

STARTERS

WINTER OPEN SANDWICH **s**

Artisan smoked and cured salmon slices, water apples and avocado on homemade quinoa bread, sprinkled with extra virgin olive oil and sprouts.

New

BAKED CARIMAÑOLAS **g**

Three yucca pies stuffed with beef, served with homemade hot sauce and coastal serum.

MANGO CEVICHE **c / VGN / g**

Special fresh mango ceviche with onion, coriander and lemon.

ARAB ANTIPASTO **VGN**

Hummus (chickpeas and tahini), quinoa tabouleh, baba-ganoush (roast eggplants), purple olives, organic flowers and slices of pita bread.

New Version

MORAN TARTARE **g**

Fresh salmon or fresh tuna, mango, black sesame seeds, sesame oil and lemon, on an avocado bed, served with a toasted green plantain stick.

By LeoCocinero.

THREE-CHEESE MUSHROOMS **VGT**

Mushrooms in a melted mixture of Dutch, blue and parmesan cheeses, served with toasted wholegrain bread with parsley and garlic.

CHILI WITHOUT MEAT **VGN / g**

Stew of red beans, tofu, peppers, jalapeno and organic tomatoes, with corn kernels, coriander, guacamole and baked corn totopos.

EDAMAME **VGN / g**

Whole pods of soybeans steamed, sprinkled with sea salt.

SALADS

CAESAR - KALE **VGT**

SUNA's version of the traditional Caesar Salad, with organic kale, fresh green leaves, anchovy dressing, a bit of natural yogurt and croutons.

Addition: Slices of creole chicken

Addition: Organic turkey

Addition: Hand-cured salmon

SWEET AUTUMN SALAD **VGT / g**

Creole apple, blue cheese, walnuts caramelized with honey, and organic flowers over a variety of organic lettuce and sweet balsamic vinaigrette.

SALAD FROM THE FARM **g**

Blend of organic lettuce and organic tomatoes, mushrooms, carrots, grilled creole chicken breast pieces, caramelized onions, sesame seeds and paprika vinaigrette.

SALAD FROM THE MOUNTAIN **VGN / g**

Refreshing combination of quinoa, avocado, organic tomato and pepper, with organic flowers, kale chips and basil, mint and spearmint vinaigrette.

KALE -N- DULA

Innovative mix of organic kale, fresh spinach, oat flakes, mango, cashews, sesame seeds and calendula flowers with your choice of: Feta cheese **VGT / s** | SUNA smoked salmon **s** | Creole chicken **s** | Soy beans

VGN / s

SOUPS

TOMATO **VGT / g**

With chopped avocado and a bit of coastal serum. It can be vegan on order.

CARROT **VGN / g**

With a bit of ginger and lemon zest.

*All of our soups
are made of
vegetables.*

PEASANT **VGN / g**

Chopped vegetables and creole potato and a bit of cilantro.

SOUP IN HARVEST **g**

Ask about our soup of the week, made with ingredients in harvest.



SANDWICHES & WRAPS

COUNTRYSIDE WRAP

Creole chicken, Dutch cheese, caramelized onions, fresh arugula and sesame mayonnaise.

Sandwiches in ciabatta or wholemeal baguette; wraps in wholemeal tortilla or fresh chard. Served with arracacia or organic kale chips.

VEGGIE WRAP **New** VGN

Lentils, portobello, fresh spinach, beetroot, sprouts and homemade guacamole.

FROM THE WOODS VGT

Exquisite mix of portobellos, goat cheese, organic candied tomatoes and homemade pesto.

PESTO CHICKEN SANDWICH

Grilled creole chicken breast cuts, organic lettuce, organic tomato and homemade pesto.

CHICKEN, APPLE AND

DUTCH CHEESE SANDWICH
Grilled creole chicken breast cuts, Dutch cheese, creole apple, honey sauce and Dijon mustard.

COMBOS

Combination of soup, half sandwich, half wrap and half salad.

**SOUP +
1/2 SANDWICH OR
1/2 WRAP**

**SOUP +
1/2 SALAD**

**1/2 SALAD +
1/2 SANDWICH OR
1/2 WRAP**



The price of the combo depends on the combination you choose.



VEGAN HAMBURGER VGN

- Find them in our Gourmet Market and prepare them at home -

IN HOMEMADE WHOLE GRAIN BREAD

Choose one of the following options:

Of lentil, with braised eggplant, guacamole and organic purple lettuce.

Of quinoa and corn, with onion confit, paprika sauce, homemade mustard and green organic lettuce.

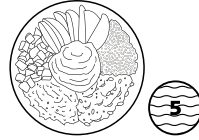
Of chickpea, with sesame mayonnaise, cucumber and fresh rugula.

Choose one of the following options:

Baked chips of organic kale / Baked arracacia chips / Highland saute potatoes / Fresh salad / Sauté sweet potato **New**

SUNA BOWL

For you to combine flavors, nutrients, textures and colors to your taste. Put together and enjoy your own SUNA BOWL.



- 1. CEREAL (one option)** Wholegrain rice | Quinoa tagliatelle | Quinoa tabbouleh.
- 2. LEGUMES (one option)** Mini-hamburgers (select two between: lentils, quinoa & corn, chickpeas) | Black beans garnish | Chickpeas | Lentils.
- 3. VEGETABLES (two options)** Cucumber | Mango ceviche | Yacon | Mix of dark green leaves | Baked chips of organic kale | Baked chips of arracacia | Organic cherry tomatoes | Carrot | Mushrooms | Sauté sweet potato **New** | Zoodles **New**

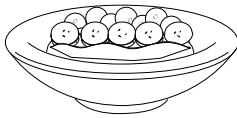
- 4. DIP (one option)** Guacamole | Hummus (chickpeas & tahini) | Muhammara (roast red peppers) | Baba-ganoush (roast eggplants with dried tomatoes)
- 5. DRESSINGS (one option)** Honey-mustard vinaigrette | Olive oil and balsamic vinegar | Fine herb vinaigrette | Paprika vinaigrette | Miso, honey and lime sauce | Lime. *It is served apart.*
- 6. TOPPINGS (one option)** Black sesame seeds | Caramelized onions | Toasted almonds | Dried soy seeds | Marigold flowers | Cashew nuts | Black olives | Green olives | Sprouts

Each additional portion will cost (no protein)

7. PROTEIN (additional)

Edamame | Sauté tofu | Hard-boiled egg | Baked creole chicken breast | Hand-cured salmon | Feta cheese | Organic turkey **New**

SMOOTHIE BOWL SUNA



Create and enjoy your own bowl

- 1. BASE (one option)**
 - Açai, grape and banana
 - Avocado, banana, blueberries and organic kale (*Green*)
 - Mango & ginger
- 2. MIX (unsweetened — one option)** Almond milk | Soy milk | Plain yogurt | SUNA's vegan coconut yogurt **New**
- 3. FRUITS (two options)** Banana | Strawberries | Mango | Kiwi | Blueberries | Papaya. *Additional fruit.*
- 4. TOPPINGS (three options)** Oats | SUNA's Granola | Amarant | Popped quinoa grains | Chia seeds | Goji berries | Toasted almonds | Grated coconut | Mini granolas | SUNA's artisan and 100% natural peanut butter. *Additional topping*

PIZZA SUNA **New**

This pizza is for one person and comes with organic tomato sauce.

With integral dough: Quinoa, whole wheat and almond flour **VGN**

With cauliflower dough: Cauliflower, chickpea, almond and sagú flour **VGN / G**

- 1. CHEESE (one option)** SUNA's vegan cheese | Mozzarella.
 - 2. TOPPINGS (three options)** Fresh arugula | Black olives | Green olives | Broccoli | Caramelized onions | Roasted red onions | Roasted red pepper | Mushrooms | Sautéed zucchini | Fresh tomato | Roasted eggplants | Capers | Dry tomatoes.
 - 3. FINAL TOUCH (one option)** Oregano | Peperoncino | Extra virgin olive oil | Fresh basil.
 - 4. PROTEIN ADDITION*** Baked creole chicken breast | Hand-cured salmon | Sauté tofu | Mozzarella cheese | Feta cheese | SUNA's vegan cheese | Blue cheese | Organic turkey
- *It will be charged separately.*

MAIN COURSES

PASTA

NEAPOLITAN TAGLIATELLE VG T / S

Quinoa tagliatelle with SUNA's pesto, over homemade organic tomato sauce, served with fresh basil. *(With vegan pesto on order)*

SPANGLISS LASAGNA VG T

Sheets of pasta with lentils, mozzarella cheese and homemade organic tomatoes sauce, gratinated with parmesan cheese.

ZOODLES FROM THE EARTH *New* VG T / G

Fresh zucchini noodles with homemade pesto, organic tomato sauce, mushrooms, cherry tomatoes and organic sprouts. *(With vegan pesto on order)*

ANDEAN WOK VG T / S

Quinoa pasta and vegetable mixture sauté with honey, a bit of sesame seeds. **Soy sauce and ginger.** *With addition of chicken. With addition of tofu.* VG T / S

RICE

SPRING CHAUF VGN / G

Wholegrain rice sauté with vegetables, with a bit of ginger and chipotle and spread with homemade organic tomato sauce and soy sauce

With beef tenderloin G

With tofu VG T / G

With chicken G

With shrimps G

Mixed *(shrimps, loin and chicken)* G

BENGALESE RICE VG T / G

Wholegrain rice with curried lentils, carrot, toasted almonds and candied onions, served with cucumber in yogurt and sprouts. *(It can be vegan on order)*

HIGHLAND HASH VG T / G

Wholegrain rice, potato, sweet plantain, beans, homemade hot sauce and "hogo" *(organic tomato and onion sauce)*, with fried egg in ghee

With beef tenderloin G

With tofu VG T / G

With chicken G

Mixed *(Beef and Creole chicken)* G

POULTRY & MEAT

WILD CHICKEN BREAST G

Creole chicken breast marinated with rosemary, paprika and white wine, on a bed of wild rice with peppers, onions and mushrooms, covered with grilled pears and water apples.

New Version

SUPREME SUNA CHICKEN G

Creole chicken breast filled with asparagus, dried tomatoes and basil, over a balsamic reduction and served with sweet potato and local potato purees.

New Version

GRILLED BEEF TENDERLOIN G

Thin cut-ups of grilled beef tenderloin, served with sauté potatoes or sauté sweet potatoes, and avocado, tender green beans, mixed green leaves, sprouts salad.

FISH

LATIN FISH €

White and fresh fish covered with chopped onion and capers, and served with avocado and organic tomato.

BISTRO TUNA €

Grilled Pacific tuna covered in a variety of pepper, served with avocado, tender green beans, capers, mixed green leaves, sprouts and a poppy seed dressing.

POPPY SALMON €

Salmon fillet covered with poppy seeds, sumac, honey, organic cherry tomatoes, sprouts and organic flowers, on a bed of potato puree.

CREOLE BASS €

Baked bass (*robalo*) fillet baked inside a banana leaf with Neapolitan and mandarin sauce, with a touch of hot sauce, purple olives, red onions and ripe banana.

SUNA'S SPECIALS

TROPICAL STEW €

Boullabaisse with shrimps, squids and seabass, with a touch of chipotle, wine and olive oil, served with toasted green plantain sticks, and lime shells.

EGGPLANTS IN MOVEMENT VGT / S

Grilled eggplant, zucchini and mozzarella tower, over organic tomato homemade sauce, served with wholegrain toasts and fresh basil.

GRILLED TOFU AND MUSHROOMS VGT / €

Marinated grilled tofu in soy and orange sauces, with mushrooms sauté in parsley, organic cherry tomatoes and baked onion, with a touch of balsamic reduction.

SIDE DISHES

HIGHLAND SAUTÉ POTATOE €

SWEET POTATO PUREE *New* VGN / €

HOUSE SALAD VGN / €

SAUTÉ SWEET POTATOES *New* €

Avocado, tender green beans, capers, mixed green leaves, sprouts and mustard dressing

BAKED ARRACACHA CHIPS VGN / €

BAKED CHIPS OF ORGANIC KALE VGN / S / €

MASHED HIGHLAND POTATOES €

BROWN RICE VGN / €

WILD RICE VGN / €

KIDS MENU

HAPPY CHICKEN NUGGETS

Baked chicken nuggets with baked potatoes, red pepper sauce and mustard.

PARTY PASTA

Quinoa tagliatelle with pink homemade sauce (organic tomato sauce and house bechamel sauce), pieces of Creole chicken and Parmesan cheese.

MR. DANIEL'S MINI PIZZAS *New Version*

Two delicious pizzas in pita bread with organic tomato sauce, mozzarella cheese and basil.