



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.

Breakfast

Poems of the Dawn

El capítulo donde el día comienza. Son sabores que despiertan la memoria, como quien abre los ojos y recuerda de dónde viene.

Desayuno MuchoSur \$32.000

When dawn breaks over these lands, ground corn becomes an arepa, accompanied by farmer's cheese. Eggs, prepared to your liking, celebrate the flavors of the Coffee Region. Served with fruit, the juice of the day, and a hot beverage.

MuchoSur granola* \$32.000

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

Avocado & cream cheese toast* ** \$35.000

A slice of bread toasted in olive oil and spread with cream cheese. Topped with fresh avocado marinated with lime and cilantro, finished with a subtle touch of paprika. Served with seasonal fruit, the juice of the day, and a hot beverage.

Sandwich with cheese, tomato, basil, and eggs. \$35.000

The cheese melts between buttered, golden-brown bread, embracing slices of fresh tomato and basil, toasted on the griddle until perfectly crisp. Served with eggs prepared to your liking, bacon, fruit, the juice of the day, and a hot beverage.

Yuca waffle & eggs \$35.000

Yuca, a noble root of our land, blends with cheese until golden over low heat. On the side, fruit preserves awaken its tropical sweetness. Together, they celebrate the meeting of the simple and the essential of the South. Served with eggs prepared to your liking, bacon, the juice of the day, and a hot beverage.

*Vegetarian
**Vegan

Prices are listed in Colombian pesos.

Add to your breakfast

Sourdough bread	2 pcs.	* **	\$5.000
Ball bread	2 uds.	*	\$4.500
Eggs of your liking	2 pcs.		\$4.000
White corn arepa	1 pc.	* **	\$3.000
Yuca waffle	1 pc. 140 gr	*	\$8.500
Bacon	2 pcs.		\$4.000
Fruit bowl		* **	\$4.000
Farm cheese	80 gr	*	\$5.500
Greek yogurt	100 gr	*	\$7.500
Hogao		* **	\$2.000
Avocado		* **	\$5.500

Prices are listed 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, alongside yogurt and almonds. With every spoonful, the earth becomes warm and comforting.

Patacones with hogao* ** \$12.000

Golden and crispy patacones, accompanied by a homemade hogao, where tomato and onion slowly blend with achiote and pepper to awaken the flavors of our land.

Veggie broth* ** \$29.000

An aromatic broth where vegetables and herbs from the garden come together in perfect harmony. Order it with chicken or quinoa, and let its simple flavor bring you back to the essentials: nourishment for the body and the soul.

Hummus with crispy arepa ** \$25.000

Soft chickpeas and confit garlic are transformed into a silky cream topped with olive oil and paprika. Alongside, crispy arepa triangles invite a contrast between cultures and flavors.

Chicharrón ceviche \$35.000

Crispy pork belly is bathed in fresh mandarin lime juice, coming together with red onion, cilantro, and pickled onions that add an acidic and aromatic touch. The patacones accompany this play between the crispy and the citrusy, which has become a coastal tradition.

Garden grill*

\$32.000

Zucchini, eggplant, bell pepper, onion, squash, and mushrooms are slowly browned on the griddle until their natural aromas are awakened. Accompanied by 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 seared over the fire until it reveals its deepest sweetness. Costeño cheese accompanies it with a salty contrast, while avocado and cucumber refresh every bite. Among mint leaves, pickled onion, and toasted almonds, this salad tells the story of a luminous South, where warmth is served through freshness.

MuchoSur Salad*

\$35.000

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

Main Dishes

Slow-Fire Chronicles

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

Bean stew* ** \$41.000

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

You can add chicharrón if you wish.

Pan-seared trout with boronía \$49.000

Golden trout cooked in butter with thyme and rosemary, served with patacones or boronía — a smooth purée of ripe plantain and eggplant — topped with artisanal hogao. A meeting between the fire of the traditional kitchen and the freshness of the river, where earth and water come together in a single dish.

Chicken milanese \$35.000

Crispy on the outside and tender on the inside, our chicken Milanese is topped with a fresh mixture of white onion, tomato, and cilantro that awakens the palate. Golden patacones and a touch of costeño suero accompany this classic, completing it with the flavors of home.

Rosemary beef tenderloin with
creamy criolla potato \$65.000

The tenderloin is seared in butter infused with rosemary until golden and juicy. Cherry tomatoes are caramelized, releasing their sweetness over the creamy criolla potatoes with a touch of mandarin lime from the garden. A dish that celebrates the balance between fire and freshness, between the rustic and the delicate.

Prices are listed in Colombian pesos.

Criolla platter

\$77.000

*for 2 people

Southern flavors to share over conversations and laughter: chicharrón, beef, chicken, and chorizo, patacones, corn arepa, accompanied by a fresh house salad, costeño suero, and garlic sauce.

MuchoSur burger

\$39.000

150 g of juicy beef, seared over the fire, topped with melted cheese, crispy bacon, and slowly caramelized onions. Fresh lettuce and the touch of our garlic and cilantro sauce balance every bite. Served on golden brioche bread, accompanied by paprika potato wedges. A Southern burger with a traveling spirit.

Ham & cheese sandwich

\$32.000

Between golden buttered bread, aged cheeses melt, embracing thin slices of leg ham in a smooth and comforting blend. Accompanied by golden potatoes and house sauces, it is a simple and warm bite, made to be enjoyed without hurry.

Yuca waffle with avocado & bacon

\$35.000

With a yuca bread base and the salty touch of bacon, this waffle is accompanied by avocado, marinated tomatoes, fresh lettuce, and a honey and olive oil dressing that wraps the soft and vibrant flavors together.

Add to your main dishes

Potato wedges	150 g	*	**	\$6.000
Patacones	2 uds.	*	**	\$5.000
Chorizo	1 ud.			\$5.000
Chicharrones	100 g			\$10.500
Grilled chicken	200 g			\$13.500
White rice	150 g	*	**	\$4.000
Fresh house salad		*	**	\$6.000
Hogao	60 g	*	**	\$2.000
Ketchup	60 g			\$2.000
Mayonnaise	60 g			\$2.000
Suero costeño	60 g			\$3.500
Garlic sauce	60 g			\$4.500

Prices are listed in Colombian pesos.

Dessert

Sweet memory

Small pauses that bring the story to a joyful close. Each bite is a whisper of sweetness that accompanies the journey and leaves a gentle memory on the palate.

Banana bread & ice cream	\$19.500
Ice cream cup	\$18.000

Prices are listed in Colombian pesos.

Drinks

Liquid verses

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

Soft drinks

Manantial mineral water 500 ml	\$9.900
Hatsu sparkling water 300 ml	\$8.900
Coca cola zero	\$8.900
Coca cola	\$8.900
Bretaña soda	\$8.000
Hatsu tea	\$14.500
Hidralyte	\$15.000
Cup with ice	\$2.000
Michelado	\$2.000

Juices

Natural lemonade	\$8.000
Milk fruit juice	\$11.000
Water fruit juice	\$9.000

Prices are listed in Colombian pesos.

Beers

Club Colombia	\$10.500
Águila original	\$10.500
Águila light	\$10.500
Poker	\$10.500

Wines

House white wine Sauvignon Blanc	\$68.000
Glass	\$21.000
House red wine Malbec	\$74.500
Glass	\$21.000
House sparkling wine Chardonnay	\$74.500
Bottle corkage service	\$50.000

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Wino por copa

\$25.000

Hot beverages

French press coffee	\$6.000
Coffee with milk	\$8.000
Hot chocolate	\$8.500
Hot milk	\$6.000
Hot aguapanela	\$6.000
Aguapanela with milk	\$8.000
Erbe herbal infusion in water	\$9.000
Erbe herbal infusion in milk	\$11.000
Hot tea	\$6.000
Tea with milk	\$8.000

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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?

