

El Naturista MR

drinks

Carrot juice	\$ 2.200
Orange juice	\$ 2.200
Orange & banana juice	\$ 2.200
Cold pressed juice	\$ 2.800
Açaí & raspberrie juice	\$ 2.800
Grape fruit juice	\$ 2.200
Small fruit juice	\$ 1.500
Large fruit juice	\$ 1.800
Aloe vera	\$ 400
Mineral water	\$ 1.400

soups and creams

French soup onion, cheese and croutons	\$ 3.000
Vegetable soup	\$ 2.400
Garlic soup	\$ 2.200

salads

Antipasto naturista onion frittata, palm hearts, mushrooms, avocado, potato, lettuce, 1/2 hard-boiled egg, carrot, tomato, artichoke heart and cheese (fresh cheese, camembert, roquefort or goat cheese).....	\$ 5.500
Greek salad raw spinach, hydroponic lettuce, tomato, mushrooms, grated raw beets, carrot, olives & goat cheese.....	\$ 4.700
Vegetable Garden lettuce, tomato, corn, fresh cheese, avocado, artichoke hearts, carrot and yoghurt or golf sauce.....	\$ 4.700
Couscous salad couscous, tomato, avocado & fresh cheese.....	\$ 4.800
Naturista chacarero (cold or hot) corn, tomato, artichoke hearts, string beans / side order of avocado, hard boiled egg or fresh cheese.....	\$ 4.700
Naturista Caesar lettuce, artichoke hearts, gruyere cheese, croutons, fresh cheese and moztard sauce.....	\$ 4.700
Quinoa salad with avocado, tomato & cucumber	\$ 4.800
Chilean salad (tomatoes and onions)	\$ 2.700
Cochayuyo (brown seaweed) salad with lettuce, potatoes, green peas, carrot, fresh cheese & avocado	\$ 4.200
Celery and avocado salad (seasonal only).....	\$ 3.400

Make your own salad:

tomato, onion, lettuce, spinach, arugula, green beans, cucumber, corn, beets, carrot or potatoes

With 1 ingredient	\$ 2.200
With 2 ingredients	\$ 2.900
With 3 ingredients	\$ 3.200
Avocado (half).....	\$ 1.200
Tomato	\$ 2.200
Palmitos	\$ 3.800

starters

Naturista tomato tomato, corn, goat cheese, lettuce and mayonnaise	\$ 3.800
Mediterranean empanada cheese, tomato and sweet basil	\$ 1.200
Cheese empanada	\$ 1.000
Naturista empanada mushrooms and minced vegetables.....	\$ 1.000
Stuffed avocado avocado, potato, carrot, green peas, lettuce and mayonnaise.....	\$ 3.000
Asparragus (seasonal only).....	\$ 3.700
Consommé	\$ 1.400
Consommé with egg	\$ 1.700
Seasonal vegetable soup	\$ 2.400

side orders

Fresh cheese	\$ 1.200
Choose your cheese among: camembert, roquefort or goat cheese	\$ 1.700
Olives	\$ 900
Hard-boiled egg	\$ 600
Almonds	\$ 700
Chia or sesame seeds	\$ 700
Sauces	\$ 400

main courses

Porotos granados

typical chilean stew made with fresh beans and corn (seasonal only).....\$ 5.500

Pastel de choclo

corn, soy protein, and onion stew baked in a clay bowl (seasonal only).....\$ 5.500

Quinotto with seasonal vegetable.....\$ 5.500

Crispy two cheese

fresh cheese, gauda cheese, rice, corn, green peas & carrot / choose from spinach sauce or mushrooms béchamel.....\$ 5.700

Fricassee

mushrooms, green peas, croutons, french fries & egg\$ 5.200

Naturista chorrillana

french fries, mushrooms, fried onions, scrambled eggs, cayenne pepper & chives.....\$ 5.700

Potatoes, onions & cheese au gratin\$ 4.900

Naturista burrito

wheat flour tortilla, melted cheese, mushrooms, soy protein, black beans, guacamole & nachos\$ 4.800

Ranchero eggs

crêpe with corn, tomato, fried egg, avocado, black beans and fresh cheese\$ 4.500

Rustic mushrooms

with tomato, cheese, garlic, olive oil and oregano in clay bowl\$ 4.900

Zucchini stew.....\$ 4.000

Grilled seasonal vegetables with cheese.....\$ 4.900

Creamy rice with seasonal vegetables

rice with mushrooms, asparagus or artichoke, gruyère cheese, cream & white wine\$ 5.500

Orchard rice

rice with curry, artichoke hearts, green peas, mushrooms & fried egg in napolitana sauce\$ 4.500

Valencian rice

rice, mushrooms, heart of palm, corn, green peas, french fries, artichoke hearts, red pepper & carrots\$ 4.500

Naturista a lo pobre french fries, rice, onions & two fried eggs.....\$ 4.500

Crispy vegetables with rice or mashed potatoes\$ 4.000

Naturista crêpe stuffed with corn, tomatoes & cheese\$ 4.200

Spinach & cheese crêpe\$ 4.200

Green beans crêpe with tomato sauce\$ 4.500

Naturista lasagna\$ 4.500

Italian spaghetti.....\$ 3.700

Frittata

Special choose between: mushrooms, asparagus, artichokes, tomatoes, spanish (potatoes, tomatoes and onions).....\$ 4.000

Simple: green beans, spinach, carrot, onion, potato\$ 3.500

Special omelette hearts of palm, mushrooms, artichokes & asparragus.....\$ 4.500

Simple omelette with spinach, swiss chards, carrot & corn.....\$ 4.000

side orders

Potatoes (boiled, golden, french fries or mashed)\$ 2.000

Rice.....\$ 1.200

Quinoa.....\$ 2.000

desserts

Fruit salad	\$ 3.600
Seasonal fruit	\$ 2.600
Ice cream cup	\$ 2.400
Naturista cup	\$ 2.800
Coffee Ice-cream	\$ 2.500
Coffee Ice-cream with whipped cream.....	\$ 2.700
Mote con huesillos (typical chilean dessert).....	\$ 1.800
Fruit compote	\$ 1.600
Suspiro limeño	\$ 2.200
Raspberry bavaois	\$ 1.900
Chocolate mousse	\$ 2.200
Lemon pie	\$ 2.200
Cheesecake	\$ 2.200
Celestino crêpe	\$ 2.200
Crêpe with fruits	\$ 2.200
Crêpe with honey	\$ 2.200
Small fruit salad	\$ 1.400
Cream caramel	\$ 1.500

breakfast

Naturista

Small fruit juice, two scrambled eggs, toast with butter, tea or black coffee with milk..... \$ 4.000

American

Small fruit juice, two scrambled eggs, toast with butter, fruit salad, tea or black coffee with milk..... \$ 4.400

Special

Small orange juice, small fresh cheese and tomato sandwich, tea or black coffee with milk..... \$ 3.500

Eggs fried, hard boiled or scrambled (2)..... \$ 1.200

Toast (2)..... \$ 600

sandwiches

Naturista chacarero avocado, boiled egg, tomato, green beans & artichoke..... \$ 3.400

Melted cheese with mushrooms & avocado..... \$ 3.800

Melted cheese with arugula & tomato..... \$ 3.600

Fresh cheese, olives, tomato & basil..... \$ 3.500

Melted or cold cheese with tomato & avocado..... \$ 3.400

Canapé avocado, boiled egg, tomato & heart of palm..... \$ 1.200

extras

Granola

rolled oats, honey, almonds, raisins, sesame seeds and flax seeds..... \$ 1.000

Ice cream..... \$ 1.200

Yoghurt..... \$ 900

Caramel..... \$ 700

Honey..... \$ 700

Jam..... \$ 700

Whipped cream..... \$ 700

coffee, teas and herbal teas

Small espresso..... \$ 1.100

Big espresso..... \$ 1.500

Espresso with a drop of milk..... \$ 1.500

Double espresso with a drop of milk..... \$ 1.800

Cappuccino..... \$ 1.800

Black coffee or tea..... \$ 700

Black coffee or tea with milk..... \$ 1.100

Herbal tea..... \$ 700

Hot chocolate..... \$ 1.400

coffee breaks

Chilean

Small fruit juice, slice of cake, small chacarero sandwich, mixed fruit with ice cream or pumpkin pastry (seasonal only), tea or black coffee with milk..... \$ 4.400

Naturista

Small fruit juice, slice of cake, bread-basket with rolls and cakes, jam, small chacarero sandwich, ice cream cup or two pumpkin pastry (seasonal only), tea or black coffee with milk..... \$ 5.200

Diet

Small fruit juice, fruits with yoghurt and honey and two toasts with avocado..... \$ 4.000

