

# appetizers

## アペタイザー



カンチャコーン

**jalapeños ハラペーニョピクルス ¥ 300 🌶🌶🌶**

Mexican pickled green chili pepper.

Vegan

**quinoa rice キヌアライス ¥ 350**

**cancha corn カンチャコーン ¥ 400**

Vegan

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



メキシカントースト

**mexican toast メキシカントースト ¥ 500**

Vegetarian

Bread slices with beans paste and grilled cheese topped with pico de gallo sauce. An exquisite combination.

**onigiri おにぎり ¥ 400 🌶**

La quinua's original rice ball filled with tacos original meat, beans, cheese and salsa sauce.



テケニョス・ペルアノス

**tortilla chips with salsa sauce ¥ 500 🌶🌶**

トルティーヤチップス&サルサソース

Vegan

**french fries フライドポテト ¥ 700**

**tequeños peruanos ¥ 900 🌶**

テケニョス・ペルアノス

Peruvian style spring rolls filled with ham and cheese topped with huancaína, cheese and yellow pepper, sauce.



サルチパパス

**salchipapas サルチパパス ¥ 900 🌶**

A mixed of French fries and fried sausages topped with spicy yellow sauce.



ワカモーレ

Vegan

**guacamole ワカモーレ ¥ 1000 🌶**

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

**nachos ナチョス ¥ 1200 🌶**

Tortilla chips with salsa sauce, melted cheese and the topping of your preference.

Served with lettuce, pico de gallo sauce, jalapeños and sour cream.



ナチョス

• **chili con carne チリコンカン**

• **vegetarian or vegan ベジタリアン or ビーガン**

• **original meat オリジナルミート**

• **chicken チキン**

• **pork ポーク**

• **beef ビーフ + ¥ 150**

# quinoa

## キヌア料理



Vegetarian  
or vegan  
also OK

### quinoa taco rice ¥ 1300

#### キヌア タコライス

La quinoa's original taco meat and salsa sauce over quinoa rice. Topped with a fried egg.

※Vegetarian or vegan also available.



Vegan

### la quinoa especial ensalada ¥ 1300

#### ラ・キヌア エスPECIALサラダ

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

small size ¥ 800



Vegetarian  
or vegan  
also OK

### taco ensalada ¥ 1500

#### タコ・エンサラダ

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

※Vegetarian or vegan also available.

small size ¥ 900



Vegetarian

### tomate & ajo pizza トマテ・イ・アホピザ ¥ 1700

Cheese, tomato, and garlic.



Vegetarian  
or vegan  
also OK

### nachos pizza ナチョスピザ ¥ 1900



coriander

Our number one pizza.

Tomato sauce, chili beans, tortilla chips, and cheese. Topped with jalapeño peppers and sour cream. ※Vegetarian or vegan also available.

\*Homemade pizzas with our original quinoa crust recipe.

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 & tortillas

## タコス & トルティーヤ

### tacos タコス

Tacos are Mexico's national food!

At La Quinoa, you can enjoy tacos made with soft flour tortillas and your favorite toppings such as meat, fish, or vegetables.

Mexican tacos made by a Mexican chef.

(One piece)



**original meat オリジナル ¥ 600**

Our original mix of mince meat, quinoa, and spices.

**pork ポーク ¥ 600**

Pulled pork cooked with chipotle and spices

**chicken & cheese チキン&チーズ ¥ 600**

Marinated grilled chicken with cheese.

**vegetarian ベジタリアン ¥ 600**

Soy meat, quinoa, beans and grilled vegetables.

**beef ビーフタコス ¥ 680**

Sautéed beef and onion with cheese.

**fish フィッシュタコス ¥ 680**

Deep-fried fish, cabbage, avocado and mayonnaise.

**kurobuta 黒ぶたタコス ¥ 680**

Kurobuta pork, cheese, cabbage, perilla and carrot.

**change to corn tortilla コーントルティーヤに変更 ¥ 80 (each)**

### tacos party set タコスパーティーセット

Special set with the tacos or your choosing, guacamole, salsa sauce and tortilla chips. Ideal for sharing.

<b>4 tacos set (2~4 persons)</b>	<b>¥ 2550</b>
<b>6 tacos set (3~6 persons)</b>	<b>¥ 3750</b>
<b>8 tacos set (4~8 persons)</b>	<b>¥ 4950</b>

#### Choose your favorites

- **Original meat** オリジナルミート
- **Chicken & cheese** チキン&チーズ
- **Vegetarian** ベジタリアン
- **Pork** ポーク

### taquitos dorados タキートス・ドラドス

Home style tacos. Deep fried corn tortilla tacos, filled with shredded chicken served with lettuce, salsa sauce, sour cream and guacamole.

<b>2 tacos</b>	<b>¥ 1000</b>
<b>3 tacos</b>	<b>¥ 1450</b>
<b>4 tacos</b>	<b>¥ 1900</b>



# tacos & tortillas

## タコス & トルティーヤ



### burrito ブリート

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

- **beans** 豆ペースト ¥ 950
- **vegetarian or vegan** ベジタリアン or ビーガン ¥ 1100
- **chicken** チキン ¥ 1100
- **chili con carne** チリコンカン ¥ 1100
- **pork** ポーク ¥ 1100
- **beef** ビーフ ¥ 1250
- **kurobuta** 黒ぶた ¥ 1250

### quesadilla ケサディーヤ

One of Mexican food favorites. Grilled tortilla filled with cheese and the topping of your choosing.

If you are a cheese lover, this is the dish for you.



- **plain** プレーン ¥ 850
- **beans** 豆ペースト ¥ 950
- **vegetarian** ベジタリアン ¥ 1100
- **original meat** オリジナルミート ¥ 1100
- **chicken** チキン ¥ 1100
- **pork** ポーク ¥ 1100
- **beef** ビーフ ¥ 1250
- **kurobuta** 黒ぶた ¥ 1250

### chimichanga チミチャンガ

Deep fried burrito filled with meat and/or vegetables, rice, beans, salsa sauce, cheese and pico de gallo sauce, topped with sour cream.

Crispy and delicious!



- **beans** 豆ペースト ¥ 950
- **vegetarian or vegan** ベジタリアン or ビーガン ¥ 1100
- **pollo** チキン ¥ 1100
- **chili con carne** チリコンカン ¥ 1100
- **puerco** ポーク ¥ 1100
- **bistec** ビーフ ¥ 1250
- **kurobuta** 黒ぶた ¥ 1250

### Toppings ¥ 150 (each)

- **avocado** アボカド
- **jalapeños** ハラペーニョ
- **guacamole** ワカモーレ
- **coriander** パクチー
- **sour cream** サワークリーム
- **extra salsa sauce** サルサソース追加
- **extra cheese** チーズ追加

※  **Vegetarian menu**

# Peruvian cuisine

ペルー料理



## empanada エンパナーダ ¥ 630

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.



## causa rellena ¥ 1150 🌶️ カウサ・レジェーナ

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.

※ It may take some time to prepare.



## papa a la huancaína ¥ 900 🌶️ パパ・ア・ラ・ワンカイーナ

Boiled potato covered with a creamy aji pepper and cheese sauce, topped with boiled egg and black olives



## ají de gallina ¥ 1400 🌶️ アヒ・デ・ガジーナ

Shredded chicken in a creamy and spicy yellow pepper "aji" sauce served with potatoes and topped with boiled egg, black olives and walnuts.

## What is aji 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

# Peruvian cuisine

ペルー料理



## tallarín saltado criollo ¥1800 🌶️

タヤリン・サルタード・クリオヨ

Peru style stir-fried noodles. Beef, red onion, tomato, and spring onion tossed with a mix of aji pepper, soy sauce, and vinegar. **Chef's recommendation!**



Coriander



## lomo saltado ¥1900 🌶️

ロモ・サルタード

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



Coriander



## carapulcra de chancho ¥1800 🌶️

カラプルクラ・デ・チャンチョ

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

## ceviche セビーチェ ¥1950 🌶️

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

※ Limited for weekends.

※ It may take some time to prepare.



## 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

## デザート

### lucuma cheese cake

¥ 700

ルクマチーズケーキ

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

### churros ¥ 550

チュロス

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



### pastel vegano de quinua

¥ 660

パステル・デ・キヌア

Homemade carrot & quinoa vegan cake.

### elote y queso ¥ 660

エロテ・イ・ケソ

Creamy corn and cheese cake. Our original recipe.

### helado de lúcuma ¥700

エラド・デ・ルクマ

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

## 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.

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