



Quinua... The Super Grain of the future

It is a complete protein containing all nine essential amino acids.

According to WH Foods quinoa "was the gold of the Incas" because they believed it increased the stamina of their warriors

7 Benefits of Quinoa

1. Quinoa is one of the most protein-rich foods we can eat.
2. Quinoa contains almost twice as much fiber as most other grains
 3. Quinoa contains Iron.
 4. Quinoa contains lysine.
 5. Quinoa is rich in magnesium.
 6. Quinoa is high in Riboflavin (B₂).
 7. Quinoa has a rich content of manganese.



Quinua... El súper grano del futuro

Este legado de los Incas es una proteína completa que contiene los Nueve aminoacidos esenciales. Según WHFoods fue "el oro de los Incas", porque pensaban que aumentaba la resistencia de sus guerreros

7 Beneficios de la quinua

1. La quinua es uno de los granos más ricos en proteínas
2. La quinua contiene el doble de la fibra de la mayoría de los granos
 3. La quinua contiene hierro
 4. La quinua contiene lisina
 5. La quinua es rica en magnesio.
 6. La quinua es rica en riboflavina (B₂)
 7. La quinua tiene un alto contenido de manganeso.

Ofrecemos Quinua en “InTerra”

DESAYUNO / BREAKFAST

DESAYUNO CONTINENTAL

Jugo de frutas frescas, panecillos, tostadas, mantequilla, mermelada, te o café.
Fresh fruit juice, small breads, toast, butter, marmalade, tea or coffee.

S/. 35.00

DESAYUNO BUFFET / BUFFET BREAKFAST

Jugo de frutas frescas, panecillos, mantequilla, mermelada. Huevos preparados de acuerdo a su preferencia, tocino o jamón.

Te o café.

S/. 50.00

Fresh fruits juice, small warm bread, toast, butter, marmalade, eggs made at your preference with ham or bacon.

Tea or coffee.

SANDWICHES

VEGETARIANO/VEGETARIAN

Champiñón, pimiento, zuquiñi, espinaca y queso andino en pan integral acompañado de chips de papas
Mushroom, pepper, zucchini, spinach and Andean cheese on whole wheat bread accompanied by potato chips

S/. 35.00

POLLO / CHICKEN

Trozos de pollo con toque de mayonesa y mostaza con lechuga y tomate en pan blanco acompañado de chips de papas

S/. 35.00

Shredded chicken with a touch of mayonnaise and mustard with lettuce and tomato accompanied by potato chips

POLLO GRILLADO / GRILLED CHICKEN

Filete de pechuga de pollo a la plancha con lechuga, tomate en pan ciabatta acompañado de chips de papas

S/. 35.00

Grilled chicken breast fillet with lettuce, tomato on ciabatta bread served with potato chips

MIXTO / MIX

Ham and cheese with variety of chips
Jamon y queso con variedad de chips

S/. 30.00

HAMBURGUESA / HOMEMADE CHEESE BURGER

(200 GRAMOS DE CARNE/ 200 GRAMS OF MEAT)

Con queso cheddar, aros de cebolla, pickles, tocino, lechuga y tomate con papas fritas
Home made cheese burger with onions, pickles, lettuce and tomato with french fries on the side

S/. 40.00

CLUB SANDWICH / SANDWICH CLUB

Trozos de pollo, jamon, queso, tocino y huevo, tomate y lechuga acompañado de papas fritas

S/. 45.00

Chicken breast pieces, ham, Cheese, bacon, fried egg with tomato and lettuce with french fries

FOREIGN VISITORS ARE EXEMPT FROM SALES TAX ON FOOD, PRICES IN SOLES INCLUDE THIS EXEMPTION

ALL PRICES INCLUDE SERVICES CHARGE

VISITANTES EXTRANJEROS ESTAN EXENTOS DEL IGV EN ALIMENTACIÓN

PRECIOS EN SOLES INCLUYEN IGV. Y PRECIOS INCLUYEN SERVICIOS

PLATOS DE FONDO / MAIN COURSE

Pollo A La Plancha / Grilled Chicken

Filete de pollo a la plancha con papas fritas o arroz y vegetales al vapor
Grilled chicken fillet with fries or rice and steamed vegetables

S/. 42.00

Aji de Gallina/ Chicken in Peruvian Chili Yellow Cream

Trozos de Pollo con crema de ají amarillo, papa amarilla, queso fresco
Pieces of chicken with yellow chili cream, yellow potato, fresh cheese

S/. 46.00

Pollo Al Vino Tinto / Chicken & Mushrooms Sauce on Red Wine

Trozos de Pollo al vino tinto y champiñones acompañado de pure de papa gratinada
Chicken strips with mushrooms, sautéed in red wine.

S/. 50.00

Lomo Saltado / Peruvian Stir Fried Beef

Tradicional Plato Peruano a base de lomo fino de res en juliana salteado con
cebolla y tomate, servido con arroz y papas fritas.

S/. 52.00

An emblematic Peruvian dish consisting on strips of sirloin marinated on vinegar
and stir fried with onions and tomatoes in a very hot wok served with large
French fries and white rice on the side.

Trucha Al Grill / Grilled Trout

S/. 52.00

En salsa de alcacarras, papas torneadas al vapor y vegetales Bebes
In caper sauce, steamed potatoes and baby vegetables

Quinua Al Estilo Peruano-Chino / Quinoa Oriental Style

S/. 48.00

Quinua en fusion peruana china con langostinos
Quinoa in Peruvian-Chinese fusion with prawns

Lomo de Cerdo / Pork

S/. 50.00

Con tocino en salsa pimienta con puré de papa y vegetales bebes
With bacon in pepper sauce with mashed potatoes and baby vegetables

Alpaca Terra Andina / Alpaca Loin

S/. 55.00

Filete de alpaca al Grill en cama de Quinoto (quinua tipo rissotto en crema de
aji amarillo)
Grilled alpaca fillet on a bed of Quinoto (quinoa risotto type in yellow chili cream)

Pescado Al Grill En Salsa Chimichurri / Fish In Chimichurri Sauce

S/. 52.00

Con risotto al aji amarillo
With yellow chili risotto

Risotto Vegetariano / Vegetarian Risotto

S/. 42.00

Vegetales salteados al wok servido sobre risotto
Vegetables sautted to the wok served on risotto

MENU PARA NIÑOS / KIDS MENU

Chicharron de pollo / Chiken crackling

S/. 39.00

Acompañado de papas Fritas y legumbres al vapor
with French fries and vegetables
Incluye vaso de Chicha o Limonada
Peruvian purple corn drink, or lemonade is included

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PASTAS Y PIZZAS

Fetuccini en salsa huancaina con lomo saltado	S/. 52.00
Fettuccine in peruvian yellow chilli cream with stir Fried beef, onion and tomato	
Espaguetti vegetariano al wok con toque oriental	S/. 38.00
Vegetarian Spaguetti to the wok with mild oriental flavor	
Fetuccini en salsa al pesto con lomo al Grill	S/. 52.00
Fetuccine in al pesto sauce and grilled beef tenderloin	
Tagliatelli a la boloñesa o en Salsa Alfredo	S/. 40.00
Tagliatelli in Bolognese Sauce or Alfredo Sauce	
Pizza Americana: Jamon, queso y pimientos	S/. 42.00
American Pizza: Jam, Cheese and peppers	
Pizza Vegetariana: Champiñones, queso mozzarella, aceituna, albahaca y esparragos	S/. 42.00
Vegetarian Pizza: Mushrooms, mozzarella cheese, olive, basil and asparagus	
Pizza Terra Andina: Tiras de lomo de alpaca al wok, queso mozzarella y pimientos	S/. 50.00
Terra Andina Pizza: Wok-fried alpaca loin strips, mozzarella cheese and peppers	

GUARNICIONES / SIDE ITEM MEAL

Porción de papas fritas / French Fries	S/. 10.00
Porción de vegetales al vapor / Steam Vegetables	S/. 10.00
Porción de arroz blanco / White Rice	S/. 10.00

POSTRES / DESSERT

Cheesecake de frutos del bosque Berries cheesecake	S/. 28.00
Mousse de maracuya Passion Fruit Mousse	S/. 28.00
Helado Tempura Ice cream tempura	S/. 28.00
Crepes con frutas a la parrilla con helado Crepe with grilled fruit and ice cream	S/. 28.00
Porcion de helado Ice Cream	S/. 25.00

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BEBIDAS / BEVERAGES

Bebidas Frias / Cold Drinks	S/. 15.00
Diferentes tipos de Limonadas / Lemonades	
Clasica / Classic	
Menta Muña / Mint - Muña	
Hierba Luisa / Lemongrass	
Kion y Limon / Ginger and Lemon	

Chicha Morada / Peruvian Purple corn drink	S/. 15.00
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Jugos / Juice	S/. 15.00
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Papaya, piña, naranja, mixto
Papaya, pineapple, orange, mix

Gaseosas / Soda

Coca Cola / Coke, Inka Kola, Fanta, Sprite	S/. 7.00
Agua / Water	S/. 6.00

Bebidas Calientes / Hot Beverages

Cafe americano/Coffee	S/. 10.00
Café expresso / Express Coffee	S/. 9.00
Cappuccino	S/. 12.00
Chocolate Caliente / Hot Chocolate	S/. 12.00
Infusiones / herbal Tea	S/. 10.00