



## To start

### Patacones

Fried plantain with criolla sauce. **3 €**



### Cassavas bravas

Crunchy fried cassavas with spicy sauce. **3.5 €**



## Bowls

### Bowl of the enchaquirado

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



### Bowl quinde

Bowl with tofu, resting on on a ved of white quinoa dressed with basil oil, corn, beans, cherry tomatoes, battered cauliflower and carrot sheets, together with peanut sauce. **7.50 €**



## Pokes

### Andean Poke

Poke bowl with salmon and avocado, mango, strawberries, cucumber, radish and beetroot on a bed of sushi rice with mango sauce. **9 €**



### Baroque Poke

Poke with fresh tuna fish marinated with soy and sesame oil, sliced cabbage, avocado, corn, beetroot sprout and carrot sheets on a bed of sushi rice with tamarind teriyaki. **12 €**



## 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 cassava crisps. **10 €**



### Wok serrano bobo

Brown rice wok and chicken, stir fried veggies in soy, ginger and sesame oil, together with sweet potato crisps. **9.50 €**



### Wok mestizo

Rice wok with battered fish cubes, stir fried with veggies, green curry and cocnut milk, together with plantain crisps. **11 €**



## Nutritional information





## Salads

### 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 €**



### Quinde

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



### Quiteña

Salad with lettuce mix with toasted corn, avocado, tomato and red onion, bathed in creamy coriander and chili (jalapeño) vinaigrette, with sweet potato crisps. **8 €**



## Ceviches

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. **13 €**



### Northern Parallel

Creamy & crunchy Colombian ceviche made with citrus cured tiger prawns, sour cream, finely chopped red onion, cilantro/coriander & **13 €**



### The Equinox

Sweet & spicy ceviche made with citrus cured salmon, avocado, mango, red onion & cilantro/coriander with a marinade of leche de tigre (tiger's milk) and tamarind. **9 €**

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



### Southern Parallel

A Peruvian ceviche made with citrus cured white fish, red onion & toasted corn marinated in leche de tigre with a base of lime juice, coconut, cilantro (coriander) & ginger, served **9 €**



### Ceviche de chocho

Vegan ceviche with lupins, onions, tomatoes, coriander, lemon, orange and tomato sauce. **7 €**



## Nutritional information

contains lactose

Lactose free

Contains Gluten

Gluten free

With dried fruits