

# MuchoSur

SANTA MARTA

# 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.

They say the South is told through songs, stories, and flavors. At MuchoSur, we wrapped it in dough, so that every bite becomes a journey into who we are. Because respecting and reclaiming the culture and life of the South also means sitting at its table, listening to its voices, and honoring every story that arrives on your plate. 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, the arepa meets costeño cheese, conversing with eggs prepared just the way you like them. Served with fruit, juice of the day, and a hot beverage.

MuchoSur granola \$25.000

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\* \*\* \$28.000

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\* \$26.000

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.

\*Vegetarian options

\*\*Vegan options

Prices are calculated in colombian pesos

# Add-ons

## Marginal notes

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

Eggs (to your liking)(2)*	\$3.000
Cheese (60g)*	\$4.000
Arepas with costeño cheese(2)*	\$4.500
Fruit portion* **	\$3.000
Sliced bread(120g)*	\$6.000

# Empanaditas

Each empanada holds a story: the hands that make it, the land that provides its ingredients, the memory that sustains us. These are chronicles you can smell, taste, and feel.

Ají de gallina x 3

\$19.000



In the heart of the Andes, this recipe was born, carrying the memory of Peruvian homes. The yellow chili bathes the shredded chicken, purple olives, and chopped egg in sunlight, while the creaminess of its sauce whispers the warmth of a shared table.

Melty cheese x 3\*

\$28.000



Some stories melt as they are told. Melted cheese and rum-caramelized onions write sweet and savory Caribbean verses. It's the perfect tale for those who believe that simplicity can also be poetry.

Encocado fish & shrimp x 3

\$38.500

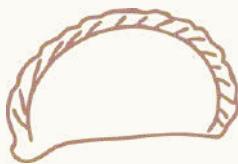


Between waves and nets, this story is woven. White fish and shrimp, embraced by the charm of encocado, evoke tales of fishermen returning at dawn with the scent of the sea in their hands. It is a journey to the coast, told in every bite.

Prices are calculated in colombian pesos

## Knife-chopped meat x 3

\$29.500



Among the mountains and earthen courtyards, where the wood-fired stove never goes out, this empanada was born. Hand-chopped, the meat blends with the character of the sofrito, the olives, and the surprise of hard-boiled egg, like one preserving a family secret from Southern recipes.

## Veggie enconcada x 3 \*

\$19.500



When the garden speaks, it does so in the colors and aromas of the South. Scallions, zucchini, bell pepper, eggplant, mushrooms, and quinoa come together in a fragrant dialogue with cilantro, turmeric, basil, pepper, and a touch of coconut milk.

## Beef morrillo in tamarind sauce x 3

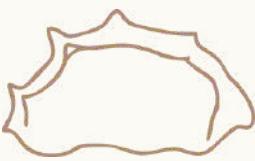
\$34.000



Breaded, braised morrillo in tamarind carries the memory of slow roasts, long conversations, and the warmth of the land in every fiber. An empanada filled with the flavors of Latin America.

## Dulzonas in mambo dough\*

The perfect bite for a sweet ending. We drew inspiration from mambe, used by the peoples of the Sierra Nevada de Santa Marta as a spiritual nourishment. The dough, made with coca leaf flour and its distinctive flavor, contrasts with the sweetness of our land.



Peanut & chocolate \$8.000   Bocadillo & cheese \$5.000   Arequipe & coconut \$6.500

Prices are calculated in colombian pesos

# Drinks

## Liquid verses

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

Water	\$6.500
Sparkling water	\$6.500
Coca cola zero	\$6.500
Coca cola	\$6.500
Hatsu tea	\$10.000
Bretaña	\$6.000
Gatorade	\$8.500
Redbull	\$15.000
Redbull sugar free	\$15.000
Kombucha	\$14.500

Prices are calculated in colombian pesos

## Beers

Águila Negra	\$8.500
Águila Light	\$8.500
Costeñita	\$6.000
Club Colombia	\$8.500
Stella Artois	\$12.500
Cerveza Sol	\$12.500

Los precios están calculados en miles de pesos colombianos.

Are you ready to turn the map upside down and rediscover yourself in a place where our north is the South?

