



# MuchoSur

F I L A N D I A

# 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, cooked to your liking, are served with fruit, fresh 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.

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.

Watermelon salad\* \$32.000

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

# Mains

## Slow-Fire Chronicles

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

### 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 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.

### 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.

## Milanesa de pollo

\$35.000

Crujiente por fuera y tierna por dentro, nuestra milanesa de pollo se cubre con una mezcla fresca de cebolla morada, tomate y cilantro que despierta el paladar. Acompañan unos dorados patacones y un toque de suero costeño que completa este clásico con sabor a hogar.

## Picada criolla

\$65.000

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

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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
Chicken 150 g		\$ 15.000
Chicharrón 150 g		\$ 15.000
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.



# Drinks

## Liquid verses

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

Mineral water	\$5.000
Bretaña	\$8.000
Coca cola zero	\$8.000
Coca cola	\$8.000
Mr Tea	\$8.000
Canda Dry	\$8.000
Soda Hatsu	\$9.000
Redbull	\$16.000

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## Beers

Club Colombia	\$10.000
Coronita	\$10.000
Aguila	\$10.000
Aguila Light	\$10.000
Poker	\$10.000

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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?

