

# Mural De Los Poblanos Menu

**Address:**

C. 16 de Septiembre 506, Centro, 72000 Heroica Puebla de Zaragoza, Pue., Mexico

**Phone:** +52 222 242 0503

**Opening times:**

08:00 AM - 12:00 AM

## Menu Tops

Enchiladas Con Mole Poblano Pipian Rojo Y Verde	\$
Exquisito Chile En Nogada	\$
Degustación de Moles	\$
Café de Olla	\$
Sopa de Chicharrón	\$
Mexican Chocolate Lava Cake	\$
Sopa Poblana	\$
Fideo Seco	\$
Trilogía de Cemitas	\$
Adobo	\$
Flan de Caramelo	\$
Fruta de Temporada Café Americano Y Jugo de Naranja Natural	\$
Huaxmole	\$
Cecina de Tepeaca	\$
Res En Mole de Olla	\$
Sopa de Médula	\$
Chile Relleno de Queso de Cabrá	\$
Tacos de Cordero	\$
Pastel de Almendras	\$

Dining at **Mural De Los Poblanos Menu** is like embarking on a warm, colorful stroll through the heart of Pueblan culinary tradition. Stepping inside the historic building at C.16deSeptiembre506, the vibrant murals instantly catch your eye, setting a charming stage for the feast ahead. The menu is a love letter to Puebla’s iconic flavors, spotlighting authentic moles, comforting soups, soulful cemitas, and inventive twists on ageold favorites. Every dish feels handcrafted, rich with heritage, and thoughtfully presented.

The **Mural De Los Poblanos Menu** opens with delightful **entradas** that tease your palate-mini cemitas called “cemitas de chalupa ‘El Mural’” and the **Trilogía de Cemitas**, each bite layered with creamy cheese, milanesa, or savory meat, garnished with bright pápalo and onions . I tried the trilogía and loved how each flavor shone yet harmonized beautifully.

Next, salads like the **Ensalada Mural** give a refreshing counterpoint-mixed greens tossed with jicama, apple, pear, orange, carrots, pumpkin seeds, peanuts, finished with a lively orange dressing . It felt like eating sunlight on a plate.

Soups are a soulful highlight of the **Mural De Los Poblanos Menu**. The **Sopa Poblana** is essence-of-home: a chicken consommé brimming with rajas, pumpkin, fresh cheese, corn kernels, mushroom, squash blossom, and epazote . Equally noteworthy was **Fideo Seco**, a housespecialty of dry noodles subtly spiced with chipotle, crowned with cotija, crema, avocado, and chicharrón-comfort in every forkful . On another visit, the “sopa de chicharrón” arrived, hearty with beans, adobo broth, fried tortillas, avocado, fresh cheese, and a dusting of chipotle powder-truly warming .

But let’s talk about the soul of Puebla: the **moles**. The **Mural De Los Poblanos Menu** delivers this signature with pride. You can sample the legendary **Mole Poblano** served traditionally with tamal tonto (a plain tamal) . For the adventurous, the **Degustación de Moles** is a revelation-taste a variety of moles (poblano, pipián verde, pipián rojo, adobo, manchamanteles) with your choice of meat-chicken, turkey, pork, even shredded duck-each bite layered with centuries of flavor . I remember being transported by the deep chocolatenutty warmth of the mole poblano, then intrigued by the bright, herbal pipián verde and the fruitfruitiness of manchamanteles.

Also available are **Enchiladas** served with up to three different moles (pollo or queso filling)-a creative way to enjoy mole variations in one dish . Additional options let you pair the sauce of your choice with **Arroz D.O. Morelos**, a streamlined yet rich side of rice in mole-perfect for those seeking balance or wanting to savor the sauce itself .

Beyond sauces, the menu features standout regional proteins. **Cecina de Tepeaca** showcases salted, sundried beef with grilled panela cheese, nopal, guacamole, chorizo blanco, and refried beans-smoky, hearty, and utterly Pueblan . The **Albóndigas de Cordero de Chignahuapan** arrived in a spicy jalapeño sauce with red rice, beans, and calabacitas-robust, succulent, and memorable . For something rich, the **Mole de Olla**, loaded with beef shank, vegetables, and traditional broth, felt like a comforting hug . I also loved the **Chile Ancho Relleno de Queso**, a stuffed ancho chile with goat cheese over tomato sauce and rice-a creamy, tangy highlight .

From the coast, the menu tempts with fresh **Pesca de temporada** in poblanocheese sauce with huaxmole and pepita crust, **Mixiote de Pescado** steamed in hoja santa, and smoky **Camarones al Mezcal** flambéed in salsa macha with fragrant sides-elegant coastal flair with Pueblan flair .

A **tasting menu** experience is also offered-a curated multicourse journey featuring chilies en nogada and mole poblano, ideal for culinary explorers and available via special reservation packages .

On the beverage side, the **Mural De Los Poblanos Menu** doesn’t disappoint: you’ll find café de olla, champurrado, americano, espresso, cappuccino, and soothing regional teas like guavacinnamon and herbal blends . Drinks-wise, the restaurant offers mezcal, Mexican wines, craft beers, tequilas, and pulque-perfect for pairing bold flavors with equally bold sips .

The charm of the **Mural De Los Poblanos Menu** lies not just in its dishes, but in how they’re woven together-each course acts like a vibrant chapter of Puebla’s culinary story. I still recall the bright tang of the Ensalada Mural followed by the deeply comforting Sopa Poblana, and the mole degustation’s crescendo of complex, indulgent sauces.

I could almost taste the region's history in the layers of spices, chocolate, pumpkin seeds, chiles-from the earthy mole poblano to fruity manchamanteles, herbal pipián, and fiery adobo.

In short, the **Mural De Los Poblanos Menu** is a delicious celebration of Puebla's rich gastronomic legacy. From comforting soups and salads to iconic mole creations, regional meats, seafood specialties, and traditional sweets and drinks, it offers variety, authenticity, and irresistible flavor. Whether you're a first-timer or a returning guest, each visit feels like discovering familiar favorites and new pleasures all at once.