

La Tonada Specials

Mains

Pechugita de pollo cocinada a baja temperatura en salsa de mango

*Chicken breast cooked at low temperature in mango sauce
accompanied by potato-mozzarella croquettes (gluten free)
and grilled vegetables. 31*

Solomillo de Cerdo glaseado con salsa de Maracuyá, arroz tipo risotto y espinacas frescas

*Pork tenderloin glazed with passionfruit and panela sauce reduction,
accompanied by risotto, fresh spinach and garnished with white
sesame seeds. 32*

Salmón con salsa de lulo que acompañamos con vegetales salteados y puré de yuca:

*Salmon prepared with latino exotic lulo fruit, onion, garlic, cinnamon
accompanied by sautéed vegetables and cassava puree. 36*

Solomillo de Ternera al Whisky

*Beef eye fillet with whiskey sauce and mushrooms accompanied by
grilled cassava and vegetables. 39*

Para Picar / Little Bites

* Croquetas del día:

Ask our wait staff for the "Croquettes of the day" *Contains gluten.*

4 pieces. 14

* Buñuelos (Vegetarian):

Traditional round fritter made from cassava flour, cornflour, and cheese. Enjoyed especially at Christmas but also eaten all year round. Recommended to have with Colombian hot chocolate or coffee.

Grandes 2 Pieces. 10

Pequeños 4 Pieces. 10

Grandes 3 Pieces. 15

* Yuca con Guacamole (Vegetarian/Vegan):

Fried yuca served with guacamole made from avocado, tomato, onion, vegan mayo, lemon juice and coriander. Accompanied by suero costeño sauce.

16

* Patacones Nachos:

Fried green plantain banana topped with guacamole, tomato, onion, corn, beans, mozzarella cheese and coriander.

* Carne (Beef)

* Vegetariano (Vegetarian)

* Pollo (Chicken)

* Vegano (Vegan)

2 Pieces. 16

* Selección de Chorizo Asado:

Your choice of chorizo served with chimichurri sauce, guacamole aioli and white corn arepa.

2 Pieces. 22

* Spanish Chorizo

* Colombian Chorizo

* Morcilla (Black Pudding Chorizo)

Tapas

* Gambas al ajillo

Succulent prawns floating in olive oil and spicy garlic sauce accompanied by toasted wheat bread. *Gluten free option available.*

24

***FOOD ALLERGY NOTICE**

Please be advised that food prepared here on the premises may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, sesame, fish, and shellfish.

IF YOU HAVE ANY SPECIFIC ALLERGY, PLEASE LET US KNOW,
MUCHAS GRACIAS

Para Empezar / Starters

* **Empanadas de Queso (Vegetarian):**

Crispy fried Latin corn dough filled with Colombian cheese accompanied by piña sauce.

3 pieces. 15

* **Empanadas de Bocado (Vegetarian):**

Crispy fried Latin corn dough filled with cheese and sweet guava. Accompanied by suero costeño sauce.

3 pieces. 15

* **Empanadas de Pollo:**

Crispy fried Latin corn dough filled with succulent chicken, potato, onions and shallots, seasoned with cumin, garlic, paprika, and turmeric. Accompanied by rosada sauce.

3 pieces. 15

* **Empanadas de Carne:**

Crispy fried Latin corn dough filled with tender rump beef, potato, onions, and shallots, seasoned with cumin, garlic, paprika, and turmeric. Accompanied by ají sauce.

3 pieces. 15

* **Empanadas Mixta:**

A selection of all 4 kinds of empanadas above or any 4 of your choice. Served with its accompanying sauce.

4 pieces. 21

* **Ensalada de Temporada (Vegetarian):**

Mixed salad with herbs, fresh fruit and goat's cheese, seasoned with salt and orange vinaigrette, balsamic vinegar and topped with pine nuts. Vegan option available.

18

*** Chicharron:**

Crispy pork belly served with mixed salad, patacones, guacamole and suero costeño.

25

*** Carpaccio de Solomillo de Ternera Negra y salsa Chimichurri:**

Thinly sliced tender beef eye fillet marinated in sweet pepper, red onions, bay leaf, garlic, thyme, red wine, chimichurri, caramelized panela and accompanied by yuca chips.

26

*** Ceviche de Camarones:**

Prawns cured in lemon juice, thyme and bay leaf and then marinated in ceviche and tomato sauce. Accompanied by chilled avocado cream and crunchy yuca.

27

*** Pulpo Arrecife al Grill:**

Locally sourced Octopus cooked at a very low temperature and then flamed grilled with wine accompanied by avocado, spinach, capsicum, red cabbage and mango.

33

Platos Fuertes / Mains

*** La Vegana Santanderiana (Vegan):**

Long grain rice with slow cooked onions, tomato sauce, garlic, leek and Colombian spices (cumin, ginger, bay leaf, oregano, pepper, thyme, saffron) accompanied by mushrooms, capsicum, corn cob, maduro, patacones and fresh avocado.

27

*** Pollo al Colombiano:**

Chicken thigh slowly cooked with onions, tomato sauce, garlic, leek and Colombian spices (cumin, ginger, bay leaf, oregano, pepper, thyme saffron) accompanied by plain rice, corn cob, yuca and fresh avocado.

30

*** Carne Criolla:**

Top side beef slowly tomato sauce, garlic, leek, onion and Colombian spices (cumin, ginger, bay leaf, oregano, pepper, thyme, saffron) accompanied by plain rice, corn cob, yuca and fresh avocado.

32

*** Baramundi con Couscous de albaca:**

Grilled barramundi with warm vinaigrette accompanied by beans and basil couscous, garnished with enoki mushrooms.

Contains gluten.

33

*** Seco de Cordero Norteno:**

Slow-cooked lamb shanks in onion, tomato, and garlic sauce accompanied by mixed beans, fried cassava and plain rice.

34

*** Camarones y Calamares a la cartagenera:**

Prawns and calamari in cartagenera sauce made of milk, garlic, olive oil, white wine, wholegrain mustard and dill accompanied by coconut rice and fried patacones.

35

*** Ternera Asada con Muselina de Plátano:**

*Beef eye fillet marinated in garlic, celery, red onions, carrots, peppers, panela and aromatic herbs, bathed in red wine and cooked over a very low heat. Accompanied by muselina plantain and wheat bread on the side. *Gluten free option available.**

39

Extra Sides

<i>Portion of White Rice</i>	<i>5</i>
<i>Portion of Caramelised Coconut Rice</i>	<i>6</i>
<i>White corn Grilled Arepa</i>	<i>1 piece. 7</i>
<i>Patacones</i>	<i>4 pieces. 7</i>
<i>Maduro</i>	<i>4 pieces. 7</i>
<i>Fried Potato Chips</i>	<i>8</i>

***Garden Salad**

mixed salad with cherry tomato, dried crushed olives, and balsamic dressing.

8

*** Tequeños de queso o de queso y guayaba venezolanos (Vegetarian):**

*Tequeños are a traditional appetiser in Venezuelan cuisine. You can choose from Tequeños crispy pastry filled with cheese or cheese & guava paste served with rosada sauce. **Contains gluten.***

1 piece 3.50 4 pieces 12

Paellas Gourmet to Share

A classic Spanish dish combining green beans, capsicum, tomato paste, garlic, thyme, bay leaf, paprika, saffron, and garnished with parsley. Made to order and served in an individual paellera for two people.

*** Paella Mixta:**

Mixed paella with chicken, chorizo, and seafood

57

*** Paella de Pollo y Chorizo:**

Chicken and Spanish Chorizo Paella

56

*** Paella del Mar:**

Seafood paella with calamari, mussels, fish, scallops, and prawns

67

*** Paella de Arroz Negro:**

Seafood Squid ink paella with calamari, mussels, fish, scallops, and prawns.

67

*** Paella Vegetariana (V):**

*Adaptation of Spanish paella. Made from field mushrooms, capsicum, fresh spinach and beans cooked in a flavoursome vegetarian stock with tomato paste, garlic, thyme, bay leaf, and saffron. Finished off with parmesan cheese and sprinkled with sliced toasted almonds. **Vegan option available.***

55

Postres / Desserts

* Crema Catalana

Luxurious crème brûlée made of egg yolks, full cream and vanilla with signature torched sugar top served with strawberries.

12

* Panna Cotta de Coco:

Silky vanilla bean panna cotta made from fresh cream and coconut cream served in a glass with mango puree.

12

* Torta de Almendras:

*"3 milk cake" is a popular dessert in Latin America with each country having their own version. This is La Tonada's interpretation of the traditional dish made flavoured with plantain banana and mango. Accompanied by 3 milks mixture of fresh milk, condensed milk & almond milk to be poured over the top of the cake before eating. Served with vanilla ice cream. **Recommended.***

15

* Brownie con crema Inglesa de Caramel:

Homemade brownie made with Latin cacao serve with vanilla ice cream, caramel English cream and candied almonds flakes.

15