

LA PALMA & EL TUCÁN HOTEL

Welcome to an experience that nourishes both body and soul

At **La Palma & El Tucán**, every dish we serve is an extension of our philosophy of wellness, nature, and learning. Our kitchen is fueled by fresh ingredients, many of them grown in our own organic garden and prepared artisanally at the hotel. We believe that food is an act of connection: with the land, with the environment, and with oneself.

Our breakfast, lunch, and dinner menus are designed to invite you to disconnect and savor every bite without rush.

What would you like to eat today?

BREAKFASTS

*Included with the accommodation: Coffee, hot chocolate or tea, natural fruit juice, fruit bowl, breadbasket + 1 dish of choice.

Granola

with yogurt, milk or plant-based milk.

Eggs to taste

with ham, cheese, corn or tomato and onion, with arepas.

Sweetcorn waffles

with sour cream, honey and homemade jam.

Oat and blueberry waffles

with sour cream, honey and homemade jam.

SMOOTHIES

Protein & Chocolate

Plant - based milk, banana, peanut butter, chocolate - flavored vegan protein
\$17

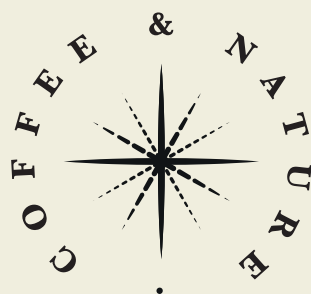
Vegan protein **+\$3,5**

Strawberry banana

Plant - based milk, strawberry, banana, honey
\$16

Very Berry

Plant - based milk, blueberry, strawberry and blackberry
\$16



www.lapalmayeltucanhotel.com
@lapalmayeltucan_hotel

Prices in Colombian pesos. Includes imposable tax.

SOUPS, SALADS & TOASTS

Tomato Rustic soup

Roasted San Marzano tomato with wood - fired oven, parmesan crust, and fresh garden basil
\$21

Pumpkin soup

Fresh pumpkin soup with extra virgin olive oil and sunflower seeds
\$21

Fresh Garden salad

Harvest greens mix with parmesan cheese and balsamic dressing
\$15

Capresse salad

Fresh tomato slices and buffalo mozzarella, accompanied by rustic garden basil pesto and extra virgin olive oil
\$18

Bruschetta

Toasted bread slices coated with garlic and olive oil, accompanied by garden cherry tomatoes
\$18

Avocado toast

Sourdough bread toast with avocados from our trees, extravirgin olive oil, dried oregano, and garden sprouts
\$18

MAIN DISHES

Fettuccine al Ragú di Funghi

Biodiversal mushrooms stew, garden vegetables, and San Marzano tomatoes
\$40

Fettuccine al Ragú di Manzo

Beef stew with garden vegetables and San Marzano tomatoes
\$40

Orecchiette al Pesto Bianco

Fresh ricotta pesto with walnut, garden fresh oregano, and lemon zest
\$35

Fusilli al Pesto Genovese

Genovese basil pesto with almonds and parmesan cheese
\$35

Fusilli Cavolo Nero

Tuscan kale pesto with fresh ricotta cheese
\$35

Chicken Milanese

Breaded chicken breast with parmesan cheese and bread crumbs, served with fresh tomato sauce from the garden and a side of olive oil pasta or fresh salad
\$50

Grilled trout

Accompanied by Patacón with salad, or olive oil pasta
\$50

SANDWICHES

All sandwiches are served with chips & dip

Mushroom Sandwich

Baked Paris and portobello mushrooms, cherry tomatoes, mozzarella cheese, and lettuce mix on ciabatta bread
\$50

Chicken Sandwich

Chicken strips, avocado, cherry tomatoes, aioli, mozzarella cheese, and lettuce mix on ciabatta bread
\$40

Roast Beef Sandwich

Thin slices of roast beef, cherry tomatoes, mozzarella cheese, and lettuce mix on our ciabatta bread
\$50

DESSERTS

Carrot Cake **\$13**

Banana Chocolate Cake **\$13**

Brownie **\$12**

Oat and almond crumble with blueberries **\$13**

Scoop of ice Cream **\$7,5**

DRINKS

Fresh juices **\$9,5**

Limonada natural. **\$8**

Ginger Ale **\$8**

Natural water **\$6,5**

Carbonated water **\$8,5**

Club Colombia Beer golden. **\$10**

Gatorade **\$10,5**

Lateral Beer barrel **\$14**

ADDITIONS

Seasonal fruit serving **\$12**

Breadbasket **\$15**

Portion of arepa **\$7**

Portion of avocado **\$6**

Plantain chips home - made **\$12**

Portion of sweetcorn waffles **\$20**

Oat and blueberry waffles **\$20**