# FEEP YOUR SOUL

# SNACKS & SMALL PLATES

**FRIED OLIVES** STUFFED WITH QUESO FRESCO 16

## **ROASTED POBLANO & PARMESAN CROQUETAS**

CRISPY BECHAMEL CROQUETAS WITH POBLANO PEPPERS & VEGAN PARMESAN CHEESE, SERVED WITH HOUSE AIOLI **14** 

**RISOLES DE ATUN** TUNA & PEA FRITTER WITH HERBED CREMA 16

**BARBACOA TOSTADAS** BRAISED LAMB, GUAJILLO, FERMENTED PINEAPPLE & POBLANO SALSA 16

## ACARAJE

BLACK EYED PEAS MASA, STUFFED WITH A PRAWN MIX, SERVED OVER VATAPA SAUCE 24

**CASTANAS DE AGUA** WATER CHESTNUTS, FERMENTED CHILLI, LECHE DE TIGRE, CHALAQUITA, FRIED PARSNIP 24

THE LONA TARTARE STEAK TARTARE, SERVED WITH RICE CRACKERS,

CAPERS, CORNICHONS, SHALLOTS & VEGG YOLK 22

## **GUACAMOLE IN STONE BOWL**

HOUSE KIMCHI, POBLANO & CORIANDER SALSA, SERVED WITH TOTOPOS 24

## TAMALES

CORN HUSK STEAMED MASA, TOPPED WITH CACTUS & TRIPLE COOKED CORN, TOPPED WITH MOJO VERDE LIME CREMA 21

## PAN CON QUESO FRESCO

WOOD FIRED FLAT BREAD, SERVED WITH FERMENTED HOUSE CHEESE CURD, DUKKAH & SALSA MACHA 18

## QUESO CON CHORIZO

BLOOM PROVIDORE CHORIZO, IN A BOWL OF CREAMY WARM CHEESE DIP, SERVED WITH TOTOPOS **22** 

# OUR FOOD PHILOSOPHY

IT'S ALL ABOUT RECREATING THOSE MAGICAL **MEMORIES THAT ONLY FOOD CAN BRING INTO** YOUR LIFE. TRADITIONS THAT YOU THOUGHT WERE LOST, BROUGHT BACK IN A BRAND NEW WAY. **MY GRANDMOTHER WOULDN'T BE TOO IMPRESSED** WITH WHAT I'VE DONE TO HER DISHES, BUT I PROMISE THAT YOU WILL BE. **X SHANNON** 

FROM THE

ANTICUCHOS MUTTON SKEWERS OVER COALS, WITH PAPAS AL AII AMARILLO & LENTIL SOURCREAM, TOPPED WITH CRISPY SWEET POTATO **22** 

> LION'S MANE STEAK MARINATED, SERVED WITH TANGO CHIMICHURRI 36

## PARRILLADA

FIRE ROASTED ASSADO MIX WITH CHICKEN BASTED IN FERMENTED PERI PERI SAUCE, CHARRED MUSHROOM STEAK, CHORIZO, OKRA, SERVED WITH CHIMICHURRI, PICO DE GALLO, PLANTAINS & FAROFA 56

## PASTOR MUSHROOMS

BLUE OYSTER MUSHROOMS, CORN PURÉE, FERMENTED PINEAPPLE & CHILLI, GRILLED OVER COALS 34

## ALL MENU ITEMS ARE PLANT BASED

#### **DIETARY REQUIREMENTS**

MOST DISHES ARE GLUTEN FREE, PLEASE ASK YOUR SERVER FOR ANY EXCEPTIONS. AT LONA MISA WE TAKE FOOD ALLERGIES SERIOUSLY. WE WILL DO OUR BEST TO MEET ALL DIETARY REQUIREMENTS UPON REQUEST. HOWEVER THE KITCHEN DOES CONTAIN

# **BIG PLATES**

## **TACU TACU**

SLOW ROASTED EGGPLANT, PANELA, SPICY ENCHILADA SAUCE & QUESO FRESCO 32

## COCIDO

RICH BRAISED BEEF, ROASTED ROOT VEGETABLES, CAULIFLOWER PURÉE, SECO JUS & SALSA MACHA 36

# MOQUECA

BRAZILIAN SEAFOOD STEW COOKED IN A SPICED COCONUT, TOMATO & LIME BROTH, SERVED OVER RICE **34** 

## AJI DE GALLINA

FRIED GALINA IN A CREAMY, MILDLY SPICY PERUVIAN SAUCE & SWEET POTATOES WITH FAROFA 36

## **ALUBIAS DE LA GRANJA Y ESPINACAS**

GIANT BEANS BATHED IN A SAVOURY BROTH, WITH SPINACH, & GOLDEN MIGAS BREADCRUMBS SERVED PIPING HOT 34

# SALADS/SIDES

TIJUANA CAESAR SALAD BABY COS LETTUCE, CAESAR DRESSING, PARMESAN & CROUTONS 18

# SALPICAO SLAW

HERBY & TENDER SHREDDED CHICKEN, CARROTS, CABBAGE, CORN & CURRANTS IN TANGY LIME CREMA. SERVED WITH POTATO STICKS 19

# PATATAS BRAVAS

FARMERS FRIED POTATOES, DRESSED IN TOMATO & CHILLI BRAVAS SAUCE WITH HOUSE AIOLI 18

## WATERMELON SALAD

COMPRESSED WATERMELON SERVED WITH BLACK QUINOA, QUESO FRESCO & FRESH HERBS 26

#### **CHAMPIÑONES ESPAÑOLES** PEDRO XIMENES BRAISED MUSHROOMS, SERVED OVER FOCACCIA 26

ALLERGENS & WE CANNOT GUARANTEE NO TRACES.



## DESSERTS

ROTATING SEASONAL DESSERT MENU PLEASE ASK TO SEE WHAT WE HAVE ON **OFFER THIS EVENING** 





