

MuchoSur

QUIMBAYA

Stories of the South in every bite

At MuchoSur, we believe that every territory tells its own story through flavor—honoring ingredients born from the land and the hands that transform them with respect, memory, and ancestral knowledge.

This menu is a book of living stories: tales that sprout in forgotten valleys, ripen under generous suns, and are passed down from generation to generation around hearths where time moves differently. Each dish is a chronicle, each ingredient a protagonist—meant to be named, celebrated, and savored with intention.

Because respecting and celebrating the culture of the South also means sitting at its table, listening to its voices, and honoring every story that arrives on your plate.

STORYTELLER OF THE STORIES OF THE SOUTH

Maria Luisa Flores

Maria Luisa Flores—our beloved Malú—cooks the way one tells a story: with soul and memory. In her hands, the humble ingredients of the South are transformed into narratives of land, time, and tradition. Each dish is a journey where flavor becomes language and the heart becomes territory.

Born in Caracas and trained as an actress, model, and cook, she has traveled the world discovering cultures and flavors that now intertwine in her way of creating. Her experience both at the stove and in front of the camera has taught her that emotion, too, can be served on a plate. At MuchoSur, her voice becomes flavor: a narrator of the South who turns memory into art and every bite into a shared story.

Breakfasts

Poems of the Dawn

The chapter where the day begins. Flavors that awaken memory, like opening your eyes and remembering where you come from.

MuchoSur breakfast * \$25.000

When dawn breaks over these lands, golden corn meets cheese in a generous arepa. Eggs, prepared to your liking, celebrate the flavors of Colombia's Coffee Region. Served with fresh fruit, juice of the day, and a hot beverage.

MuchoSur granola * \$29.000

Oats, coconut, and almonds are toasted on the griddle, bathed in honey. Over creamy yogurt, this artisanal granola meets agraz jam and fresh fruit, creating layers of flavors from the South. Served with juice of the day and a hot beverage.

Sourdough bread & jam* ** \$29.000

Fermented sourdough bread is toasted until golden. It is accompanied by seasonal tropical fruit preserves that dance with spices—lulo and rosemary, tart guava and ginger... Each bite spreads stories, each pairing celebrates what the land provides. Served with juice of the day and a hot beverage.

Cheese, tomato & basil sandwiches \$28.000

Cheese melts between butter-toasted golden bread, embracing slices of fresh tomato and basil. Griddled until perfectly crisp, they celebrate the simplicity of the South. Served with fresh fruit, juice of the day, and a hot beverage.

Yuca bread waffle* \$26.000

Yuca bread, a noble root of our land, melts together with coastal cheese as it slowly turns golden over gentle heat. On the side, a fruit preserve awakens its tropical sweetness. Together, they celebrate the meeting of the simple and the essential from the South. Served with juice of the day and a hot beverage.

*Vegetarian options
**Vegan options

All prices are in Colombian pesos.

Starters

The Prologue

The first bite that opens the story. Here, silences are broken, curiosity awakens, and the first clues of the journey are revealed.

Carrot, chontaduro & ginger cream* \$29.000

The sweetness of carrot meets the strength of chontaduro and the vibrant aroma of ginger. In every spoonful, the earth becomes warm and comforting.

Pastusa potato & cauliflower cream* \$27.000

Pastusa potato and cauliflower come together in a smooth cream, delicately perfumed with butter and pepper. Its gentle flavor comforts, evoking the warmth of home and the simplicity found in the kitchens of the South.

Vegetable Broth* ** \$29.000

An aromatic broth where garden vegetables and herbs meet in perfect balance. Choose it with chicken or quinoa, and let its simple flavor bring you back to what is essential: nourishment for both body and soul.

Hummus with Crispy Arepa* ** \$25.000

Tender chickpeas and confit garlic transform into a silky cream, crowned with olive oil and paprika. On the side, crispy arepa triangles invite a contrast of cultures and flavors.

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Chicharrón ceviche

\$35.000

Crispy chicharrón is bathed in fresh mandarin lime, meeting red onion, cilantro, and pickled onions that add an acidic, aromatic touch. Patacones accompany this play between crunch and citrus, a balance that has become a coastal tradition.

Garden grill*

\$32.000

Zucchini, eggplant, bell pepper, onion, and mushrooms are slowly grilled on the griddle until their natural aromas awaken. Served with a smooth Greek yogurt sauce with garlic and lemon, they invite you to enjoy the perfect balance between fire, freshness, and earth.

Watermelon salad*

\$32.000

Watermelon is grilled over the fire, revealing its deepest sweetness. Coastal cheese joins in a salty contrast, while avocado and cucumber refresh each bite. Among mint leaves, pickled onion, and toasted almonds, this salad tells the story of a luminous South, where heat is served as freshness.

MuchoSur salad*

\$35.000

A vibrant mix of fresh greens meets the sweetness of roasted squash, the freshness of cucumber, and the bold character of grilled coastal cheese. Chickpeas and pickled onions add texture and color, while a passion fruit vinaigrette wraps everything in a bright, tropical touch. A tribute to the natural, generous flavor of our land.

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Mains

Slow-Fire Chronicles

Here, emotions are cooked, roots are intertwined, and the truths of the South are revealed.

Bean stew* ** \$45.000

Red beans slow-cooked with homemade hogao, served with white rice, fried ripe plantain cubes, and fresh avocado. A recipe born at the rural hearth, where every bite recalls home, abundance, and the flavors of Colombia's interior.

Add-on: chicharrón \$15.000

Trout with mountain herb butter and boronía \$49.000

Trout seared in browned butter with thyme and rosemary, served with boronía—a smooth purée of ripe plantain and eggplant—topped with artisanal hogao. An encounter between the fire of the hearth and the freshness of the river, where land and water converse on the same plate.

Chicken milanese \$35.000

Crispy on the outside and tender on the inside, our chicken milanese is topped with a fresh mix of red onion, tomato, and cilantro that awakens the palate. Golden patacones accompany it, along with a touch of suero costeño that completes this classic with a taste of home.

Rosemary-seared beef loin with creamy papa criolla \$65.000

The beef loin is seared in rosemary-scented butter until golden and juicy. Cherry tomatoes caramelize, releasing their sweetness over a creamy mash of papas criollas with a touch of garden mandarin lime. A dish that celebrates the balance between fire and freshness, between the rustic and the delicate.

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Picada criolla \$65.000

Flavors of the South to share between conversations and laughter: chicharrón, sirloin steak, chicken, and chorizo, accompanied by a fresh, vibrant green mojo.

Mini picada: \$39.000

MuchoSur burger \$39.000

Juicy beef seared over high heat, topped with melted cheese, crispy bacon, and slowly caramelized onions. Fresh arugula and the sweet-spicy touch of our guava and chipotle BBQ balance every bite. Served on toasted brioche bread, accompanied by paprika-seasoned potato wedges. A Southern burger with a traveler's spirit.

Garden sandwich* ** \$33.000

Between slices of golden bread, hummus, avocado, tomato, and pickled onion come together, bound by the freshness of arugula. Served with golden potatoes and a guava and chipotle sauce, it's a simple, vibrant bite that tastes like the colors of the South.

Ham & cheese sandwich \$29.000

Between slices of butter-toasted golden bread, aged cheeses melt, embracing thin slices of ham in a smooth, comforting blend. Served with golden potatoes and house sauces, it's a simple, warm bite meant to be enjoyed slowly.

Yuca bread waffle with avocado & bacon \$29.000

With a base of yuca bread and the salty touch of bacon, this waffle is accompanied by creamy avocado, marinated tomatoes, and fresh arugula. An encounter of soft and vibrant flavors that celebrates the taste of the South.

All prices are in Colombian pesos.

Kids' Menu

For the little ones, portions made just for them. Discovering the South in every bite.

Carrot, chontaduro & ginger cream*	\$19.000
Pastusa potato & cauliflower cream*	\$19.000
Vegetable broth* **	\$19.000
Bean stew* **	\$25.000
Chicken milanese	\$29.000

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Add-ons

Marginal notes

The accompaniments that complete the story. Simple gestures that sustain the narrative, like notes that enrich the text.

French fries	* **	\$ 10.000
Yuca sticks	* **	\$ 10.000
Patacones with hogao	* **	\$ 12.000
Chicken	150 g	\$ 15.000
Chicharrón	100 g	\$ 15.000
Bread basket	* **	\$ 12.000
Green mojo sauce	* **	\$ 5.000
Confit garlic lactonnaise	*	\$ 5.000
Tree tomato hot sauce	* **	\$ 5.000

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Desserts

Sweet memory

Small pauses that close the story with joy. Each bite is a whisper of sweetness that accompanies the tale and leaves a gentle trace on the palate.

Mambe & white chocolate greendies \$23.000

White chocolate and coca leaf flour (mambe) brownie, served with vanilla ice cream and a touch of mint. A bite that blends sweetness with earthy aromas, awakening the senses and connecting you to ancestral energy in every mouthful.

Banana & dark chocolate cake \$25.000

Ripe banana and dark chocolate sweetened with panela come together, combining softness and depth in every bite. An experience that awakens the senses and connects with the natural richness of the South.

Almojábana cake with guava paste & costeño cheese \$27.000

Sweet and savory, each bite brings together the softness of almojábana, the intensity of guava paste, and the bold character of coastal cheese—a small journey to the heart of the South.

Helados Artesanales \$15.000

House-made ice creams crafted with seasonal tropical fruits and vanilla.

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Drinks

Liquid verses

To accompany the stories of the South, a selection of beverages that refresh, comfort, and celebrate the flavors.

Water & soft drinks

Mineral water	\$6.000
Sparkling water	\$6.000
Coca cola zero	\$8.000
Coca cola	\$8.000
Bretaña soda	\$9.000
Hatsu tea	\$13.000

Juices

Seasonal fruit	\$10.000
Natural lemonade	\$10.000
Coconut lemonade	\$15.000
Mango biche lemonade	\$13.000
Milk juices	\$13.000

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Hot drinks

Espresso	\$4.000
Americano	\$4.000
Latte	\$7.000
Cappuccino	\$8.000
Herbal infusion in water	\$3.000
Herbal infusion in milk	\$3.000
Hot chocolate	\$6.000
Aguapanela with criollo cheese	\$6.000

Beers

Club dorada	\$11.000
Águila original	\$11.000
Poker	\$10.000

MuchoSur smoothies

Mi huerta	\$15.000
14 oz. of creamy juice made from tart guava harvested on the farm, blended with ice cream, milk, and sugar, creating a perfect balance of tart and sweet flavors on the palate.	
Zapote mamey	\$15.000
4 oz. of creamy juice made from mamey, a regional fruit harvested on the farm, blended with ice cream, milk, and sugar, enhancing the natural sweetness of the mamey.	

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Sol y mango \$ 15.000

14 oz. of creamy sweet mango juice, blended with ice cream, milk, and sugar, bringing sweetness and freshness to the palate—perfect for a sunny afternoon.

Emberracado + \$ 8.000

Rum, Tequila, Vodka. If fun is your thing, remember that you can spike your sorbet with one of our shots and enjoy this excellent treat.

Cocktails

MuchoSur \$ 30.000

Aguardiente, syrup, lemon juice, soda, and ice cubes.

Gin Tonic \$ 35.000

Gin, tonic water, mandarin lime, and ice cubes.

Cuba Libre \$ 34.000

Aged rum, Coca-Cola, lime juice, and ice cubes.

Margarita \$ 34.000

Tequila, lime juice, syrup, salt, Tajín, shaken with ice.

Mojito \$ 34.000

White rum, mint, syrup, lime juice, soda, and ice cubes.

Daiquiri Maracuyá \$ 34.000

White rum, syrup, strawberries, and crushed ice.

Mango Biche \$ 34.000

Tequila, syrup, green mango, lime, salt, Tajín, and ice cubes.

Wines

White wine Las Moras

Sauvignon Blanc \$ 115.000

Chardonnay \$ 115.000

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Red wine Las Moras

Malbec	\$ 115.000
Cabernet Sauvignon	\$ 115.000

Rosé wine Las Moras

Syrah	\$ 115.000
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Sparkling wine

Lambrusco Piccini Emilia	\$ 160.000
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Wine glass	\$ 25.000
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Shots

Ron Viejo de Caldas Tradicional	\$ 20.000
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Ron Cacique	\$ 25.000
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Buchanan's Deluxe 12 años	\$ 35.000
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Aguardiente Antioqueño	\$ 20.000
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Tequila José Cuervo Especial	\$ 30.000
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Reposado

Whisky Johnnie Walker Sello Negro	\$ 35.000
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Are you ready to turn the map upside down and rediscover yourself in a place where our north is the South?

