

drinks

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

carrot 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).....

	\$ 5.700
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Greek salad

raw spinach, hydroponic lettuce, tomato, mushrooms, grated raw beets, carrot, olives & goat cheese

	\$ 4.800
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Vegetable Garden

lettuce, tomato, corn, fresh cheese, avocado, artichoke hearts, carrot and yoghurt or golf sauce

	\$ 4.800
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Couscous salad couscous, tomato, avocado, fresh cheese & sweet basil.....

	\$ 4.900
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Naturista chacarero

corn, tomato, artichoke hearts, string beans / side order of avocado, hard boiled egg or fresh cheese

	\$ 4.900
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Naturista Caesar

lettuce, artichoke hearts, Grùyere cheese, croutons, fresh cheese and mustard sauce.....

	\$ 4.800
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Quinoa salad with avocado, tomato & cucumber

	\$ 4.900
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Chilean salad (tomatoes and onions)

	\$ 2.800
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Cochayuyo (brown seaweed) salad

with lettuce, potatoes, green peas, carrot, fresh cheese & avocado.....

	\$ 4.300
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Celery and avocado salad (seasonal only).....

	\$ 3.600
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Make your own salad:

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

With 1 ingredient.....

	\$ 2.300
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With 2 ingredients.....

	\$ 3.000
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With 3 ingredients.....

	\$ 3.300
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Avocado (half).....

	\$ 1.300
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Tomato

	\$ 2.300
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Palmitos

	\$ 3.800
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starters

Naturista tomato

tomato, corn, goat cheese, lettuce and mayonnaise

	\$ 3.800
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Mediterranean empanada

cheese, tomato and sweet basil

	\$ 1.200
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Cheese empanada

	\$ 1.000
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Naturista empanada

mushrooms and chopped vegetables.....

	\$ 1.000
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Stuffed avocado

avocado, potato, carrot, green peas, lettuce and mayonnaise.....

	\$ 3.400
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Asparagus (seasonal only).....

	\$ 3.700
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Consommé.....

	\$ 1.400
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Consommé with egg

	\$ 1.700
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Seasonal vegetable soup.....

	\$ 2.400
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side orders

Fresh cheese

	\$ 1.200
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Choose your cheese among:

camembert, roquefort or goat cheese

	\$ 1.700
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Olives

	\$ 900
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Hard-boiled egg

	\$ 600
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Almonds.....

	\$ 700
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Chia or sesame seeds

	\$ 700
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Sauces.....

	\$ 400
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main courses

Porotos granados

typical Chilean stew made with fresh beans and corn.....\$ 5.500

Pastel de choclo

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

Quinotto with asparagus, mushrooms and artichoke.....\$ 5.500

Crispy two cheese

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

Fricassee

mushrooms, green peas, croutons, french fries & egg.....\$ 5.400

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 and artichoke, Gruyere 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, hearts 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, spinach (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 chard, 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 dried peaches cooked in sugar, water and cinnamon with fresh husked wheat.....	\$ 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 fruit	\$ 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 coffee with milk.....	\$ 4.200
American Small fruit juice, two scrambled eggs, toast with butter, fruit salad, tea or coffee with milk.....	\$ 4.600
Special Small orange juice, small fresh cheese and tomato sandwich, tea or coffee with milk.....	\$ 3.700
Eggs fried, hard boiled or scrambled (2).....	\$ 1.200
Toast (2).....	\$ 600

sandwiches

Naturista chacarero avocado, boiled egg, tomato, green beans & artichoke.....	\$ 3.600
Melted cheese with mushrooms & avocado	\$ 3.900
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
Decaffeinated small espresso	\$ 1.300
Espresso with a drop of milk	\$ 1.500
Double espresso with a drop of milk	\$ 1.800
Cappuccino	\$ 1.800
Coffee or tea	\$ 700
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 coffee with milk.....	\$ 4.600
Naturista Small fruit juice, slice of cake, bread-basket with rolls and cakes, jam, small chacarero sandwich, mixed fruit with ice cream or pumpkin pastry (seasonal only), tea or coffee with milk.....	\$ 5.400
Diet Small fruit juice, fruits with yoghurt and honey and two toasts with avocado.....	\$ 4.200

