

To share

Cesta Lat^o

Mix of fried cassavas, patacones and sweet potato sticks served with brava sauce, avocado hummus and spicy tree tomato sauce.

5 €



Extra sauce +1€

Bolones

Mix of three little bombs made with plantain, filled with either cheese or bacon served with criolla sauce and sour cream.

6 €



Extra sauce +1€

Arepas from Pasto

Three white corn & fresh cheese arepas, topped with homemade guacamole, sour cream & beetroot hummus.

7.5 €

**arepas: traditional bread, kneaded by hand, using corn flour & water.



The Flaco's tortillas

Two sweet corn flour discs, topped with fresh cheese and sour cream.

7 €



Toast

Humboldt Current Toast

Toasted sesame seed bread, topped with beetroot hummus & smoked salmon.

6.5 €



Can be ordered without gluten +€1

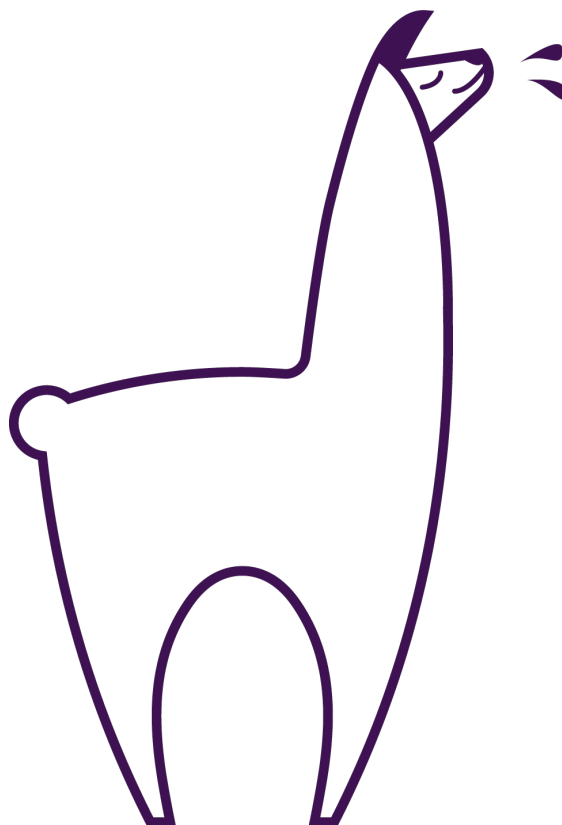
El Niño Toast

Toasted bread, topped with crushed avocado, sprinkled with chia & sunflower seeds & lashings of cilantro (coriander) oil with a free range poached egg.

7.5 €



Can be ordered without gluten +€1
With an extra egg +1€



Nutritional information



contains lactose



Lactose free



Contains Gluten



Gluten free



With dried fruits



Spicy

Tigrillo

Scrambled eggs served with fried plantain, pancetta & melted fresh cheese. Served with one bolone.

5.5 €**Classic Pancakes**

Four pancakes coated with our homemade berry and yogurt coulis, served with berries and toasted coconut flakes.

7.5 €**Omelettes Lat^o****8 €**

Choose three ingredientes:

bacon, mushroom, corn, cherry tomato, onion, mozzarella, plantain, ham.

All our omelettes are served with bread, potatoes, and coriander sauce (on the side).

**Specials****Chimborazo**

Pulled beef in criolla sauce, together with crunchy patacones, avocado, onions, lime and cilantro.

8 €

Add tree tomato ají +1€

Lat^o Sandwich

Porchetta (pork) with tamarind sauce, tomato and lettuce served on cassava waffles and accompanied by sweet potato sticks.

9.9 €**Benedictinos ecuatoriales**

Two poached eggs, bacon & cheddar cheese served on yuca flour waffles, topped with hollandaise sauce.

9.5 €

Salmon instead of bacon? +1.5€
Have it veggie with avocado instead

El Mono y el Serrano

2 Bao buns. One with chicken, agrio (tomato, onion, ají, cilantro) sauce and fried plantain. Another one with spicy tuna in mayo, crispy onion, arugula and avocado. Accompanied by fried potatoes bites.

8.5 €

Prefer both to be tuna? +2€

Benedictinos ecuatoriales supreme

Two poached eggs, bacon, fried plantain & cheddar cheese served on yuca flour waffles, topped with hollandaise sauce.

11 €

Salmon instead of bacon? +1.5€
Have it veggie with avocado instead

Nutritional information

contains lactose



Lactose free



Contains Gluten



Gluten free



With dried fruits



Spicy

Wok serrano bobo

Rice wok and chicken, stir fried veggies in soy, ginger and sesame oil, together with veggie crisps.

9 €**Montañita**

Salmon fillet topped with passion fruit sauce, chives, cherry tomato and a bed of quinoa.

8.5 €**Lat^o Sandwich**

Porchetta (pork) with tamarind sauce, tomato and lettuce served on cassava waffles and accompanied by sweet potato sticks.

9.9 €**El Mono y el Serrano**

2 Bao buns. One with chicken, agrio (tomato, onion, ají, cilantro) sauce and fried plantain. Another one with spicy tuna in mayo, crispy onion, arugula and avocado. Accompanied by fried potatoes bites.

8.5 €

Prefer both to be tuna? +2€

**Muisne**

Coconut battered chicken salad, on a bed of lettuce, corn and cherry tomatoes with passion fruit and giner vinaigrette and ginger, accompanied by cassava chips.

9 €**Locro**

Potato soup with milk and cream served with shrimp and bacon.

6.5 €**Locro veggie**

Potato soup with milk and cream. Served with soft cheese and avocado.

6.5 €**Chimborazo**

Pulled beef in criolla sauce, together with crunchy patacones, avocado, onions, lime and cilantro.






8.5 €

Add tree tomato ají +1€

Andean Poke

Poke bowl with salmon and avocado, mango, strawberries, cucumber, radish and beetroot on a bed of sushi rice with mango sauce.

11 €**Bread basket****2.5 €****Extra sauce****1 €****Nutritional information**

 contains lactose
  Lactose free
  Contains Gluten
  Gluten free
  With dried fruits
  Spicy

A super healthy and tasty traditional South American seafood dish. Fresh fish or seafood is freshly cured in citrus juice, and mixed with a variety of complimentary tangy, spicy & zesty flavours (depending on the origin and recipe), and served with salad vegetables and fruits.

Ecuador

Zesty & tangy Ecuadorian ceviche made with citrus cured tiger prawns, red onion, tomatoes, chopped cilantro (coriander) & marinated in the juices of lime, orange and tomato.

12 €



Northern Parallel

Creamy & crunchy Colombian ceviche made with citrus cured tiger prawns, sour cream, finely chopped red onion, cilantro/coriander & topped with fried sweet plantain chunks.

12 €



Southern Parallel

A Peruvian inspired ceviche made with citrus cured white fish, red onion & toasted corn marinated in leche de tigre with a base of lime juice, cilantro (coriander) & ginger, served with finely sliced fried yuca and sweet corn puré.

15 €



The Equinox

Sweet ceviche made with citrus cured salmon, avocado, mango, red onion & cilantro/coriander with a marinade of leche de tigre (tiger's milk) and tamarind.

12 €

**leche de tigre: the Peruvian name for the typical ceviche marinade of lime juice, sliced onion, chillies, salt, & pepper.



Ceviche Amazónico

White fish ceviche with red onion, toasted corn, marinated in tiger milk made with lime, coconut, coriander and ginger, served with cassava chips.

15 €



Ceviche de chocho

Vegan ceviche with lupins, onions, tomatoes, coriander, lemon, orange and tomato sauce.

7 €



Ceviche de chocho Japanese

Vegan ceviche with edamame, onions, tomatoes, coriander, lemon, orange and tomato sauce.

8 €



Ceviche de palmito

Vegan palm heart ceviche with green apple and green pepper, basil oil, coriander, lime, orange, avocado, white vinegar and red onion.

8 €



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contains lactose
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Natural Juices

Each of these juices can be made with milk (+1€). Or with alternative milk: soy or oat (+1.5).

Río Guayas

Banana, açai and apple energy booster. **4.5 €**

Tomebamba

Antioxidant delight with raspberry, blackberries, strawberries and apple. **4.5 €**

Pailón del diablo

Energy bumper with passion fruit mango and pineapple. **4.5 €**

Los Frailes

Vitamin kick with beetroot, mango, pineapple and ginger. **4.5 €**

Quilotoa

Superfood load with kale, spinach. mango, apple. **4.5 €**

Tortuga bay

Refreshing juice of melon, mango, strawberry and apple. **4.5 €**

Machángara

Banana, strawberry and apple juice. **4.5 €**

Other drinks

Water **2 €**

Bier **2.2 €**

Coke, Fanta **2.3 €**

Coffees and More

Espresso **1.5 €**

Double **1.8 €**

Latte (M) **2 €** Latte (L) **3 €**

Capuccino (M) **2.2 €**

Capuccino (L) **3 €**

Flat White **2.5 €**

Macchiato **1.7 €**

Mochaccino **3.5 €**

Chai latte **3.5 €**

Matcha latte **3.5 €**

Tea / infusion **2.5 €**

Cocktails

Mimosa Orange juice and cava **5 €**

Gin Tonic Gin, schweppes and a squeeze of lime **7 €**

Bloody Mary Tomato, vodka, lemon, Lea & Perrins, tabasco, pepper and salt **7 €**

Pisco Sour Pisco, lime, simple syrup, angostura, egg white and cinnamon **9 €**

Michelada Beer, lime, tabasco, Lea & Perrins, Jugo Maggi, salt **5 €**

Gin Gin Mule Gin, simple syrup, mint, lime, ginger beer **8 €**

Dark N Stormy Rum, lime, ginger beer **8 €**

Passion fruit Caipirinha Cachaça, simple syrup, lime, passion fruit **8 €**



| | Copa | Botella |
|--|--------|---------|
| Tempranillo 2019 | 2.50 € | 11 € |
| Blanco de Boira 2018 | 4 € | 16 € |
| Pagos de Vallcerracin Roble 2017 | 4 € | 17 € |
| Los ceps de la via verda negre | 3 € | 15 € |
| Vino M. Caceres Excellens Verdejo 2019 | 2.50 € | 12 € |
| Cava Vilarnau Brut | 4 € | 19 € |
| Compte Subirats Brut Natute | 2.50 € | 9 € |