



JOURNEYMEXICO

Guanajuato

INTRODUCTION

Guanajuato, the capital of Guanajuato state, is a UNESCO World Heritage Site and a charming colonial-era city situated in a picturesque valley surrounded by the Sierra de Guanajuato mountains. Guanajuato is nicknamed “the place of frogs” because the shape of its mountainous terrain is said to have resembled a frog to the city’s early inhabitants. The region is known as the Bajío, or heartland of Mexico.

The historic center of Guanajuato has a distinct European flavor with hundreds of narrow cobblestone callejones (alleyways) running up and down the hillside. Shady plazas are dotted with sidewalk cafés, museums, theaters, markets and historic monuments. The buildings throughout the city are fine examples of neoclassical-and baroque-style colonial architecture. An underground network of tunnels runs beneath the city helping to control the flow of traffic.

Guanajuato is a great place to sample regional Bajío cuisine. Favorite local dishes include enchiladas mineras (tortillas filled with meat, beans or cheese and topped with a sauce made from guajillo and ancho chiles) and pacholas guanajuatenses (ground beef with spices), empanadas decarnitas (meat quesadillas), Acambaro bread and the fiambre de San Miguel de Allende, which is a mixture of different types of beef, chicken and pork with fruits and vegetable in oil and vinegar.

Guanajuato also has a lot of different options for dessert. You can choose between candied strawberries, charamuscas (caramel figures), cajeta (sweetened caramelized milk), jamoncillos (caramels), the traditional strawberries with cream, alegrías (honeyed amaranth and dried fruit bars) and the jaletinas (special jellies). / visitmexico.com



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Puerto Vallarta
Mexico City
Cancun

+52 (322) 225 9821
1-800-513-1587
info@journeymexico.com

RESTAURANT RECOMMENDATIONS

CASA MERCEDES

Mexican Traditional

Location: Calle de Arriba 6, San Javier

Phone: 473/ 733 9059

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Tuesday through Saturday 2:00 pm-10:00 pm / Sunday 2:00 pm-6:00 pm

Casa Mercedes kitchen is commanded by the talented chef Jesus Cardenas who creates the delicious trendy dishes in the menu. The ingredients in this restaurant come from local producers and the techniques are influenced by the slow food movement. The menu was designed around the traditional family recipes obtained from local people, resulting in a sum of dishes that preserve the traditional cuisine of Guanajuato. Because of that it often offers dishes not served in any other restaurant in the region.



EL JARDÍN DE LOS MILAGROS

Mexican Contemporary

Location: Alhondiga 80, San Javier

Phone: 473/ 732 9366

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Daily 1:00 pm-10:00 pm

El Jardin de los Milagros opened on 2004 in a former Hacienda of great architectural beauty. Located between walls of purple stone, white sapote trees and gardens it is the perfect spot to taste the cuisine of Chef Brice Dominguez. The atmosphere and warmth of the house are the perfect setting for the delights prepared by the chef Brice Dominguez, who likes to take special care of the ingredients used to prepare his cuisine with Mexican, Spanish and Mediterranean influence.



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CASA VALADEZ

Mexican Traditional

Location: Union 3, Centro

Phone: 473/ 732 0311

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Daily 8:30 am-11:00 pm

The slogan of Casa Valadez restaurant is “passionate flavors” and they follow religiously this philosophy bringing just the best dishes with an impeccable service. This is a place with an elegant yet cozy atmosphere located in the middle of the city, surrounded by the most beautiful buildings as Teatro Juarez. Founded in 1950 they have preserved the excellence in every detail. Casa Valadez was nominated as one of the best restaurants in Mexico in 2016. When visit, do not forget to try the delicious desserts.



EL MIDI BISTRO

French / Mediterranean

Location: Subida de San Jose 4, Centro

Phone: 473/ 732 7401

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Wednesday through Monday 12:00 pm-12:00 am / Saturday & Sunday brunch from 11:00 am

El Midi Bistro is a truly unique restaurant in Guanajuato because of its peculiar cuisine. It specializes in gourmet food of southern France. It has the perfect combination of harmonious space, amazing design, delicious food and also exceptional drinks. They provide a unique service in the city: a buffet of Mediterranean specialties, artisan breads, quiches, salads and desserts. The restaurant has live music on Sundays as well as a special brunch menu on weekends served from 11:00 am.



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LA CAPELLINA

International

Location: Sopeña 3, Centro

Phone: 473/ 732 7224

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Daily 1:30 pm-12:00 am

La Capellina is a restaurant a wide variety of dishes. From a seafood molcajete to pizzas and pasta this place can satisfy the most demanding palate. It is a very famous restaurant among the locals because of its excellent cuisine and the unique environment that makes it ideal to enjoy an afternoon with friends. Its elegant decoration and live music featuring Jazz, Cuban, Flamenco and Blues groups make this place perfect for an amazing dinner after discovering the cultural richness of Guanajuato.



LA VIRGEN DE LA CUEVA

Mexican Traditional

Location: San Antonio 37, Noria Alta

Phone: 473/ 116 6764

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Daily 1:00 pm-10:00 pm

La Virgen de la Cueva's team philosophy is to believe passionately in Mexico, its flavors, colors and people and to share this enormous passion through the amazing Mexican culinary tradition. The dishes served in this restaurant contain all the magic of a cuisine with a rich historic and cultural heritage. Mixing prehispanic techniques and ingredients with colonial influences with a Contemporary touch the results are always very pleasant for every guest looking for the authentic Mexican cuisine.



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LOS CAMPOS

Mediterranean

Location: 4th Alameda Street, Plaza Baratillo

Phone: 492/ 927 7472

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Tuesday through Sunday 2:00 pm-10:00 pm

Los Campos restaurant fusions the most representative Mexican ingredients with European techniques very successfully. Located in a small and cozy space with a sober design, this restaurant is part of the slow food movement. Its original offering includes tequila fondue, white bean soup and a black bean veggie burger. To make unforgettable the experience of visiting this place the dessert menu is obliged. This place is described for the majority of its guests as surprising, so the new visitor must be prepared.



LA TAULA

Mexican Contemporary

Location: Del Potrero 2, Centro

Phone: 473/ 734 1848

Reservations: Recommended

Credit Cards: AE, MC, V

Hours: Daily 2:00 pm-2:00 am

Anyone can cook, but just a few can create; that is the difference in the cuisine, Chef Antonio Castañon creates and stylizes in Guanajuato, making a difference in the palates of every guest. La Taula also has an amazing wine selection for every taste. With a menu that includes grilled meats and fish, they are cooked to be crispy and to have the unique flavor that bring the flakes of sea salt used at the end of cooking. The goal is to surprise and delight the diner that visit us, making the taste of our cuisine transcendent.



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