

Soul
kitchen
VEGETARIAN RESTAURANT MINCA

Casa
Loma
MINCA

   CASALOMAMINCA

   SOULKITCHEN.MINCA

Casa loma especial

Arepa y pan casero con huevo perico, queso costeño Jugo y café.

Casa loma Special: Arepa and home baked bread with colombian style scrambled eggs, local cheese, juice and coffee.



\$15.000

Dulzura total

Torre de pancakes con frutas, mermelada de mango y maracuya, semillas tostadas.

Dulzura total: Pancake tower with fruits of the season, mango- passionfruit- tumeric jam, roasted seeds.



\$15.000

Fly up the mountain

Granola hecho en casa con frutas y yogur griego.

Fly up the mountain: Homemade granola with fruits of the season and greek yogurt.



\$15.000

A lo costeño

Patacones, queso costeño a la plancha, hogao, huevos revueltos, aguacate Jugo y café.

Costeño style: Crispy plantain chips, grilled local cheese, tomato chutney, scrambled eggs, avocado, juice and coffee.



\$17.000

Choco loco

Torre de pancakes, crema de chocolate, bananas y piña caramelizadas, almendras tostadas, chips de cacao, trufas de dátiles y nueces.

Choco loco: Pancake tower, chocolate cream, caramelized bananas and pineapple, cacao chips, nut and date energy balls

\$17.000

Sierra tropical

Base de banano/ mango/coco Frutas de la estación, granola, chia, gojis, cacao.

Tropical Jungle: Mango/ banana/ coconut base, fruits of the season, goji berries, chia seeds, cacao chips



\$17.000

Rey de la loma

Arepa y pan casero, huevos al gusto, v.chorizo, humus, babaganush, aguacate, ensalada de frutas Jugo y café.

King of the hill: Arepa and homemade bread, eggs of your choice, veggie chorizo, hummus, babaganush, avocado, fruit salad, juice and coffee.



\$19.000

Ensalada de frutas

Fruit salad.



\$8.000

Desayuno Inglés

Pancito, tomates asados con ajo, champiñones, aguacate, huevos fritos (o tofu revuelto), chorizo, frijoles blancos en salsa de tomate, humus y babaganush.

Bread, grilled tomatoes with garlic, mushrooms, avocado, fried eggs (or scrambled tofu), veggie chorizo, white homemade tomato sauce, hummus and babaganush.

\$20.000



Porción extra/ extra portions

Mermelada/ jam	Tofu Revuelto/
Hummus	Tofu Scrambled/
Babaganush	Chorizo vegetariano/
Ricotta Girasol/ sunflower seed ricotta	veggie sausage
Mango mostaza / mango mustard	Champiñones /
Aguacate/ avocado	mushrooms
Queso costeño/ local cheese	Huevo revuelto/
Queso crema/ cream cheese	scrambled eggs
Pan/ bread	Huevos fritos/ fried eggs.
Gluten free Pasta.	

\$4.000

\$6.000

ENTRADAS

STARTERS

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Coliflor nuggets con ajonjolí en salsa mango mostaza.

Cauliflower nuggets in beer batter with sesame crust served with mango mustard sauce.



\$15.000

Rollitos primavera, salsa satay.

Vietnamese spring rolls filled with coconut sambol and avocado served with satay sauce.



\$15.000

Soultapas para 1 o 2 personas pan, humus, babaganush, pinchos con chorizo, falafel, crudites.

Soul Tapas for 1 or 2 people
Homebaked bread, hummus, babaganush, kebab with veggie chorizo and grilled vegetables in pesto green falafel, raw veggies sticks.



1 PERSONA 2 PERSONAS
\$15.000 / \$25.000

Crema de pimenton ahumado, garbanzos picantes, ricotta girasol, acompañado con palitos de ajonjolí y maíz.

Smoked red pepper soup, with spicy chickpeas, sunflower seed ricotta with crunchy sesame corn sticks.



\$13.000

Champiñones apanado de cerveza con babaganush y ricotta de girasol y hierbas.

Beer battered mushrooms with babaganush and sunflower herb ricotta.



\$13.000

Torre de verduras: Berenjena y champiñones asados, aguacates, espinaca, crema balsamico, mezclun de lechuga, almendras tostadas, pesto de tomates secos, acompañado con palitos de ajonjolí y maíz

Veggie tower: Bed of fresh lettuce, grilled aubergines and mushrooms, avocado and spinach, sundried tomatos, red pesto, roasted almonds comes with crunchy sesame and corn sticks

\$15.000



Ceviche de palmitos tropical con maíz tostado y jalapeños.

Tropical palmheart ceviche with crunchy corn and jalapeños.

\$15.000



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SANDWICHES

Opción sin gluten: Chia arepitas estilo Soulkitchen.



Or glutenfree version arepa sandwiches (corn, vegetable patties).



PLANT POWERED

Pan centeno, ricotta girasol, babaganush, mango mostaza, lechuga, cebolla caramelizada, tomate semi secos, chorizos veganos, aceitunas, pepinos.

Rye bread, sunflower ricotta, Babaganush, mango mustard, lettuce, caramalized onion, sundried tomatoes, vegan sausage, cucumber, olives.

\$13.000



FANTASTIC FUNGCHI

Pan de centeno, rúcula, champiñones, ricotta de girasol, tomate semi seco, pesto rojo y verde, aguacate, semillas tostadas de girasol.

Rye bread, rocket salad, mushrooms, sunflower ricotta, sundried tomato, red and green pesto, avocado, roasted seeds.

\$13.000



SUPER SANDWICH

Pan centeno, queso crema, pesto de albahaca, huevo frito, mozzarella, berenjena asada, tomate, pepino, lechuga.

Rye bread, cream cheese, pesto, fried egg, mozzarella, grilled aubergine, tomato, cucumber, lettuce.

\$15.000

GREASY SPOON

BOWL

DESAYUNO INGLÉS

Pancito, tomates asados con ajo, champiñones, aguacate, huevos fritos (o tofu revuelto), chorizo, frijoles blancos en salsa de tomate, humus y babaganush.

Bread, grilled tomatoes with garlic, mushrooms, avocado, fried eggs (or scrambled tofu), veggie chorizo, white beans in homemade tomato sauce, hummus and babaganush.

\$20.000

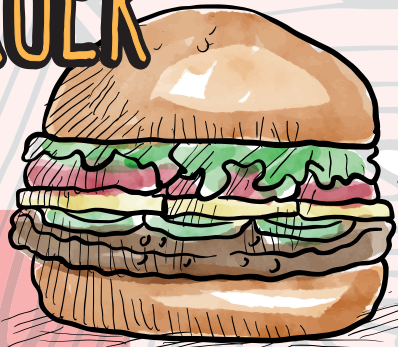


* 6.000 Tofu Revuelto/
Tofu Scramble

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BURGER



FALAFELBURGER "GUACAMAYA"

Base de falafel verde, humus, mozzarella, huevo frito, mangomostaza, pesto, pepino, pepinillos, tomate, Acompañado con papitas rústicas y salsa de tomate casera.

SOULBURGER

La más carnosa con cebolla caramelizada, aguacates, lechuga, pepino, tomate semiseco, jalapeños y trilogía de salsas. Acompañado con papitas rústicas y babaganush.

Opcional adición de queso \$3.000

The "meatiest" vegan burger, caramelized onions, avocado, cucumber, lettuce, sundried tomatoes, jalapeños and trilogy of homemade sauces.

Served with oven potatoes and red babaganush. (optional + cheese \$3.000).

GREEN FALAFEL BURGER "GUACAMAYA"

Green falafel base, hummus, mozzarella, fried egg, mango mustard, pesto, cucumber, pickles, tomatoes, served with oven potatoes and homemade tomato sauce.

\$22.000

\$22.000

PLATOS FUERTES

MAIN PLATES



SALCHIPAPA SOULKITCHEN

Salchipapa estilo Soulkitchen Papitas, chorizo, babaganush, queso costeño, lechuga

Salchipapa...a classic local costeños dish Soulkitchen style, oven potatoes, vegan sausage, local cheese, lettuce.

ENTRADA \$12.000

PLATO FUERTE \$19.000





PLATOS FUERTES

MAIN PLATES

ESPAGUETI AL PESTO VERDE CON VERDURAS

(cebolla, pimentones, zanahoria, zucchini) salteadas y queso parmesano

spaghetti with green pesto, stir fried vegetables (onion, peppers, carrot, zucchini) and parmesan cheese.



\$19.000

Penne con pesto de tomates secos, con brócoli, tomates semisecos, almendras tostadas, queso parmesano.

Penne with sundried tomato pesto, tomatoes, broccoli, roasted almonds and parmesan cheese.



\$21.000

BOWLS & ENSALADAS

BOWLS AND SALADS

Lasaña en salsa de 4 quesos con ensalada de la huerta.

Veggie lasagna with 4 different cheeses served with garden salad.

\$25.000

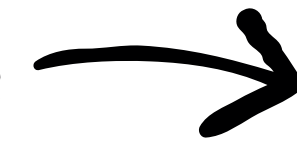
Medallones con ahuyama asada, coliflor, zanahorias y habichuelas en salsa de vino blanco y coco.

Con ensalada de la huerta.

Veggie medallions with grilled pumpkin, cauliflower, carrots, green beans in white wine sauce.

Served with garden salad.

\$28.000



Green Falafel Bowl

Mezclun de lechuga, aguacate, tomate, pepino, zanahoria, repollo morado, semillas de girasol, verduras salteadas, pincho de falafel verdes con humus y babaganush.

Green Falafel Bowl
Mixture of lettuce, tomatoe, cucumber, carrot, red cabbage, toasted pumpkin seeds, stir fried vegetables. Served with green falafel, hummus and babaganush



Pequeña \$17.000

Grande \$25.000

Gado Gado Bowl GF, V

A base de quinoa o arroz, habichuelas, ahuyama asada, pimentón rojo, brócoli, pepino, huevo cocido, pincho de coliflor y champiñones en salsa satay con maní.

Base with quinoa or rice, beans, roasted pumpkin, red paprika, broccoli, cucumber, boiled egg, cauliflower skewer and mushrooms in satay sauce with peanuts.



Pequeña \$19.000

Grande \$25.000

Happy Hippie Bowl

A base de quinoa verde, col, repollo morado, pepino, aguacate, gojis, semillas de calabaza, zanahoria caramelizada, pinchos de v.chorizos y verduras (elige tus salsas, x2 humus/ babaganush/ ricotta girasol/ mango mostaza/ guacamole/ satay (salsa mani)/pesto).

Happy Hippie Bowl
Base of green quinoa, kale, red cabbage, avocado, cucumber, goji berries, pumkinseeds, caramalized carrots, vegan sausage and vegetables, choose your sauce. x2 (humus/ babaganush/ sunflower seed ricotta/ mango mustard/ guacamole/ satay (peanut sauce) / pesto.

Grande \$27.000

Pequeña \$19.000



Arcoiris de la Sierra

Champiñones apañados, ricotta de girasol, pesto rojo, mezclun de lechuga, aguacate, chia, zanahoria, chia, verduras en salsa de de vino blanco, garbanzos.

Rainbow salad
Mushrooms in beer butter, sunflower ricotta, red pesto, mix of lettuce, avocado, chia seeds, carrots, red cabbage, stir fried vegetables in white wine sauce with chickpeas. Tahini vinagrete

\$25.000



Fuego Solar / Curry

A base de quinoa o arroz, brócoli, coliflor, zanahoria, cebolla, habichuela, tofu en leche de coco.

Acompañado con coco sambol y patacón.

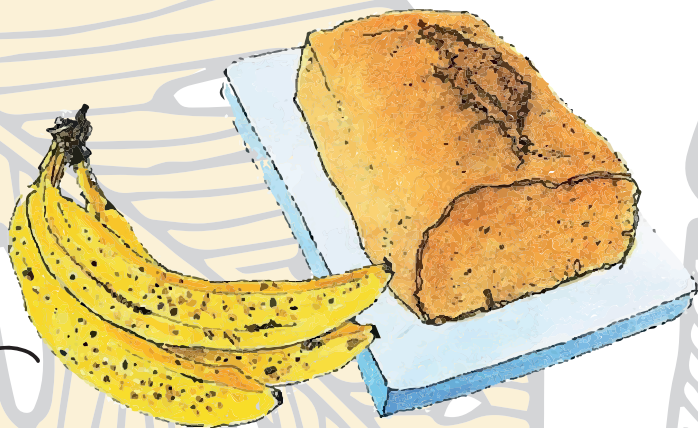
Base of quinoa or rice, broccoli, cauliflower, carrot, onion, beans, tofu in coconut milk. Served with coconut sambol and patacon.



\$27.000

POSTRES

DESSERT



Banana bread con bananas caramelizadas

Banana bread with caramelized bananas.

\$9.000



Soul Brownie

\$8.000



Brownie con Helado de mango/ coco/ banano

Brownie with mango- coco- banano ice cream.

\$12.000



Helado de chocolate helado tropical

Chocolote and tropical ice cream.

\$12.000



Mousse au chocolate con trufas de nueces y salsa de curcuma /mango/ maracuya

Chocolate mousse with energy balls (dates and nuts) tumeric- mango- maracuya jam.

\$12.000



Cremosura

Banano, datiles, marañón, leche de coco, jarabe cacao.

Banana, dates, cashew, coconut milk, cacao.



\$15.000

Tropisol

Mango, papaya, piña, curcuma, limón, panela.

Mango, papaya, pineapple, turmeric, lemon, panela.

\$15.000

Corazón del mundo

Banano, piña, menta, jengibre, limón, panela.

Banana, pineapple, mint, ginger, lemon, panela.

\$15.000

SMOOTHIES

DRINKS

Jugos Naturales endulzados con panela

Mango, maracuyá, fresa, guanabana, piña, mora, guayaba, banano, lulo

Mango/ passion fruit/ strawberry/ soursop/ pineapple/ blackberry/ guava/ banana/ lulo/

\$8.500

Dos frutas combinadas
Mixed fruits (two).

\$15.000

Limonadas Frappe

SOUL: Pepino, hierbabuena, jengibre, cucumber, mint, ginger.

HIERBABUENA / mint.

LIMÓN / Lemon.

COCO / Coconut.

\$8.500

Agua en botella /
bottle of water

\$3.500

Soda con limón /
lemon sparkling

\$5.000

Soda Italiana /
italian sparkling

\$6.000

Maracuyá, jengibre /
Passion fruit, ginger

Kombucha MACONDO

Jengibre, flor de jamaica, maracuyá / Ginger, Hibiscus, passion fruit

\$9.000

Calientico

Hot drinks

Aromática de
la huerta
aromatic from the
garden

\$3.000

Tinto o Café
con Leche

Tinto or Coffee with milk

\$4.000

Cacao en leche de coco
Cocoa with coconut milk

\$6.000

Leche dorada

Cúrcuma, pimienta negra, clavo de olor, canela, leche de coco, jengibre.

Golden Milk: turmeric, black pepper, cloves, cinnamon, coconut milk, ginger.

\$7.000



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DRINKS



COCKTAILS DE AUTOR

CERVEZAS

Beers

- Aguila \$ 6.000
- Club Colombia Dorada \$ 6.000
- Poker \$ 6.000
- Michelada \$ 6.500

CERVEZAS ARTESANALES

Artisanal Beers (Nevada)

VINO

Wine

- Vino Botella tinto/blanco \$ 60.000
- Tarapaca Vino \$ 90.000
- Espumante \$ 70.000
- Vino rosé \$ 70.000
- Copa tinto/ blanco \$ 13.000

CERVEZAS ARTESANALES

Artisanal Beers (Nevada)

- Tucan / Nebbi \$ 10.000
- Ayu / Pava / Colibrí / Reinita \$ 12.000

Soul Collins

Sabores tropicales en maceración de jengibre y ron blanco.

Tropical flavors in ginger and white rum maceration.

\$16.000

Soul Mate

Protagonista el tequila en una incógnita de sabor, atrévete a probarlo.

Protagonist tequila in an unknown flavor dare to try it.

\$18.000

Soul Kitchen

El coco y cacao en armonía con el Ron.

Coconut and cacao with rum.

\$18.000

Kombucha Tonic

Un infalible con notas fermentadas saludables (maracuyá, jengibre, flor de jamaica) & Gin.

A must have with healthy fermented flavors (passion fruit, ginger, hibiscus) & Gin.

\$20.000

Frozen Margarita

Frutas locales en un clásico mexicano.

Mexican classic with local fruit.

\$22.000

Summer Samba

Recuerdos de un verano tropical con carácter. (vino blanco, triple sec, ron blanco, ginebra).

Memories of a tropical summer with character (white wine, white rum, triple sec, ginger).

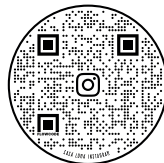
\$22.000

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