



### Patacones

Crunchy fried plantain with criolla sauce.

3 €



### Cassavas bravas

Crunchy cassavas bravas with spicy brava sauce and spicy tree tomato sauce.

3.5 €



### Cesta Lat<sup>o</sup>

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

5 €



### Bolones

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

6 €



### Arepas from Pasto

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

7.5 €

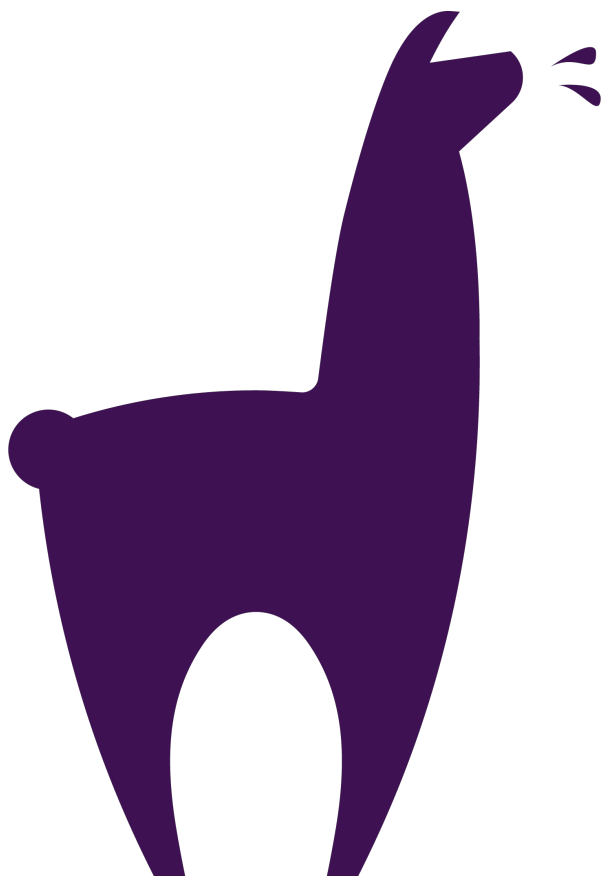
\*\*arepas: traditional bread, kneaded by hand, using corn flour & water.



### The Flaco's tortillas

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

7 €



### Nutritional information

contains lactose

Lactose free

Contains Gluten

Gluten free

With dried fruits

Spicy

## 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€

### Condamine Toast

Citrus aromatic French toast, fried in butter & served with tamarind honey.

6 €



## Bowls

### Bowl Illiniza

Bowl with coconut yogurt mixed with turmeric and chia and served with banan, strawberry and muesli. Served with maple syrup.

7 €



## Eggs

### Tigrillo

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

5.5 €



### Omelettes Lat°

Choose three ingredientes:

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

8 €

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



### 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€

## Pancakes

### Classic Pancakes

Four pancakes coated with our homemade berry coulis, served with whipped cream & ice cream and coconut flakes.

7.5 €



### Lat° Pancakes

Four pancakes made with oats and banana, served with fruit and a passion fruit syrup.

7.5 €



Add a scoop of vanilla ice cream €1

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Contains Gluten



Gluten free



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Spicy

## Bowls

## Bowl of the enchaquirado

Bowl of chicken marinated in garlic and parsley oil, resting on a bed of couscous, cherry tomatoes, thinly sliced zucchini, cucumber, carrot and cabbage. All with beetroot and achiote hummus. **9 €**



## Bowl quinde

Bowl with tofu, resting on a bed of white quinoa dressed with basil oil, corn, cherry tomatoes, carrot sheets, radish, edamame, and chard together with peanut sauce. **7.5 €**



## Pokes

## Andean Poke

Poke bowl with salmon and avocado, mango, strawberries, cucumber, radish and beetroot on a bed of sushi rice with mango sauce. **11 €**



## Woks

## Wok chaulafán

Rice wok with sliced beef, stir fried veggies (mushrooms, soy sprout, purple cabbage, carrot, onion, peppers and courgette) and peanut sauce and toasted cashew, together with veggie crisps. **10 €**



## Wok serrano bobo

Rice wok and chicken, stir fried veggies in soy, ginger and sesame oil, together with veggie crisps. **9 €**



## Salads

## Muisne

Coconut battered chicken salad, on a bed of lettuce, corn and cherry tomatoes with passion fruit and ginger vinaigrette and ginger, accompanied by cassava chips. **9 €**



## Quinde

Salmon salad with avocado, strawberries, cucumber and asparagus, with naranjilla and basil vinaigrette. **10 €**



Bread basket

**2.5 €**

## 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
 Lactose free
 Contains Gluten
 Gluten free
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 Spicy



## Natural Juices

Each of these juices can be made with fresh milk. Alternative of soya milk or oats. Coconut milk: supplement of 1.

### 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 €**

## Coffee

Espresso **1.5 €**

Double **1.8 €**

Cortado **1.7 €**

Capuccino (M) **2.2 €**

Capuccino (L) **3 €**

Flat White **2.5 €**

Macchiato **1.7 €**

Latte (L) **3 €**

## Hot drinks

Chai latte **3.5 €**

Matcha latte **3.5 €**

Tea / infusion **2.5 €**

## Cocktails

Mimosa **5 €**

Gin Tonic **7 €**

## Other drinks

Water **2 €**

Bier **2.2 €**

Coke, Fanta **2.3 €**



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