



La Plaza

Restaurant

Hotel Mama Cuchara

A GASTRONOMIC TOUR OF ECUADOR

Welcome to a gastronomic tour throughout our country. At Art Hotels we always seek to highlight Ecuador, its cities and destinations; that is why by merging gourmet techniques with carefully preserved cooking customs, we deliver a modern interpretation of our typical dishes.

From the slopes of the Cotopaxi, the imposing Imbabura, the Pacific coast, the thicket of the Amazon rainforest, and the tropical, cloudy, temperate forests come the natural ingredients that inspire and accompany the tastes on your palate.

The ancestral customs of fishing and gathering, the knowledge and flavor of our grandmothers, and the most modern cooking techniques, allow us to present to you an extensive sample of the culinary richness of our country; where each dish represents customs, traditions, evokes memories, unique aromas and flavors that we can find on every corner and in every home in our country.

APPETIZERS



SALMAGUNDI OF RUSTIC VEGETABLES FROM PICHINCHA AND CRUNCHY QUINOA \$10 (PICHINCHA)

Vegetables from the Andean corridor in different textures wrapped in flavors of citrus quinoa and chickpea mayonnaise



RAVIOLI STUFFED WITH CUY CONFIT \$11 (PICHINCHA)

Hidden in this particular presentation is a national delicacy, high in nutritional value, from our ancestral cuisine



SALTY SWEET SALAD OF SEASONAL FRUITS WITH DUCK PROSCIUTTO \$12 (COAST & SIERRA)

Wreath of seasonal fruits and greens, accompanied by a luscious dip of the Andean superfood chocho and homemade duck prosciutto



TUNA TATAKI WITH BLACK AND WHITE SESAME \$14 (MANABI)

This elegant marine delicacy from the Pacific coast is paired with the distinct spice of ginger to awaken the senses

PRAWNS BREADED WITH QUINOA AND PANKO, ROCOTO CHILI PEPPER AND CHILLANGUA OIL \$15 (ESMERALDAS)

The chillangua, an aromatic plant used in Afro-Ecuadorian cuisine, crowns the King of Ecuadorian seafood in a kaleidoscope of taste sensations

SOUPS AND CEVICHE



ECUADORIAN CHILI \$10 (COAST & SIERRA)

Since the 16th century, this potato based soup of pulled pork and sweet plantains has established its place as a representative dish at Ecuadorian family gatherings due to its comforting composition of sweet, salty and spicy flavors



TRADITIONAL LOCRO DE PAPAS FROM LA LOMA \$10 (PICHINCHA)

Emblematic soup of the Ecuadorian highlands whose main ingredient is potatoes. In the style of our neighborhood, La Loma Grande, the presentation includes typical garnishes such as chulpi, chochos and chicharrón.



JIPIJAPA CEVICHE \$10 (MANABI)

From Quechua "Siwichi", a traditional preparation with peanuts that highlights the natural freshness of fish from Jipijapa on the Pacific coast

SHRIMP CAMPECHANA IN BLOODY MARY SAUCE \$12 * (COAST)

Refreshing campechana or seafood cocktail, featuring locally sourced shrimp bathed in Bloody Mary sauce

DAIRY VEGETARIAN VEGAN NUTS & SEEDS GLUTEN FREE

Our kitchen is happy to meet your dietary needs with substitutions where possible
* Contains Alcohol

MAIN COURSES



TARRAGON CHICKEN WITH GRILLED VEGETABLES AND COTOPAXI WHITE CARROT MASH SERVED WITH GOLDEN BERRY SAUCE (COTOPAXI) **\$15**

On the skirts of the Cotopaxi Volcano, huddled in their homes, natives roast whole birds they have seasoned with local herbs and spices



CATCH OF THE DAY IN SEAFOOD SAUCE ON HOMEMADE SQUID INK PASTA (ESMERALDAS) **\$18**

Direct from our Pacific coast, the unbeatable freshness of Ecuadorian seafood defines this gastronomic attraction bringing acidity and sweetness to your palate



GRILLED STEAK WITH QUINOA TABBOULEH AND GNOCCHI AL POMODORO (PICHINCHA) **\$18**

From the chef's grill, a juicy steak flavored with rosemary & garlic butter illustrating contemporary and home-cooking techniques

HORNADO OF LA RONDA (SIERRA) **\$20**

Prepared over low heat in wood-fired stoves from Carchi in the north to Loja in the south, this succulent pork is the iconic dish of the Ecuadorian Sierra. Adventure to try it with the traditional fermented drink Chicha de Jora



VEAL OSSOBUOCO WITH GARLIC ROASTED BONE DEMI-GLACE (IMBABURA) **\$22**

An unusual cut, distinguished by its tenderness and great flavor, sought out to create the best dishes since colonial times



GARLIC PRAWNS WITH MASHED GREEN PLANTAINS AND AVOCADO FOAM (ESMERALDAS) **\$22**

Prawns are of the most appreciated seafood products in the province of Esmeraldas. Thanks to their abundance, they have become the ambassador of coastal cuisine



SALTY SWEET DUCK MAGRET WITH RED FRUITS PERFUMED BY ORANGE LIQUOR, ACCOMPANIED BY FENNEL PURÉE AND BROAD BEAN STEW WITH BACON (EL ORO) **\$24**

The lake complexes of the southern provinces of Ecuador are inhabited by large flocks of ducks, on this plate accompanied by Andean vegetables, beans, and proteins



RACK OF LAMB WITH ANCESTRAL FOUR CHEESE QUINOTTO AND GARDEN SALAD (LOJA) **\$27**

Quinoa - superfood used since pre-Columbian times - in three colors makes up the rich Ecuadorian quinotto which accompanies the best cut of lamb from Loja



RIB-EYE IN ROSEMARY AND GARLIC BUTTER WITH CHAUCHA POTATO PARMANTIER AND ROASTED SEASONAL VEGETABLES (INTERNATIONAL) **\$38**

Favorite cut of beef par excellence, accompanied by a delicate creation of one of Ecuador's 500 potato varieties



VEGETARIAN AND VEGAN



SALTY SWEET SALAD OF SEASONAL FRUITS WITH VEGETARIAN NUGGETS \$10

(COAST & SIERRA)

Wreath of seasonal fruits and greens, accompanied by a luscious dip of the Andean superfood chocho and vegetarian nuggets



PORTOBELLO AL POMODORO ON NEST OF RICE NOODLES \$15

(TUNGURAHUA)

The forests that surround the Tungurahua Volcano generate a favorable environment to forage various, delicious mushrooms



GRILLED VEGETABLES WITH SWEET POTATO IN TWO TEXTURES \$15

(COTOPAXI)

From the slopes of the Cotopaxi Volcano, selected cuts of grilled vegetables with basil pesto and sweet potato in two textures

DESSERTS



PACCARI CHOCOLATE FONDANT VOLCANO \$8

(COTOPAXI)

Together with the best cacao of Ecuador, we created a dessert in honor of the majestic Cotopaxi Volcano



TRILOGY OF TYPICAL DESSERTS: ROSERO QUITAÑO, ESPUMILLA AND FIGS WITH CHEESE \$8

(PICHINCHA)

A carefully prepared selection of the best traditional desserts in Quito. A unique culinary experience that will allow you to try a variety of sweet delights, each with its own special flavor and presentation



TRADITIONAL DESSERT OF SWEET WHITE CORN RICE PUDDING-STYLE AND A FRIED CHEESE EMPANADA \$8

(PICHINCHA)

The perfect combination for cold nights. A classic sweet, similar to rice pudding, based on white corn and cane brandy combined with a traditional fried cheese empanada



ECUADORIAN CREPES WITH BASIL ICE CREAM \$8 *

(INTERNATIONAL)

Traditional French dessert, with an Ecuadorian touch. Filled with lady finger bananas and tropical fruits flavored in an orange sauce served with basil ice cream



7 CROSSES ICE CREAM CART WITH MACHICA CRUMBLE \$10

(PICHINCHA)

The street of the 7 Crosses is one of the most representative of Colonial Quito, where it is common to see ice cream vendors with their traditional cart. Amongst these seven scoops the traditional flavors of the city are represented, such as rosero and canelazo

DRINKS

FRUIT JUICE	\$5	SODA	\$4
TEA / AROMATIC	\$5	AMERICAN COFFEE	\$4
CAPPUCCINO	\$5	ESPRESSO	\$4
DOUBLE ESPRESSO	\$5	WATER	\$3
LATTE / MOCHA	\$5	SODA WATER	\$3

PRICES INCLUDE TAX AND SERVICE





Caretero **Alberto Ávila**

The magic and interpretation of culture and fables represented by the skilled hands of our artisans.

For more than two decades, El Caretero has been making intricate handmade paper and cardboard masks which are representations of Ecuadorian popular culture.

They are made with the same techniques of yesteryear, in clay molds and paste, which are then painted completely by hand.

In addition, El Caretero of la Loma Grande exhibits a demonstration of skill when bringing to life his unique pieces and invites you to participate in their creation. Let yourself be charmed by his process, its art and tradition.