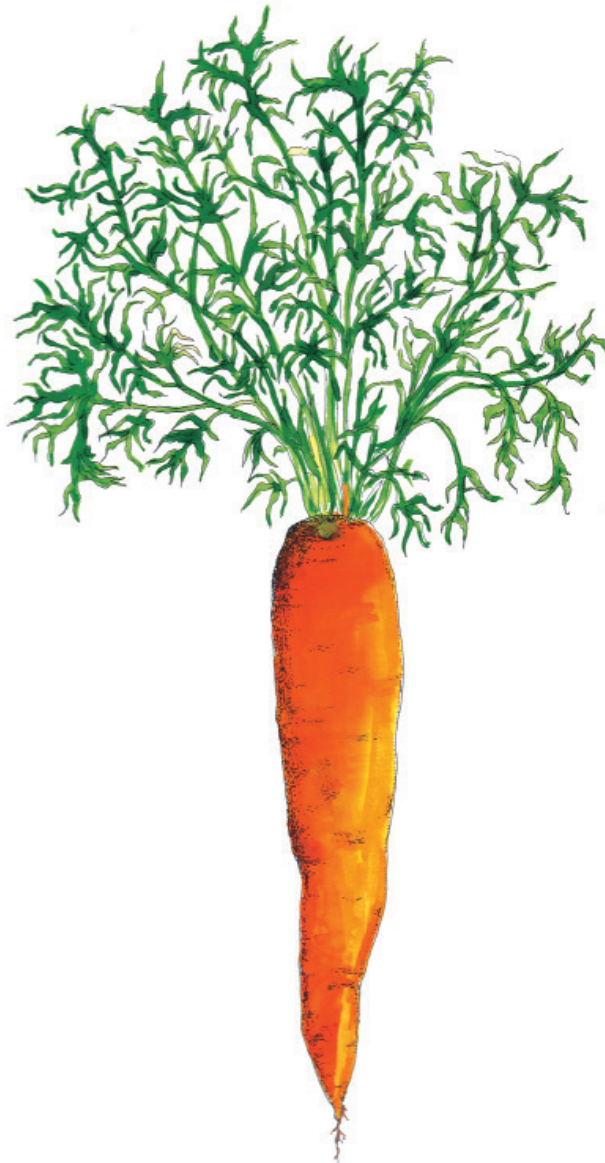


El Naturista ^{MR}



The history of El Naturista is associated with Ismael Valdés Alfonso, who in 1927 opened the first premises of El Naturista in Ahumada 149, there it was possible to enjoy a great variety of fruit juices or, as he use call them, "The human lubricant", as well as salads, stews, and many other dishes wich are still in our menu today.

Back, at time he justified the opening of the place in the following statement: "The belief in natural healing practices has appeared as a reaction to the excess of civilization and to the artificial life we carry everywhere from the beginning of this century. The lifestyle full of stress, always on a rush complemented with an absolutely inadequate diet (...). The Naturismo tends to bring man near nature, so that it gives him natural feeding, such as vegetables, fruits and grains."

drinks

Carrot juice	\$ 2.200
Orange juice	\$ 2.200
Orange & banana juice	\$ 2.200
Cold pressed juice	\$ 2.800
Açaí & raspberry 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 & asparagus \$ 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

