

# piqueos appetizers



cancha corn

**jalapeño pickles** ₡ 180 🌶️🌶️🌶️

**quinoa rice** ₡ 250

**soup of the day** ₡ 250

**cancha corn** ₡ 380

Peruvian snack made from roasted corn kernels. It goes perfect with a cold beer.



**tortilla chips & salsa sauce** ₡ 400 🌶️🌶️

**french fries** ₡ 600



tortilla de patatas

**tortilla de patatas** ₡ 600

The traditional Spanish omelet filled with potatoes and onions.



tequeños

 **tequeños peruanos** ₡ 750

Peruvian style spring rolls filled with ham and cheese. Dip them in huancaína sauce and enjoy!

 **salchipapas** ₡ 800 🌶️

Peruvian style combination of french fries and fried sausages topped with spicy ají sauce.



salchipapas

 **guacamole** ₡ 920 🌶️

Mexican avocado dip.



Avocado, onion, tomato, jalapeños, coriander, and lemon juice. Served with tortilla chips.



taquitos dorados

 **taquitos dorados** ₡ 950

Home style fried tacos. Corn tortilla filled with pulled chicken, deep fried and topped with lettuce, salsa sauce, sour cream, and cheese.



nachos

 **nachos** ₡ 1050 🌶️

Tortilla chips with chili and salsa sauce covered with melted cheese and topped with lettuce, pico de gallo, jalapeños, and sour cream.



can be made  
Vegetarian  
or vegan

# ensalada con quinua

## salad with quinoa



Vegan

### la quinua especial ₡ 1200

Our special mix of quinoa, avocado, tomato, and vegetables over fresh lettuce and cabbage with homemade dressing.

half size ₡ 650



Can be made vegetarian or vegan

### taco ensalada ₡ 1380



coriander

Taco meat, beans, corn, cheese, tomato, and tortilla chips over lettuce and cabbage. A taco turned into a salad!

half size ₡ 750

# pizza con quinua

## quinoa pizza

\*Homemade pizzas with our original quinoa crust recipe.



### tomate & ajo ₡ 1410

Cheese, tomato, and garlic.

Vegetarian

### salami & romero ₡ 1500

Salami pizza with a note of rosemary and topped with black olives.



### nachos pizza ₡ 1630

Our number one pizza.

Tomato sauce, chili beans, tortilla chips, and cheese. Topped with jalapeño peppers and sour cream.

Can be made vegetarian or vegan



coriander

## What is quinoa?



It is a super healthy and nutritious grain that grows in the Andes area.

Rich in calcium, magnesium, vitamins, minerals, fiber, antioxidants and all 9 essential amino acids.

Cholesterol and gluten free.

It is delicious, versatile and very simple to prepare. Easy to incorporate in your diet

# tacos y algo más

## tacos & more



### original tacos ¥ 510

La quinua's original tacos. Our mix of mince meat, quinoa, and spices in a soft flour tortilla.



### vegetarian ¥ 510

Original vegetarian tacos made with quinoa, beans and grilled vegetables.



### chicken & cheese ¥ 510

Grilled marinated chicken tacos with cheese, salsa sauce, and lettuce.



### buta niku ¥ 510

Pulled pork cooked with chipotle and spices.



### chorizo ¥ 560

Spicy chorizo tacos with beans, pico de gallo and salsa sauce.



### fish tacos ¥ 590

Deep-fried fish over cabbage and topped with salsa sauce, avocado, mayonnaise, and pico de gallo.



### beef tacos ¥ 590

Sautéed beef and onion tacos topped with cheese and salsa sauce.

### toppings all ¥ 100

avocado

jalapeño pickles

guacamole

change to  
corn tortilla  
¥ 60 (1 pc)

## tacos party set

ideal for  
sharing!!



tacos

+

guacamole

salsa sauce

tortilla chips

jalapeños



|                           |        |
|---------------------------|--------|
| 4 tacos set (2~4 persons) | ¥ 2240 |
| 6 tacos set (2~5 persons) | ¥ 3260 |
| 8 tacos set (3~6 persons) | ¥ 4280 |

Please choose from below

- \*Original meat
- \*Chicken & cheese
- \*Vegetarian
- \*Pulled pork

Tacos are the signature dish from Mexico and they can be made with corn or wheat tortilla.

They can be filled with anything you want: meat, vegetables, cheese, fish, seafood... the options are endless.

In La Quinoa we have a variety of combinations: soft or deep fried; for vegans or meat lovers... Try them all and enjoy!

# tacos y algo más

## tacos & more



### **burrito**

Grilled flour tortilla filled with meat and/or vegetables, rice, beans, salsa sauce, sour cream, cheese and lettuce.

|   |               |
|---|---------------|
| • <b>frijol / fried beans</b>             | <b>¥ 840</b>  |
| • <b>pollo / chicken</b>                  | <b>¥ 920</b>  |
| • <b>chili con carne</b>                  | <b>¥ 920</b>  |
| • <b>chancho / pulled pork</b>            | <b>¥ 920</b>  |
| • <b>vegetariano / grilled vegetables</b> | <b>¥ 920</b>  |
| • <b>chorizo</b>                          | <b>¥ 1020</b> |
| • <b>bistec / beef</b>                    | <b>¥ 1050</b> |

### **quesadilla**

One of Mexican food favorites.

Grilled tortilla filled with cheese and the ingredient of your choosing. Originally it means "a small cheese thing" in Spanish.

If you are a cheese lover this is the food for you.

|   |               |
|---|---------------|
| • <b>sencilla / plain</b>                 | <b>¥ 740</b>  |
| • <b>frijol / fried beans</b>             | <b>¥ 820</b>  |
| • <b>pollo / chicken</b>                  | <b>¥ 920</b>  |
| • <b>chancho / pulled pork</b>            | <b>¥ 920</b>  |
| • <b>vegetariano / grilled vegetables</b> | <b>¥ 920</b>  |
| • <b>chorizo</b>                          | <b>¥ 1020</b> |
| • <b>bistec / beef</b>                    | <b>¥ 1050</b> |



### **chimichanga**

Deep fried burrito filled with meat and/or vegetables, rice, beans, salsa sauce, cheese and pico de gallo. Topped with sour cream and guacamole. Crispy and delicious!

|   |               |
|---|---------------|
| • <b>frijol / fried beans</b>             | <b>¥ 940</b>  |
| • <b>pollo / chicken</b>                  | <b>¥ 1020</b> |
| • <b>chili con carne</b>                  | <b>¥ 1020</b> |
| • <b>chancho / pulled pork</b>            | <b>¥ 1020</b> |
| • <b>vegetariano / grilled vegetables</b> | <b>¥ 1020</b> |
| • <b>chorizo</b>                          | <b>¥ 1120</b> |
| • <b>bistec / beef</b>                    | <b>¥ 1150</b> |



**Toppings**  
all **¥ 100**

**avocado**

**jalapeño**  
**pickles**

**guacamole**

**extra cheese**

# desde Perú

## Peruvian cuisine



### **empanada** ₺ 550

Stuffed and baked pastry very popular in Latin America. La quinua's empanadas are filled with spicy meat, raisins, olives, and boiled egg. Peruvian style.



**papa a la huancaína** ₺ 800 🌶️ Boiled potato covered with a creamy ají pepper and cheese sauce, topped with boiled egg and black olives

### **causa rellena** ₺ 1150 🌶️

One of Peru's most typical dishes. Spicy and flavorful layered potato tart filled with tuna salad and avocado, topped with boiled egg and black olives.



### **tallarín saltado criollo** ₺ 1880 🌶️

Peru style stir-fried noodles. Beef, red onion, tomato, and spring onion tossed with a mix of ají pepper, soy sauce, and vinegar.

**Chef's recommendation!**

### **What is ají amarillo**

In Spanish means yellow pepper.

One of the most important ingredients in Peruvian cuisine.

It has a great flavor and a medium heat.



Try it in:

- Papa a la huancaína
- Causa rellena
- Aji de gallina
- Lomo saltado

# desde Perú

## Peruvian cuisine



### carapulcra de chancho ₺ 1680 🌶️

Peruvian cuisine stew made with pork, dehydrated potatoes, peanuts, and aji panca. Served with quinoa rice. A must try!

### lomo saltado ₺ 1880 🌶️

A traditional Peruvian dish. Beef, onion, and tomato stir-fried with soy sauce, vinegar, and aji pepper over fried potatoes and topped with coriander.



*Chef's recommendation!!*



### ceviche ₺ 1880 🌶️

Peru's signature dish. Fresh raw fish cured in a mix of lime juice, aji limo pepper, coriander, and red onion. Served with white corn, cancha corn, and sweet potato.

  
Coriander

  
Coriander

### jalea ₺ 1980 🌶️

A mix of fried fish and seafood in a spicy lemon sauce, served with red onion, tomato, coriander, cancha corn and sweet potato. Perfect to enjoy with a cold beer.



### What is aji panca?

A chili pepper grown in Peru. One of the main ingredients in Peruvian cuisine.

It's very mild and it's mostly used for flavour and colour. Here in la quinua you can try it in empanadas and carapulcra.



# postre

## dessert



**pastel de quinua**  
**₺ 650**

Homemade carrot & quinoa  
vegan cake.



**helado de lúcuma**  
**₺ 650**

"Super food" lucuma ice cream.  
One of Peru's favorite dessert.



**elote y queso ₺ 650**

Creamy corn and cheese cake.  
Our original recipe.



**churros ₺ 550**

Churros covered with  
cinnamon-sugar and served  
with ice cream (2 pieces).



**lucuma cheese cake**  
**₺ 700**

A perfect balance between the  
sweetness of lucuma, the creaminess  
of the cheese and the bitterness of the  
chocolate crust. A must try.



**chocoflan ₺ 700**

Mexican chocolate and  
pudding layered cake.  
Our number one.

## What is lucuma?

(loo-ku-mah)



A yellow-fleshed, subtropical fruit from the Andean valley of Peru with a high nutritional value.

It is packed with an abundance of antioxidants, fiber, carbohydrates, vitamins and minerals.

Nowadays is being considered as a super food because of its health benefits.

It has a very sweet flavor that many describe like sweet potato and caramel. It is usually eaten in desserts, being ice cream the most popular.