring a sweet and tangy blend of tropical fruits that complement the lightness of the meringue. If you're a fan of coconut, the Manjar De Coco is an indulgent treat, with a rich and velvety coconut custard that's both sweet and satisfying. The Pastelito De Chocolate is a dream for chocolate lovers. This rich and decadent chocolate cake is perfectly balanced by the subtle sweetness of its frosting. For something a bit more playful, try the Plátanos Con Dulce De Leche. The caramelized plantains are paired with a luscious dulce de leche, creating a comforting dessert with deep, sugary flavors.

The Especialidades (specialties) at Carmela Y Sal are designed to showcase the chef's creativity and expertise. One of the highlights here is the Jícamas Con Pesto, a refreshing take on the typically savory pesto dish. The jícama, with its crunchy texture and mild flavor, pairs beautifully with the fresh basil pesto, creating an appetizer that's light yet satisfying.

For the Platos Fuertes (main dishes), the menu really shines with robust and hearty options. The Canelon Relleno De Cochinita Pibil (cannon stuffed with slow-cooked pork) is a true celebration of Yucatecan cuisine, where tender, flavorful cochinita pibil is wrapped in pasta and served in a savory sauce, creating a satisfying and indulgent dish. The Short Rib Con Chirmol is another showstopper, with the slow-cooked short ribs melting in your mouth, complemented by the smoky and tangy chirmol salsa. For those who prefer seafood, the Róbalo Con Arroz A La Tumbada offers a wonderful combination of fish and rice in a savory broth. The rice is infused with the flavors of the sea, creating a dish that feels both luxurious and homey. Lastly, the Cordero Confitado is a beautifully tender lamb dish, where the lamb is slow-cooked to perfection, resulting in a juicy, flavorful meat that practically falls off the bone. Each bite is an explosion of flavors that highlight the richness of this dish.

Carmela Y Sal's menu is a celebration of the diverse flavors and culinary traditions of Mexico, offering both modern twists and traditional dishes that are sure to delight. From the fresh and vibrant appetizers to the hearty and comforting main courses, every dish is carefully prepared to create a memorable dining experience. Whether you're in the mood for something light and refreshing or a rich, indulgent treat, the restaurant has something to satisfy every palate. With its focus on high-quality ingredients and exceptional culinary technique, Carmela Y Sal is a must-visit for anyone looking to explore the true essence of Mexican cuisine.