

# 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

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

## Make your own salad:

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

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

## starters

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

## side orders

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

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

## breakfast

<b>Naturista</b> Small fruit juice, two scrambled eggs, toast with butter, tea or black coffee with milk.....	\$ 4.000
<b>American</b> Small fruit juice, two scrambled eggs, toast with butter, fruit salad, tea or black coffee with milk.....	\$ 4.400
<b>Special</b> Small orange juice, small fresh cheese and tomato sandwich, tea or black coffee with milk.....	\$ 3.500
<b>Eggs</b> fried, hard boiled or scrambled (2).....	\$ 1.200
<b>Toast</b> (2).....	\$ 600

## sandwiches

<b>Naturista chacarero</b> avocado, boiled egg, tomato, green beans & artichoke.....	\$ 3.400
<b>Melted cheese with mushrooms &amp; avocado</b> .....	\$ 3.800
<b>Melted cheese with arugula &amp; tomato</b> .....	\$ 3.600
<b>Fresh cheese, olives, tomato &amp; basil</b> .....	\$ 3.500
<b>Melted or cold cheese with tomato &amp; avocado</b> .....	\$ 3.400
<b>Canapé</b> avocado, boiled egg, tomato & heart of palm.....	\$ 1.200

## extras

<b>Granola</b> rolled oats, honey, almonds, raisins, sesame seeds and flax seeds.....	\$ 1.000
<b>Ice cream</b> .....	\$ 1.200
<b>Yoghurt</b> .....	\$ 900
<b>Caramel</b> .....	\$ 700
<b>Honey</b> .....	\$ 700
<b>Jam</b> .....	\$ 700
<b>Whipped cream</b> .....	\$ 700

## coffee, teas and herbal teas

<b>Small espresso</b> .....	\$ 1.100
<b>Big espresso</b> .....	\$ 1.500
<b>Espresso with a drop of milk</b> .....	\$ 1.500
<b>Double espresso with a drop of milk</b> .....	\$ 1.800
<b>Cappuccino</b> .....	\$ 1.800
<b>Black coffee or tea</b> .....	\$ 700
<b>Black coffee or tea with milk</b> .....	\$ 1.100
<b>Herbal tea</b> .....	\$ 700
<b>Hot chocolate</b> .....	\$ 1.400

## coffee breaks

<b>Chilean</b> 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
<b>Naturista</b> 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
<b>Diet</b> Small fruit juice, fruits with yoghurt and honey and two toasts with avocado.....	\$ 4.000

