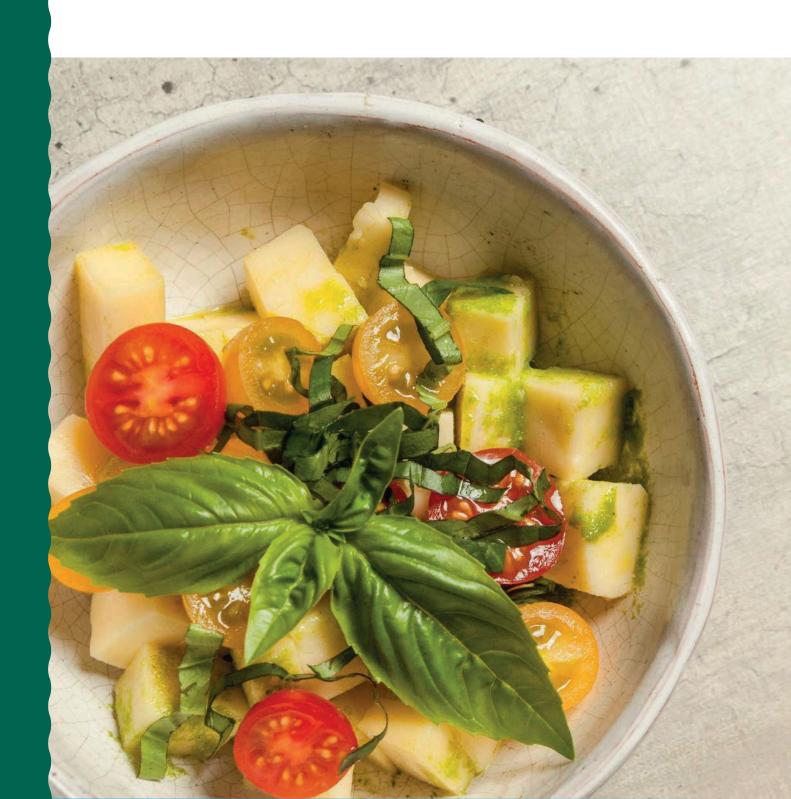
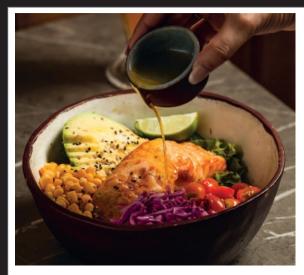
Menu



Delicious dishes made especially for you



WELCOME TO OUR HOME WELCOME TO OUR WELLNESS REFUGE WELCOME TO LA HUERTA



FRESH AND NATURAL INGREDIENTS in each of our dishes

Hello!

Welcome to this culinary experience called La Huerta. We are very glad to have you here sharing our passion for tasty, healthy and natural foods

La Huerta is specially created for you to share moments, to enjoy authentic scents and flavors It's the perfect excuse for you to look for what is valuable in everyday life: chatting with friends, reading a book, or simply watching people passing by whilst feeling the smell of brand new coffee, or listening to good music

From this moment on, we invite you to free your senses, relax and enjoy of a well-deserved break

WE OFFER YOU A SIMPLE BUT HONEST SUGGESTION... ISN'T IT TRUE THAT WHAT TRULY MATTERS CAN BE FOUND IN THE LITTLE THINGS?

Why is La Huerta different?

A VARIED MENU WITH THE BEST OF HOMEMADE FOOD

We offer you plenty of culinary options that are made with love and effort, in order for you to have a different experience through each of them

FRESH INGREDIENTS ARE CHOSEN FOR YOU

What you are going to eat has been made today, that is why, no matter the dish you choose, you will taste in all of them much more flavor, color and aroma

(IN OUR HOME... OR WHEREVER YOU WANT)

At La Huerta you can choose the dish you want and enjoy it here or anywhere. Our take out service helps you make your lunch or dinner easier

YOU ARE OUR FAMILY

We all share the passion for healthy food; that is what makes us family. You will always be welcome, and we will give our best in every moment

.....

WE WANT YOU TO ENJOY

Each detail has been carefully though for you to live in La Huerta your best moments

FNTRÉFS







Starters

HUMMUS DE GARBANZOS Chickpea hummus with carrot sticks	28.000 Gs	SOPA DE VERDURAS Vegetable soup with blended vegetables, fresh cheese and a pinch of chili pepper	25.000 Gs
ENSALADITA CAPRESSE Capresse salad, cherry tomatoes, basil, fresh cheese with almond pesto dressing	32.000 Gs	SOPA DE TOMATES Tomato soup with baked tomatoes, caramelized onions and honey	25.000 Gs
CAMARONES Shrimps sautéed with garlic, white wine and paprika	55.000 Gs	CANASTITAS LIGHT Our individual quiches made with chickpea-based dough without wheat flour	22.000 Gs
TORTILLA ESPAÑOLA Spanish omelette, grilled potatoes, onions and eggs, soft on the inside, crispy on the outside	22.000 Gs	SOPA DE SURUBÍ Surubí soup with plenty of vegetables and shrimp	64.000 Gs
TARTAR	42.000 Gs	COUNTRY BREAD SANDWICH	33.000 Gs
Tartare of quinoa, salmon, mango, avocado		CHIPA GUAZÚ	19.000 Gs

MAKE YOUR OWN SALAD x 45.000 Gs

Discover the ingredients to make your favorite salad and follow the simple steps below

01

CHOOSE A SALAD BASE

Lettuce mix
Lettuce and watercress mix
Lettuce and arugula mix
Lettuce and basil mix
Noodles

02

PICK YOUR INGREDIENTS

See the ingredients of the day at the counter

They are different every day

03

CHOOSE YOUR DRESSING

Light Mayo Olive oil and lemon Chilli pepper Pesto Greek dressing Caesar dressing

04

сомво

SALAD + WATER 50.000 **Gs**



La Huerta specials



Our salads

SALMÓN BOWL

ENSALADA DE MAR Mixed greens, sautéed shrimp, blue cheese, tomato confit, walnuts, and cilantro. Dressing: Honey and mustard	65.000 Gs
ENSALADA ITALIANA Mix of greens, hearts of palm pieces, red onion, olives, prosciutto, and scallions. Dressing: Pesto	52.000 Gs
ENSALADA FIT Mixed greens, quinoa, sautéed chicken, colored bell peppers, and cherry tomatoes. Dressing: Cilantro mayo	54.000 Gs
Poke Bowls	
POKEMAR BOWL Rice, fresh marinated salmon, avocado, mango, cucumber, cherry tomatoes, red cabbage and scallions	79.000 Gs
POKEVEGGIE BOWL Quinoa, sweet corn, cucumbers, beets, carrots, radish, and sesame sauce	51.000 Gs
POKE DE CAMARÓN Rice base, shrimp, avocado, red onion, mango, hearts of palm, cream cheese. Teriyaki sauce	79.000 Gs





Quinoa base, lettuce, grilled salmon, corn, avocado, cherry tomatoes, red cabbage



83.000 Gs



Our Classics

BAKED TENDERLOIN BREADED MEAT	52.000 Gs
BAKED CHICKEN BREADED MEAT	44.000 Gs
PUMPKIN GNOCCHI With broccoli sauce	42.000 Gs
STIR-FRIED NOODLES With vegetables and mushrooms with olive oil	38.000 Gs
GRILLED CHICKEN	32.000 Gs
GRILLED TENDERLOIN	46.000 Gs
GRILLED TILAPIA FISH	54.000 Gs
GRILLED SALMON	79.000 Gs
VEGETABLE OMELET	32.000 Gs
CHICKEN AND VEGETABLE OMELET	37.000 Gs
*Neapolitan style grills: Tomato sauce, fresh cheese and fine herbs	10.000 Gs

Side dishes

SALAD OF THE DAY	22.000 Gs
Mix of greens, tomatoes, carrots, and red cabbage	
WHITE RICE	15.000 Gs
WHITE RICE WITH CHEESE	19.000 Gs
STREAMED VEGETABLES	19.000 Gs
SAUTÉED VEGETABLES	19.000 Gs
ROASTED VEGETABLES	22.000 Gs
OVEN ROASTED BABY POTATOES	19.000 Gs
CRISPY SWEET POTATO	19.000 Gs
RUSTIC ROASTED POTATOES	19.000 Gs
MASHED POTATOES	19.000 Gs
MASHED PUMPKIN AND SQUASH	19.000 Gs
MASHED SWEET POTATOES	19.000 Gs









kids menu

- TENDERLOIN BREADED MEAT WITH MASHED POTATOES
- BEEF BURGER WITH BABY POTATOES
- DICED CHICKEN WITH BUTTERED NOODLES



MAIN COURSES

Our specials

MALIBU DEL MAR
92.000 Gs
Salmon in a seed crust, baby potatoes
and asparagus with olive oil

TOKIO AL WOK
72.000 Gs

Wok noodles with sautéed seafood and pieces of tomato confit

BARCELONESA 89.000 Gs

Tenderloin stuffed with bell peppers and cheese, sweet potato purée topped with caramelized onions

NEW YORK STEAK 89.000 Gs

200g of premium beef with light chipa guazu and coleslaw. Dressing: criolla sauce

CHICAGO CHICKEN 69.000 Gs

Chicken stuffed with bell peppers, spinach and blue cheese sided with garlic rice

LOS GNOCCHI DE NIZA 54.000 Gs

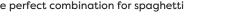
Steamed sweet potato gnocchi with chestnut, onions, leek and almonds cream sauce

VIVA MÉXICO 55.000 Gs

Chicken or meat quesadillas topped with house sauces and a mix of greens

PASTA CREMOSA 65.000 Gs

Shrimp and mushroom creamy pasta, the perfect combination for spaghetti



Burgers

AMERICAN CLASSIC 57.000 Gs

100% beef hamburger filled with spinach and cheese, tomato confit, arugula, caramelized onions, on whole wheat seeded bun. Sided with a mix of greens and sweet potato sticks

CALIFORNIA BURGER 57.000 Gs

100% beef gratin with Roquefort cheese, topped with confit tomatoes on fluffy seed bread. Served with baby potatoes and mixed greens





Pizzas

PIZZA NAPOLITANA*

40.000 Gs

Oatmeal dough, tomato sauce, mozzarella cheese, tomato and basil

PIZZA CAMARONES*

62.000 Gs

Oatmeal dough, tomato sauce, sautéed shrimp, mozzarella and blue cheese.

* Personal size



Try our seasonal dishes







MAIN COURSES







Sandwiches

CHICKEN 46.000 Gs Chicken, mozzarella and blue cheese, tomatoes, carrots, and La Huerta dressing **PROSCIUTTO** 46.000 Gs Prosciutto, tomatoes, carrots, mozzarella cheese, and La Huerta dressing **PRIMAVERA** 42.000 Gs Lettuce, tomatoes, red onions, olives, egg, scallions, beets, light mayo **LA HUERTA** 52.000 Gs Beef tenderloin, blue and mozzarella cheese, mushrooms, glazed onions, arugula, and light mayo **LOMIFIT** 54.000 Gs Beef tenderloin, lettuce, tomato, sautéed bell peppers, olives, mozzarella cheese, and light mayo 49.000 Gs Grilled chicken, lettuce, parmesan cheese, Caesar dressing **CLUB HOUSE** 43.000 Gs Chicken, lettuce, bacon, eggs, and tomatoes **SUMMER SANDWICH** 48.000 Gs Seasoned chicken breast, roasted bell peppers, mozzarella cheese, Roquefort cheese, tomato,

Wraps

CLASSIC CHICKEN	45.000 Gs
Chicken, tomato, carrot, mozzarella cheese, La Huerta dressing	
CHICKEN AND GREEN	45.000 Gs
Chicken, lettuce, arugula, tomato, light mayonnaise	
CAESAR	45.000 Gs
Chicken, lettuce, mozzarella	
cheese, Caesar dressing	
HONEY CHICKEN	45.000 Gs
Seasoned chicken, sun-dried tomato paste, purple cabbage, lettuce, mozzarella cheese	
VEGGIE	40.000 Gs
Hummus, lettuce, carrot, purple	

Picada saludable Serves 4 150.000 Gs
Picada saludable Serves 6 198.000 Gs

(!) Ask about the beer combos options

cabbage, pesto sauce



(!) All sandwiches are served on ciabatta bread, except for the Club House sandwich

ADD THESE EXTRAS FOR EXTRA FLAVOR!

and arugula on sourdough bread

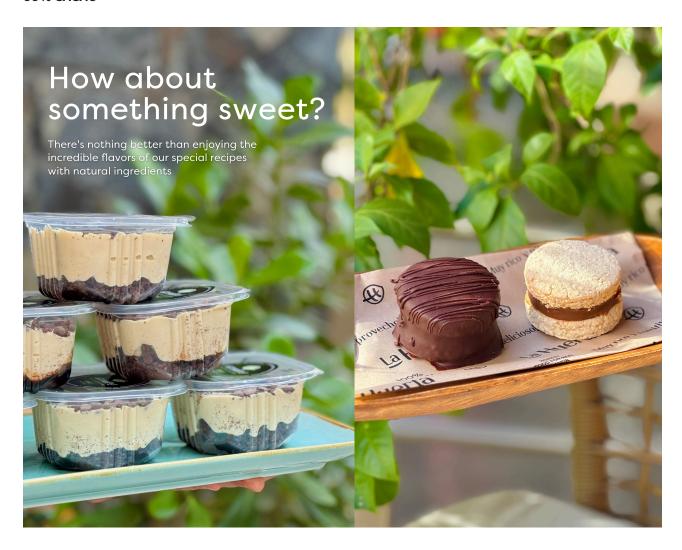
Tomato	4.000 Gs	Tuna	12.000 Gs	Lemon and Olive Dressing	3.000 Gs
Lettuce	5.000 Gs	Shrimp portion	25.000 Gs	Pesto Dressing	5.000 Gs
Carrot	4.000 Gs	Salmon portion	25.000 Gs	Caesar Dressing	5.000 Gs
Olives	5.000 Gs	Raw or Cooked Ham	10.000 Gs	Honey	8.000 Gs
Egg	4.000 Gs	Mozzarella Cheese	8.000 Gs	•	
Heart of palm	8.000 Gs	Roquefort Cheese	12.000 Gs		
Mushrooms	10.000 Gs	Fruits	10.000 Gs		
Arugula	5.000 Gs	Nuts	15.000 Gs		
Basil	5.000 Gs				

05

DESSERTS

Sweet treats

VOLCAN CHOCOLATE WITH AMERICAN ICE CREAM	38.000 Gs	LEMON PIE	19.000 Gs
LIGHT CRÊME BRÛLÉE	24.000 Gs	WHOLE WHEAT GUAYABA PIE	22.000 Gs
OATMEAL AND COCONUT COOKIES	7.000 Gs	BLUEBERRY MUFFINS	17.000 Gs
RICE FLOUR AND ORANGE	7.000 Gs	AÇAI BOWL	29.000 Gs
COOKIES		TIRAMISÚ	24.000 Gs
LIGHT CARAMEL OATMEAL ALFAJOR	17.000 Gs	BLUEBERRY CHEESECAKE	26.000 Gs
LIGHT CARAMEL OATMEAL ALFAJOR COATED WITH ORGANIC CHOCOLATE 60% CACAO	22.000 Gs	BROWNIE	22.000 Gs





YOU CAN ALSO ORDER DELIVERY VIA WHATSAPP (C) OR THROUGH THE DIGITAL DELIVERY PLATFORMS!



BREAKFAST AND SNACKS

SCRAMBLED EGGS WITH TOASTS	25.000 Gs	NEAPOLITAN PITA SANDWICH	25.000 Gs
SCRAMBLED EGG WHITES	20.000 Gs	Mozzarella cheese, tomatoes, olives, fine herbs	
SHAKSHUKA WITH TOASTS	40.000 Gs	ITALIAN PITA SANDWICH	05 000 0
Boiled eggs in tomato sauce		Mozzarella cheese, tomatoes,	25.000 Gs
TOASTS		prosciutto, basil	
*sliced bread	6.000 Gs	OATMEAL WAFFLES	31.000 Gs
*sourdough bread	8.000 Gs	Topped with fruits, honey, or low calorie jam	
GRILLED HAM AND CHEESE SANDWICH*	20.000 Gs	SEASONAL FRUITS BOWL	22.000 Gs
GRILLED PROSCIUTTO AND CHEESE	22.000 Gs		
SANDWICH*		CAPRESSE TAPIOCA	25.000 Gs
*With tapioca instead of bread	8.000 Gs	With mixed greens	
HAM AND CHEESE CROISSANT	20.000 Gs	CHICKEN AND CHEESE TAPIOCA	32.000 Gs
	20.000 03	With mixed greens	

GRANOLA

Espresso, granola bowl, natural yogurt, fruits, honey

HAM AND CHEESE CROISSANT	20.000 Gs	With mixed greens	
Combos			
BRUNCH LA HUERTA	72.000 Gs		A Non
Country bread with avocado, cherry tomatoes, and poached eggs, oat waffle with mixed fruits, fresh orange juice, and double espresso			
CLASSIC	30.000 Gs		
Espresso, orange juice, toast and low calorie jam			
LIGHT	42.000 Gs		
Espresso, orange juice, oatmeal waffles with fruits and honey		ADDS ON	5 000 6
LA HUERTA	42.000 Gs	LOW CALORIE JAM	5.000 Gs
Espresso, orange juice, toast, low calorie	12.000 00	HONEY	8.000 Gs
jam, scrambled eggs		YOGURT	7.000 Gs

AUTHENTIC DISHES, ALWAYS MADE WITH FRESH AND NATURAL INGREDIENTS

ALMONDS

PEANUT BUTTER

NUTS

15.000 Gs

15.000 Gs

8.000 Gs

42.000 Gs

BEVERAGES







Fresh juices

ORANGE	20.000 Gs
LEMON	20.000 Gs
GRAPEFRUIT	20.000 Gs
PEACH	22.000 Gs
PINEAPPLE	22.000 Gs
MELON	22.000 Gs
KIWI	23.000 Gs
STRAWBERRY	23.000 Gs

Combinados

PINEAPPLE AND MINT **LEMON AND MINT LEMON AND GINGER ORANGE AND PARSLEY ORANGE AND PEACH ORANGE AND CARROT**

23.000 Gs

Coffee

ESPRESSO	14.000 Gs
ESPRESSO WITH A DASH OF MILK	15.000 Gs
DOUBLE ESPRESSO	20.000 Gs
DOUBLE ESPRESSO WITH A	22.000 Gs
DASH OF MILK	
CAPPUCCINO	23.000 Gs
COFFEE AND MILK	22.000 Gs
AMERICANO	20.000 Gs
LAGRIMA	20.000 Gs
ICED LATTE	22.000 Gs
COLD CAPPUCCINO	23.000 Gs
AFFOGATO	23.000 Gs

Other beverages

TEA	8.000 Gs
WATER OR SPARKLING WATER	10.000 Gs
PEPSI LINE SODAS	10.000 Gs





(!) Some fresh juices may not be available in certain seasons

MAKE YOUR OWN JUICE MIX x 25.000 Gs

CHOOSE A FRUIT

LEMON • KIWI • PINEAPPLE GRAPEFRUIT • STRAWBERRY ORANGE PEACH · MELON

02

CHOOSE TWO VEGETABLES

LETTUCE · GINGER · MINT CELERY · BASIL · SPINACH **CARROT** • CUCUMBER PARSLEY · BEET

SPECIAL ADDINGS

ALMOND MILK LOW FAT MILK

LACTOSE FREE MILK

BEER AND DRINKS







Beers

STELLA ARTOIS DRAFT	18.000 Gs
STELLA ARTOIS 330 ML	18.000 Gs
STELLA ARTOIS 710 ML	25.000 Gs
CORONA 355 ML	15.000 Gs
CORONA 710 ML	25.000 Gs
MICHELOB ULTRA 330 ML	15.000 Gs
STELLA ARTOIS 330 ML ALCOHOL-FREE	15.000 Gs

To share

SANGRIA COQUETA	70.000 Gs
Sparkling, aromatic, refreshing, exotic, and sweet. A blend of a good red wine and tropical fruits	

White wine with fresh fruits, ideal for toasting with friends

Our drinks

GIN & TONICS

CLÉRICO

BOMBAY	40.000 Gs
HENDRICKS	45.000 Gs
SEASONAL DAIQUIRIS	40.000 Gs
PIÑA COLADA	40.000 Gs
CAIPIVODKA	38.000 Gs
CAIPIRINHA	35.000 Gs
MOJITO	38.000 Gs
PISCO SOUR	40.000 Gs
TEQUILA SUNRISE	40.000 Gs
APEROL SPRITZ	40.000 Gs
SEX ON THE BEACH	40.000 Gs
CAMPARI ORANGE	40.000 Gs
NEGRONI	40.000 Gs
FERNET	30.000 Gs
JACK & COLA	40.000 Gs

Wines

WHITE	
LA LINDA TORRONTES	90.000 Gs
LUIGI BOSCA SAUVIGNON BLANC	120.000 Gs
RUTINI SAUVIGNON BLANC	140.000 Gs
ROSÉ	
LUIGI BOSCA ROSE	120.000 Gs

RED

70.000 Gs

RUTINI CABERNET - MALBEC	140.000 Gs
LUIGI BOSCA MALBEC	120.000 Gs
LA LINDA MALBEC	90.000 Gs

BY THE GLASS

HOUSE RED OR WHITE WINE 25.000 Gs

Sparkling Wines

FREIXENET CARTA NEVADA BRUT 105.000 Gs
FREIXENET CARTA NEVADA DEMI SEC 105.000 Gs

