





CACHACO RIVER
Tayrona Eco-hostel

Food MENU


 Todos nuestros platos son preparados con alimentos de la más alta calidad en su mayoría de la región y orgánicos, para su preparación utilizamos exclusivamente aceites de oliva, coco o mantequilla de ghee, garantizando de esta forma la calidad, el sabor y la satisfacción de nuestros huéspedes.


 All our dishes are prepared with foods of the highest quality, mostly from the region and organic, for their preparation we use exclusively olive, coconut or ghee butter oils, thus guaranteeing the quality, flavor and satisfaction of our customers. guests.

Food MENU

OPEN 7:00AM - 8:00 PM

DEΣΔYUNO - BREAKFAST

 Huevos al gusto (fritos, revueltos, o con cebolla y tomate), acompañados de pan, patacon o moneditas de platano. Bebida caliente (café negro, café con leche, o chocolate).

 Eggs as you like (fried, scrambled, or with onion and tomato), accompanied by bread, patacon or banana coins. Hot drink (black coffee, latte, or chocolate).


\$15.000


PLATOS PRINCIPALES - MAIN COURSES

LUNCH OF THE DAY: \$22.000

ALMUERZO DEL DIA: \$22.000


FIAMBRE PARQUE FAYRONA


 180 gramos de carne de res guisada, arroz blanco y huevo cocinado, envuelto en hoja de plátano, caliente, recién preparado y listo para comer en el momento que usted desee.

 180 grams of stewed beef, white rice and cooked egg, wrapped in banana leaf, hot, freshly prepared and ready to eat whenever you want.

\$25.000

CARNE DE RES A LA PLANCHA

 180 gramos carne de res a la plancha preparada a las finas hierbas, acompañada de verduras salteadas o ensalada, patacón de la casa o papas a la francesa.


 180 grams of grilled beef prepared with fine herbs, accompanied by sautéed vegetables or salad, house-made patacón or French fries.


\$25.000

Food MENU

OPEN 7:00AM - 8:00 PM


CARNE DE CERDO A LA PLANCHA


 180 gramos de carne pulpa de cerdo a la plancha preparada a las finas hierbas acompañada de verduras salteadas o ensalada, patacón de la casa o papas a la francesa y arroz blanco.

 180 grams of grilled pork meat prepared with fine herbs accompanied by sautéed vegetables or salad, house patacón or French fries and white rice.

\$25.000

PECHUGA A LA PLANCHA

 180 gramos de pechuga de pollo a la plancha preparada a las finas hierbas acompañada de verduras salteadas o ensalada, patacón de la casa o papas a la francesa.

 180 grams of grilled chicken breast prepared with fine herbs accompanied by sautéed vegetables or salad, house-made patacón or French fries.

\$25.000

PICADA CACHACO RIVER

 Carne de res, cerdo, pechuga, chorizo, tajadas de platano, papa salada.

2 personas: **\$60.000**

3 personas: **\$90.000**

4 personas: **\$120.000**

 Beef, pork, brisket, chorizo, plantain slices, salted potato.

2 People **\$60.000**


3 People **\$90.000**


4 People **\$120.000**

Food MENU

OPEN 7:00AM - 8:00 PM


FISH

 Pescado del día, frito o sudado en salsa de coco, acompañado de patacón de la casa, ensalada y arroz en aceite de coco. Valor: de acuerdo al peso,

 Fish of the day, fried or sweated in coconut sauce, accompanied by house-made patacón, salad and rice in coconut oil. Value: according to weight,

\$40.000 - \$55.000

CAMARONES AL AJILLO

 180 gramos de camarones salteados en aceite de olive y aceite de coco, con ajo y finas hierbas, acompañados de patacon de la casa y ensalada.

 180 grams of shrimp sautéed in olive oil and coconut oil, with garlic and fine herbs, accompanied by house patacon and salad.

\$45.000

ENCOCADO DE SALMON

 180 grams of salmon sautéed in olive oil and coconut oil, with garlic and fine herbs, accompanied by house patacon, rice in coconut oil and salad.


 180 grams of salmon sautéed in olive oil and coconut oil, with garlic and fine herbs, accompanied by house patacon, rice in coconut oil and salad.

\$50.000

Food MENU

OPEN 7:00AM - 8:00 PM

ΠΑΣΤΑ ΕΝ ΣΑΛΣΑ ΒΟΛΟΓΝΕΣΑ

 Pasta en salsa boloñesa, acompañada de pan tostado y queso rayado.

 Pasta in bolognese sauce, accompanied by toasted bread and grated cheese.

Sin gluten: \$35.000
Normal: \$25.000

ΠΑΣΤΑ ΕΝ ΣΑΛΣΑ ΔΕ ΠΟΛΛΟ

 Pasta en salsa de pollo, acompañada de pan tostado y queso rayado.


 Pasta in chicken sauce, accompanied by toasted bread and grated cheese.

Sin gluten: \$35.000
Normal: \$25.000

ΠΛΑΤΟΣ ΒΕΓΕΤΑΡΙΑΝΟΣ – VEGETARIAN DISHES

ΠΑΣΤΑ ΒΕΓΕΤΑΡΙΑΝΑ

 Pasta con quínoa o champiñones, tomate, cebolla, bañado en aceite de coco, acompañada de pan tostado y queso rayado.



 Pasta with quinoa or mushrooms, tomato, onion, bathed in coconut oil, accompanied by toasted bread and grated cheese.

Sin gluten: \$35.000
Normal: \$25.000

Food MENU



OPEN 7:00AM - 8:00 PM

ARROZ VEGETARIANO

-  Arroz blanco salteado con vegetales, champiñones o huevo, acompañado de papa a la francesa o patacones de la casa.
-  White rice sautéed with vegetables, mushrooms or egg, accompanied by French fries or homemade patacones.

\$22.000



PLATO TÍPICO VEGETARIANO

-  Arroz blanco, huevos al gusto y patacón de la casa con hogao y queso rayado.
-  White rice, eggs to taste and homemade patacón with hogao and shredded cheese.

\$22.000

COMIDA RÁPIDA – FAST FOOD

HAMBURGUESA DE CARNE



-  Pan tradicional o patacón, 180 gramos 100% carne artesanal de lomo de res con lechuga, tomate, cebolla, queso, acompañada de papas a la francesa.
-  Traditional bread or plantains, 200 grams 100% beef with lettuce, tomato, onion, cheese, accompanied by French fries.

\$25.000

Food MENU



OPEN 7:00AM - 8:00 PM

CARNIPAPA

-  Delicioso lomo de res con marmoleo, acompañado de papas a la francesa o patacon de la casa
-  Delicious beef tenderloin with marbling, accompanied by French fries or house patacon



\$22.000

PINCHOS CACHACO RIVER

-  Pinchos de lomo de res o pechuga de pollo con cebolla o pimientos, perfectos para asar en las noches de fogata cachaco river
-  Beef loin or chicken breast skewers with onion or peppers, perfect for grilling on Cachaco River bonfire nights

\$15.000

PATACONADA

-  Porción de 8 patacones acompañados de hogao y suero o queso rallado.
-  Portion of 8 patacones accompanied by hogao and whey or grated cheese.


\$15.000

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BEBIDAS – DRINKS

Jugo natural en agua / natural juice in water	\$6.000
Jugo natural en leche / natural juice in milk	\$8.000
Limonada de panela / panela lemonade	\$3.000
Café negro de la sierra / mountains's black coffee	\$3.500
100% organic cocoa chocolate from the mountains	
Chocolate cacao 100% organico de la sierra	\$6.000

 Horario 7:00 am / 20:00 pm. Si necesitas que el horario sea ampliado informalo a la administración con anterioridad y con gusto lo haremos

Separa tu plato con 2 horas de anticipación para garantizar que tus alimentos son frescos y preparados en el momento

 Schedule: 7:00 am / 20:00 pm. If you need the hours to be extended, inform the administration in advance and we will gladly do so.

Separate your plate 2 hours in advance to ensure that your food is fresh and prepared at the moment.