



Quinoa... The Super Grain of the future

It is a complete protein containing all nine essential amino acids. According to WH Foods quinoa "was the gold of the Incas" because they believed it increased the stamina of their warriors

7 Benefits of Quinoa

1. Quinoa is one of the most protein-rich foods we can eat.
2. Quinoa contains almost twice as much fiber as most other grains
3. Quinoa contains Iron.
4. Quinoa contains lysine.
5. Quinoa is rich in magnesium.
6. Quinoa is high in Riboflavin (B₂).
7. Quinoa has a rich content of manganese.



Quinoa... El súper grano del futuro

Este legado de los Incas es una proteína completa que contiene los Nueve aminoácidos esenciales. Según WHFoods fue "el oro de los Incas", porque pensaban que aumentaba la resistencia de sus guerreros

7 Beneficios de la quinua

1. La quinua es uno de los granos más ricos en proteínas
2. La quinua contiene el doble de la fibra de la mayoría de los granos
3. La quinua contiene hierro
4. La quinua contiene lisina
5. La quinua es rica en magnesio.
6. La quinua es rica en riboflavina (B₂)
7. La quinua tiene un alto contenido de manganeso.

Ofrecemos Quinoa en "InTerra"

DESAYUNO / BREAKFAST

DESAYUNO CONTINENTAL

Jugo de frutas frescas, panecillos, tostadas, mantequilla, mermelada, te o café. S/. 35.00
Fresh fruit juice, small breads, toast, butter, marmalade, tea or coffee.

DESAYUNO BUFFET / BUFFET BREAKFAST

Jugo de frutas frescas, panecillos, mantequilla, mermelada. Huevos preparados de S/. 50.00
acuerdo a su preferencia, tocino o jamón.
Te o café.
Fresh fruits juice, small warm bread, toast, butter, marmalade, eggs made at your
preference with ham or bacon.
Tea or coffee.

SANDWICHES

VEGETARIANO/VEGETARIAN

Champiñón, pimiento, zuquini, espinaca y queso andino en pan integral S/. 35.00
acompañado de chips de papas
Mushroom, pepper, zucchini, spinach and Andean cheese on whole wheat bread
accompanied by potato chips

POLLO / CHICKEN

Trozos de pollo con toque de mayonesa y mostaza con lechuga y tomate en pan S/. 35.00
blanco acompañado de chips de papas
Shredded chicken with a touch of mayonnaise and mustard with lettuce and
tomato accompanied by potato chips

POLLO GRILLADO / GRILLED CHICKEN

Filete de pechuga de pollo a la plancha con lechuga, tomate en pan ciabatta S/. 35.00
acompañado de chips de papas
Grilled chicken breast fillet with lettuce, tomato on ciabatta bread served with
potato chips

MIXTO / MIX

Ham and cheese with variety of chips S/. 30.00
Jamon y queso con variedad de chips

HAMBURGUESA / HOMEMADE CHEESE BURGER

(200 GRAMOS DE CARNE/ 200 GRAMS OF MEAT)

Con queso cheddar, aros de cebolla, pickles, tocino, lechuga y tomate con papas fritas S/. 40.00
Home made cheese burger with onions, pickles, lettuce and tomato with french fries
on the side

CLUB SANDWICH / SANDWICH CLUB

Trozos de pollo, jamon, queso, tocino y huevo, tomate y lechuga acompañado de S/. 45.00
papas fritas
Chicken breast pieces, ham, Cheese, bacon, fried egg with tomato and lettuce with
french fries

PLATOS DE FONDO / MAIN COURSE

Pollo A La Plancha / Grilled Chicken

Filete de pollo a la plancha con papas fritas o arroz y vegetales al vapor
Grilled chicken fillet with fries or rice and steamed vegetables S/. 42.00

Aji de Gallina/ Chicken in Peruvian Chili Yellow Cream

Trozos de Pollo con crema de aji amarillo, papa amarilla, queso fresco
Pieces of chicken with yellow chili cream, yellow potato, fresh cheese S/. 46.00

Pollo Al Vino Tinto / Chicken & Mushrooms Sauce on Red Wine

Trozos de Pollo al vino tinto y champiñones acompañado de pure de papa gratinada
Chicken strips with mushrooms, sautéed in red wine. S/. 50.00

Lomo Saltado / Peruvian Stir Fried Beef

Tradicional Plato Peruano a base de lomo fino de res en juliana salteado con
cebolla y tomate, servido con arroz y papas fritas. S/. 52.00
An emblematic Peruvian dish consisting on strips of sirloin marinated on vinegar
and stir fried with onions and tomatoes in a very hot wok served with large
French fries and white rice on the side.

Trucha Al Grill / Grilled Trout

En salsa de alcaparras, papas torneadas al vapor y vegetales Bebes
In caper sauce, steamed potatoes and baby vegetables S/. 52.00

Quinoa Al Estilo Peruano-Chino / Quinoa Oriental Style

Quinoa en fusion peruana china con langostinos
Quinoa in Peruvian-Chinese fusion with prawns S/. 48.00

Lomo de Cerdo / Pork

Con tocino en salsa pimienta con puré de papa y vegetales bebes
With bacon in pepper sauce with mashed potatoes and baby vegetables S/. 50.00

Alpaca Terra Andina / Alpaca Loin

Filete de alpaca al Grill en cama de Quinoto (quinoa tipo risotto en crema de
aji amarillo) S/. 55.00
Grilled alpaca fillet on a bed of Quinoto (quinoa risotto type in yellow chili cream)

Pescado Al Grill En Salsa Chimichurri / Fish In Chimichurri Sauce

Con risotto al aji amarillo
With yellow chili risotto S/. 52.00

Risotto Vegetariano / Vegetarian Risotto

Vegetales salteados al wok servido sobre risotto
Vegetables sauted to the wok served on risotto S/. 42.00

MENU PARA NIÑOS / KIDS MENU

Chicharron de pollo / Chiken crackling

Acompañado de papas Fritas y legumbres al vapor
with French fries and vegetables S/. 39.00
Incluye vaso de Chicha o Limonada
Peruvian purple corn drink, or lemonade is included

PASTAS Y PIZZAS

Fetuccini en salsa huancaína con lomo saltado Fettuccine in peruvian yellow chilli cream with stir Fried beef, onion and tomato	S/. 52.00
Espagueti vegetariano al wok con toque oriental Vegetarian Spagueti to the wok with mild oriental flavor	S/. 38.00
Fetuccini en salsa al pesto con lomo al Grill Fettuccine in al pesto sauce and grilled beef tenderloin	S/. 52.00
Tagliatelli a la boloñesa o en Salsa Alfredo Tagliatelli in Bolognesa Sauce or Alfred Sauce	S/. 40.00
Pizza Americana: Jamon, queso y pimientos American Pizza: Jam, Cheese and peppers	S/. 42.00
Pizza Vegetariana: Champiñones, queso mozzarella, aceituna, albahaca y espárragos Vegetarian Pizza: Mushrooms, mozzarella cheese, olive, basil and asparagus	S/. 42.00
Pizza Terra Andina: Tiras de lomo de alpaca al wok, queso mozzarella y pimientos Terra Andina Pizza: Wok-fried alpaca loin strips, mozzarella cheese and peppers	S/. 50.00

GUARNICIONES / SIDE ITEM MEAL

Porción de papas fritas / French Fries	S/. 10.00
Porción de vegetales al vapor / Steam Vegetables	S/. 10.00
Porción de arroz blanco / White Rice	S/. 10.00

POSTRES / DESSERT

Cheesecake de frutos del bosque Berries cheesecake	S/. 28.00
Mousse de maracuya Passion Fruit Mousse	S/. 28.00
Helado Tempura Ice cream tempura	S/. 28.00
Crepes con frutas a la parrilla con helado Crepe with grilled fruit and ice cream	S/. 28.00
Porcion de helado Ice Cream	S/. 25.00

FOREIGN VISITORS ARE EXEMPT FROM SALES TAX ON FOOD, PRICES IN SOLES INCLUDE THIS EXEMPTION
ALL PRICES INCLUDE SERVICES CHARGE
VISITANTES EXTRANJEROS ESTAN EXENTOS DEL IGV EN ALIMENTACIÓN
PRECIOS EN SOLES INCLUYEN IGV. Y PRECIOS INCLUYEN SERVICIOS

BEBIDAS / BEVERAGES

Bebidas Frias / Cold Drinks S/. 15.00

Diferentes tipos de Limonadas / Lemonades

Clasica / Classic

Menta Muña / Mint - Muña

Hierba Luisa / Lemongrass

Kion y Limon / Ginger and Lemon

Chicha Morada / Peruvian Purple corn drink S/. 15.00

Jugos / Juice S/. 15.00

Papaya, piña, naranja, mixto

Papaya, pineapple, orange, mix

Gaseosas / Soda

Coca Cola / Coke, Inka Kola, Fanta, Sprite S/. 7.00

Agua / Water S/. 6.00

Bebidas Calientes / Hot Beverages

Cafe americano/Coffee S/. 10.00

Café expresso / Express Coffee S/. 9.00

Cappuccino S/. 12.00

Chocolate Caliente / Hot Chocolate S/. 12.00

Infusiones / herbal Tea S/. 10.00