



Café Sol Latino, Schleißheimer Straße 187a, 80797 Munich

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## HOT DRINKS

*All our coffee drinks are made with Colombian organic coffee.*

*Our cocoa and teas are also organic.*

*If you want, we prepare your drink lactose-free.*

- Espresso (9) 2,90 € double 4,50 €
- Espresso Macchiato (1, 9) 3,60 € double 4,90 €
- Americano (9) 4,50 €
- Cup of coffee (9) 4,00 € big 4,80 €
- Cappuccino (1, 9) 4,30 € big 5,90 €
- Coffee with milk (1, 9) 4,10 € big 5,80 €
- Latte Macchiato (1, 9) 4,90 €
- Aguapanela 6,30 € (hot sugarcane juice) with lime juice 7,50 €
- Hot chocolate (1) 8,40 € (100% cocoa from Latin America)
- Tea (9) 4,90 €

*(options: green tea, black tea, fennel, chamomile, fruit tea, peppermint)*

## SOFT DRINKS

- Mineral water with or without gas  
(Bottle 0,5 l) 4,50 € / (Bottle 0,75 l) 5,90 € / (Bottle 1,0 l) 6,90 €
- Organic juice pure (0,5 l) 5,95 € (options: apple, orange, grape)
- Organic Schorle (juice spritzer) (0,5 l) 5,80 € (options: apple, orange, grape)
- Fresh lemonade of lime with mineral water, ice and cane sugar (0,4 l) 9,90 €
- Colombian soft drinks: Pony Malta (1, 2, 10) (Cola of malt) (0,3 l) 4,95 €  
Colombiana (1, 2, 10) (orange Cola) (0,5 l) 5,70 €
- Cola, Cola without sugar (1, 2, 9, 10) (0,5 l) 4,80 €
- Spezi (1, 2, 9, 10) (orangeade with cola) (0,5 l) 4,80 €
- Cold coffee (9) (filter coffee with ice cubes, without sugar) (0,3 l) 7,20 € / (0,4 l) 7,90 €
- Frappe (1, 9) (sweet cold filter coffee with milk und crushed ice) (0,3 l) 8,80 €
- Eiskaffee (1, 9) (iced coffee with organic vanilla ice cream and whipped cream) (0,4 l) 9,90 €
- Eisschokolade (1) (iced chocolate with organic chocolate ice cream and whipped cream) (0,4 l) 9,70 €

## BEER

- Colombian beers <sup>(A)</sup> (0,3 l) 5,40 €
- Refajo <sup>(A, 1, 2)</sup> (*bright beer with Colombiana*) (0,5 l) 6,90 €
- Helles <sup>(A)</sup> (*bright beer*) (0,5 l) 4,90 €
- Radler <sup>(A)</sup> (*bright beer with lemonade*) (0,5 l) 4,70 €
- Michelada <sup>(A)</sup> (*bright beer with lime juice and salt – optional with chili sauce*) (0,5 l) 4,80 €

## WINE

### *South American wines*

- Red wine <sup>(J)</sup> (0,2 l) 8,80 € / (Bottle 0,75 l) 25,90 €
- White wine <sup>(J)</sup> (0,2 l) 8,80 € / (Bottle 0,75 l) 25,90 €

### *Wine from Germany, France, Italy, Austria*

- Red wine <sup>(J)</sup> (0,2 l) 7,20 € / (Bottle 0,75 l) 23,90 €
- White wine <sup>(J)</sup> (0,2 l) 7,20 € / (Bottle 0,75 l) 23,90 €

- Weinschorle <sup>(J)</sup> (*wine spritzer*) (0,4 l) 8,80 €

## COCKTAILS AND SHOTS

- Cuba Libre <sup>(10)</sup> (0,3 l) 9,90 € / (Jumbo 0,4 l) 14,40 €
- Caipiriña <sup>(10)</sup> (0,3 l) 9,90 € / (Jumbo 0,4 l) 14,40 €
  
- Aguardiente (*Colombian schnapps of anise*) (2 cl) 4,30 € / (4 cl) 5,40 €
- Rum <sup>(10)</sup> (2 cl) 4,30 € / (4 cl) 5,40 €

## SOUPS AND STEWS

*only for buffets, events or pre-order from 7 portions*

- <b>Caldo de Pollo:</b> Colombian chicken soup with potato, onion and parsley, served with fried flatbread	10,90 €
- <b>Caldo de Res:</b> Colombian beef soup with potato, onion and parsley, served with fried flatbread	11,80 €
- <b>Café Sol Latino-Lentils stew</b> with vegetables, served with fried flatbread and avocado (vegan)	18,70 €

## AREPAS, EMPANADAS AND CHORIZO

*All arepas and empanadas are served with homemade sauces:  
avocado-dip (1, 2, 3, 4) (spicy dip with avocado, onion and parsley)  
and  
Ají criollo (1, 2, 3, 4) (spicy dip with tomato, onion and parsley)*

- **Arepa con Queso** (1): a fried flatbread of *white corn*, filled with cheese (*vegetarian*) 9,80 €
- **Arepa de Chóclo** (1): a fried flatbread of *yellow sweet corn*, filled with cheese (*vegetarian*) 10,60 €
- **Colombian Empanadas:** (*portion = 2 pieces*) 10,80 €  
two big pasties of *yellow corn flour*, filled with beef and potato
- **Colombian Empanadas (vegetarian):** (*portion = 2 pieces*) 10,20 €  
two big pasties of *yellow corn flour*, filled with vegetables and potato
- **Chorizo con Arepa** (8): 10,60 €  
portion of fried sausage with fried flatbread

## MAIN COURSES

- **Bandeja paisa** (M, 8): (*while stocks last*) 32,40 €  
Colombian dish with red beans, rice, beef strips, fried sausage, fried egg, roasted pork belly, fried flatbread, cooking banana and avocado
- **Lechona**: (*on occasion, while stocks last*) 29,50 €  
Colombian dish of filled sucking pig with pork meat, yellow peas and spices, served with fried flatbread, crispy pig skin and corn-pudding
- **Ajíaco**: creamy chicken soup with Colombian potato, corn and Guascas (*spices*), with rice, fried flatbread and avocado 20,70 €
- **Sancocho**: stew of meat, Colombian potato, cooking banana and cassava, with rice, fried flatbread and avocado 21,60 €
- **Arroz con pollo**: fried rice mixed with chicken meat, onion, carrot and green peas, with fried flatbread and avocado 19,90 €
- **Calentado** (M): red beans mixed with rice, served with one fried egg, fried flatbread and avocado (*optional vegetarian*) 19,80 €
- **Chili con carne** (1, 2, 3, 4): spicy dish of red beans with ground beef and tomato sauce, with fried flatbread and avocado 19,60 €
- **Chili sin carne** (1, 2, 3, 4): spicy dish of red beans with carrot, onion, tomato sauce and spices (*vegetarian / vegan*), served with fried flatbread and avocado 18,70 €
- **Tamal tolimense** (M) (*typical from the Colombian region Tolima*): typical dish with chicken meat, pork meat, rice, yellow peas and potato, wrapped in banana leaves, with fried flatbread and one hard boiled egg 22,80 €
- **Tamal** (M): *vegetarian*, served with one boiled egg and fried flatbread 20,90 €
- **Tamal**: *vegan*, served with avocado and fried flatbread 20,90 €

## SPECIAL DISHES

*only for buffets, events or pre-order from 7 portions*

- |  |         |
|--|---------|
| - <b>Carne estofada:</b> pot roast of beef with potato, cassava, onion and carrot, served with rice, fried flatbread and avocado           | 27,00 € |
| - <b>Pollo sudado:</b> boiled chicken thighs with potato, cassava, carrot and onion, served with rice, fried flatbread and avocado         | 24,30 € |
| - <b>Mondongo:</b> stew of tripe, beef, Colombian potato, arracacha, cassava and vegetables, served with rice, fried flatbread and avocado | 20,80 € |

## DESSERTS

*only for buffets, events or pre-order*

- |  |         |
|--|---------|
| - <b>Arroz con leche</b> (I): hot rice pudding, if you want with ground cinnamon <i>and / or</i> raisins                                     | 8,40 €  |
| - <b>Brevas con Arequipe</b> (I): Colombian dessert of pickled figs in sirup with caramel cream  | 9,30 €  |
| - <b>Mazamorra</b> (I): Colombian creamy and hot corn soup with milk, with panela ( <i>cane sugar</i> ) and bocadillo ( <i>guava paste</i> ) | 10,20 € |

- **Home-made cakes** (A, H, I, L, M, 1, 9): 5,10 € / 4,90 € piece

## VARIOUS

- |   |             |
|---|-------------|
| - Buñuelo (I, M): ( <i>Colombian bread ball of cassava and corn flour with cheese</i> ) | 4,50 € unit |
| - Pandebono (I): 4,00 € unit / <i>filled with guava paste</i>                           | 4,50 € unit |
| <i>(Colombian bread of cassava and corn flour with cheese)</i>                          |             |

*are occasionally offered*

- Portion rice: 3,90 €
- One fried *or* boiled egg (M): 3,40 €
- Portion avocado: 3,90 €
- Mini-Arepa (*a little fried flatbread*): 2,80 € unit
- Avocado-dip (1, 2, 3, 4) *or* Ají criollo (1, 2, 3, 4) (*spicy sauces*): 2,90 €
- Portion plátano (*fried cooking banana*): 7,20 €
- Portion chicharrón (*roasted pork belly with fried flatbread*): 10,80 €
- Portion Yuca frita (*fried cassava-sticks*): 8,20 €

## **ALLERGEN LABELLING:**

**A:** cereal with gluten: wheat, rye, barley, oats, spelt and extracted products

**B:** celery and extracted products

**C:** crustaceans and extracted products

**D:** lupins and extracted products

**E:** sesame and extracted products

**F:** fishes and extracted products

**G:** mustard and extracted products

**H:** peanuts and extracted products

**I:** milk and extracted products (lactose)

**J:** sulfites with a concentration of more than 10 mg/kg or 10 mg/l of the quantity of SO<sub>2</sub>

**K:** soybeans and extracted products

**L:** dried fruits: almond, hazelnut, walnut, pecan, pistachio, macadamia and extracted products

**M:** eggs and extracted products

**N:** mollusks and extracted products

## **ADDITIVES**

**1** colorings

**2** preservatives

**3** antioxidants

**4** flavor enhancers

**5** sulphurized

**6** blackened

**7** phosphates

**8** milk protein (in meat products)

**9** caffeine

**10** quinines

**11** sweeteners

**12** waxed