



B

B I D A S O A  
HOTEL & RESTAURANT

B

B I D A S O A  
HOTEL & RESTAURANT



# B

**B I D A S O A**  
HOTEL & RESTAURANT

Av. Vitacura 4873, Vitacura - Santiago  
Teléfono :2421525  
Horarios: Lunes a Domingo  
de 7:00AM a 10:30PM  
[www.hotelbidasoa.cl](http://www.hotelbidasoa.cl)

# H E A L I N G F O O D



## S T A R T E R S

<b>Vital Ceviche</b> Cauliflower, Broccoli, Ginger, Rocoto, Purple Onion.	\$ 4.900
<b>Chilean Seaweed Ceviche</b> Purple Onion, Rocoto, Ginger, Coriander.	\$ 5.900
<b>Probiotic Salad</b> Fermented purple cabbage in a zen sauce, vegetal cheese covered by fine herbs, activated walnuts, subtly caramelized.	\$ 8.900
<b>Bidasoa Salad</b> Greens, roasted vegetables, sprouts, pumpkin seeds with shallots vinaigrette.	\$ 7.900

## E N T R É E S

<b>Protein, B12 and Omega 3 Hemp Pizza (30grs protein)</b> Hemp, almonds, flaxseed and zucchini pizza crust with dehydrated tomato tapenade, broccoli, artichokes hearts, olives and nutritional yeast.	\$ 9.900
<b>Zucchini Pasta</b> With Basil and Nuts Pesto With Cherry Tomatoes and Olive tapenade.	\$ 8.900
<b>Piquillo Peppers</b> Filled with Mushrooms and Vizcaína Sauce.	\$ 9.900
<b>Cauliflower Rice Risotto</b> With Truffled Mushrooms and Cashew Cheese.	\$ 9.900

## S U G A R F R E E D E S S E R T S

<b>80% Cacao Chocolate Brownies</b>	\$ 4.900
<b>Chocolate pyramid filled with roasted peanut paste, european hazelnut and sesame seeds.</b>	\$ 5.500
<b>Panna Cotta of the future based on vegetable milk, vanilla and sesame crust.</b>	\$ 5.500

Notes: Because we care about your health and the environment, our team has developed for you a variety of Low Carb recipes that don't contain animal products. These recipes help reduce the inflammation in your body that is the leading cause of most diseases. On the same way, in an effort to build a "sustainable cuisine", all these recipes are Plant Based to help protect the Environment from the deforestation, water over consumption, pollution and species extinction of Factory animal.

\* Please notify our team if you have any food allergy

## DESSERTS

Bidasoa Custard	\$ 4.500
Bidasoa Creme Brulée	\$ 4.500
Brownie with homemade Ice Cream	\$ 4.500
Homemade Ice Cream	\$ 4.500

## DRINKS

Prisma water 500cc	\$ 1.900
San Pellegrino 750cc	\$ 3.900
Evian 750cc	\$ 4.200
Homemade Lemonade	\$ 2.800
Natural fruit juices	\$ 2.800
Ki-way 100% natural Energy Drink	\$ 1.900
Soft Drinks	\$ 1.900

## HOT DRINKS

Dammann freres Tea	\$ 2.400
Herbal Infusion	\$ 1.400
Espresso	\$ 1.800
Latte (small/large)	\$ 2.000 / \$ 2.500
Capuccino	\$ 2.000
Ristretto	\$ 1.800
Macchiato	\$ 2.000

## STARTERS

Peruvian Ceviche Salmon or mixed.	\$ 10.900	\$ 12.900
Tataki Salmon with Ponzu Sauce, Ginger and chives.		\$ 10.900
Spanish Tortilla Potatoes and Onion Confit.		\$ 5.500
Stone-Naked Pizza Serrano Ham and avocado, Vegetables and Shrimps, Mozzarella Basil and Olives.		\$ 7.900
Serrano Ham Plate Serrano with "Tomaca".		\$ 10.900
Iberian Acorn-Fed Ham Plate Iberian Ham with "Tomaca".		\$ 16.900
Olive Octopus Octopus from the north coast with Azapa Valley Olives.		\$ 10.900
Pil Pil Shrimps Shrimps sautéed in garlic and "cacho de cabra" chili pepper.		\$ 8.900

## SALADS

<b>Oriental Beef Tenderloin</b>	\$11.900
Marinated with Chinese spices on an organic bed of lettuce, grated carrots, sprouts, red pepper and coriander leaves with ginger sauce.	
<b>Chicken and Shrimps</b>	\$ 9.900
With Quinoa, Lettuce, Celery, Avocado, Turnyp, grated Carrots and cesar sauce.	
<b>Crispy Shrimps</b>	\$ 8.900
With Organic Lettuce, Onion, Coriander leaves and spring rolls sauce.	
<b>Hake Salad</b>	\$11.900
Green Salad with Hake Loin, caper vinagrette and Asparragus with boiled Egg.	

## SÁNDWICH

<b>Vegan Burger</b>	\$ 7.900
Chickpeas burger with Tomato, Lettuce, Jalapeño, Vegan Mayo with French Fries.	
<b>Creole Filet</b>	\$10.900
Sauteed Filet, with Onions, Red Peppers, Mushrooms, Avocado and Mozzarella Cheese in a Baguette.	
<b>Chicken Col</b>	\$ 8.900
Bacon, Lettuce, Tomato, Coleslow, Mayonaise in a Hamburger Bun.	

## PASTAS

<b>Spanish Spaghetti</b>	\$ 9.900
With Garlic, Mushrooms and Serrano Ham.	
<b>Homemade Risotto</b>	\$ 10.900
Squid ink rice with Octopus and Parsley sauce.	
<b>Pasta of the day</b>	\$ 9.900

## MEAT

<b>Porcini Steak</b>	\$ 13.900
250 gr beef tenderloin with Papardelle and Funghi Porcini sauce.	
<b>Skirt Steak</b>	\$ 11.900
Stewed in Red Wine with homemade mashed Potatoes.	
<b>Sauteed Striploin</b>	\$ 12.990
Striploin with Onions, Chilli, French Fries and Avocado timbale.	

## FISH

<b>Patagonian Toothfish</b>	\$ 12.900
With shrimps and Green Beans sauce with mortar Potatoes.	
<b>Puerto Montt Salmon</b>	\$ 12.900
On mashed carrots with cardamom and balsamic glace.	
<b>Fish &amp; Chips with Fish of the day</b>	\$ 12.900
Cooked til tender with french fries, Tartar sauce and Creole salad.	
<b>Chaufa with Shrimps</b>	\$ 10.900
With sauteed rice and vegetables.	

## VEGETARIAN

<b>Summer Squash Carpaccio</b>	\$ 8.900
With Goat cheese, Brocoli tabbouleh and Avocado toast.	
<b>Quinoa chaufa</b>	\$ 8.900
Quinoa with Chinese spices and Grilled mushrooms.	
<b>Lentil salad</b>	\$ 8.900
Lentils with grilled Goat cheese and Honey-Truffle vinaigrette.	