

# La Natura Resort Restaurant

## - Breakfast -

### American breakfast

- \* Egg (sunny side up/scrambled/boiled) with bacon, 3 slices of toasted bread and fruits \*
- \* 2 pcs pancakes and seasonal fruits \*
- served with brewed coffee/orange or calamansi juice/hot tea.

### European breakfast

- \* Milk and cereal with seasonal fruits \*
- \* Butter, jam and 4 slices of toasted bread \*
- served with brewed coffee/orange or calamansi juice/hot tea

### Filipino breakfast

- \* Egg (sunny side up/scrambled/boiled) with rice (plain/garlic) \*
- a choice of a side dish (hotdog/corned beef/tapa/danggit/tocino)
- served with brewed coffee/orange or calamansi juice/hot tea.

### Extra

Egg	php 35
Toasted bread (2pcs)	php 20
Wheat bread (2ps)	php 35
Cereal	php 60
Pancakes (2pcs)	php 180
Milk	php 80
Orange juice	php 60
Calamansi juice	php 160
Hot tea	php 60
Caffe latte	php 130
Cappuccino	php 120
Hot chocolate	php 110
Espresso (1shot)	php 100
Brewed coffee	php 70
Bacon (3pcs)	php 140
Hotdog/corned beef	php 60
Tapa/tocino/danggit	php 160
Fruit	php 130

*Buongiorno!*



## *- Sandwiches -*

<b>Tuna mayo sandwich</b> toasted bread with mayo-tuna spread, chopped pickles, onion and tomatoes w/potato chips	<b>php 200</b>
<b>Egg mayo sandwich</b> toasted bread with mayo-egg spread w/ potato chips	<b>php 200</b>
<b>Ham and cheese sandwich</b> toasted bread with ham, melting cheese w/ potato chips	<b>php 230</b>
<b>Bacon and fried egg sandwich</b> toasted bread with fried egg, bacon, tomato, lettuce w/ potato chips	<b>php 280</b>
<b>Healthy hamburger sandwich</b> homemade 100% beef burger patties w/ melted cheese, grilled onions, tomatoes lettuce, cucumber and pickles w/fries	<b>php 350</b>
<b>Chicken pesto sandwich</b> French bread, grilled chicken, homemade pesto sauce and fresh tomatoes w/fries	<b>php 350</b>
<b>Chicken wrap</b> Grilled chicken, lettuce, tomatoes, cucumber, red onions wrapped in tortilla bread w/fries	<b>php 340</b>

## *- Appetizers -*

<b>French fries</b>	<b>php 240</b>
<b>Spring rolls</b> pork meat rolled up in thin wrapping and deep fried (10pcs)	<b>php 300</b>
<b>Veggies spring rolls</b> carrots, green beans, cabbage, soya sprout and chayote rolled up in thin wrapping and deep fried (5pcs)	<b>php 260</b>
<b>Fish rolls</b> fish meat rolled up in thin wrapping and deep fried (10pcs)	<b>php 280</b>
<b>Cheese sticks</b> cheese rolled in thin crispy wrapping with breadcrumbs and deep-fried (10pcs)	<b>php 250</b>
<b>Dynamite chili cheese sticks</b> green chili filled with cheese, wrapped and deep-fried (6pcs)	<b>php 250</b>
<b>Calamari</b> (depending on market's availability) fresh calamari sautéed in olive oil or flour coated and deep-fried	<b>php 340</b>
<b>Pita and hummus</b> home made pita bread and hummus	<b>php 250</b>
<b>Onion rings</b> bread crumbs coated and deep fried fresh onions	<b>php 220</b>



## - Salads -

### **La Natura salad**

lettuce, tomatoes, boiled eggs and crispy bacon bits with balsamic vinegar dressing paired with a slice of wheat bread with tasty homemade pesto spread

php 360

### **Ocean salad (advance order)**

Palawan sea grapes, tomatoes, cucumber, red onions

php 200

### **Fresh salad**

lettuce, cabbage, tomatoes, cucumber, carrots, red onions

php 350

### **Green beans salad**

green beans, fresh tomatoes and red onions

php 180

### **Potato salad**

boiled potatoes, tomatoes and hard-boiled eggs with mayo dressing

php 250

### **Ensaladang talong**

charcoal grilled eggplants with tomatoes and fresh red onions

php 200

### **Pasta fredda salad**

Penne, fresh tomatoes, black and green olives, cheese, kernel corn and basil leaves

php 320

### **Kinilaw (advance order)**

Ceviche of fresh fish of the day with vinegar, fresh red onions, ginger and chili

php 340

### **Chicken Thai Salad**

Shredded boiled chicken, julienne carrots and cabbage, crushed cashew nuts with a zesty soya and sesame oil dressing

php 320



# Lutong Bahay

## - Traditional Filipino Dishes -

<b>Chicken or Pork adobo</b> pork or chicken stew in vinegar and soy sauce, sautéed in garlic with potatoes	php 390
<b>Pork or Beef Nilaga</b> soup made from pork or beef and served with potatoes, cabbage and green beans	php 420
<b>Pork or Fish Sinigang</b> sour soup made from pork or fish served with local vegetables	php 400
<b>Bicol express</b> spicy long green chili, pork and baby shrimp paste in coconut stew	php 380
<b>Menudo</b> big chunks of pork in tomato sauce with potatoes, carrots, green peas and liver spread	php 420
<b>Giniling</b> minced pork cooked with garlic, onion, green peas, tomatoes, potatoes carrots, raisins and bell peppers.	php 420
<b>Coconut chicken curry</b> coconut milk based curry with chicken, potatoes, carrots and bell peppers	php 390
<b>Arroz caldo</b> thick chicken rice porridge with ginger, toasted garlic and hard boiled egg	php 320
<b>Tinola</b> chicken soup with ginger, sayote (or green papaya) and malunggay leaves (moringa)	php 360
<b>Sopas</b> Filipino milked based soup with macaroni, carrots, cabbage, chicken and hard-boiled egg	php 450
<b>Bistek tagalog (solo plate)</b> tender beef steak slowly cooked in soy sauce, zest of calamansi and onions, comes with one rice	php 450



*Masarap!*

<b>Sweet and sour fish (depending on market's availability)</b> lapu lapu into a sweet and sour sauce with carrots, red bell pepper and red onions	<b>php 140/100g</b>
<b>Inihaw na isda (on early request)*</b> Grilled fish of the day	<b>php 120/100g</b>
<b>Fried fish</b>	<b>php 120/100g</b>
<b>Ginataan isda</b> tuna and local vegetables in coconut milk stew	<b>php 350</b>
<b>Pancit bihon (thin soya noodles) or canton (thick egg noodles)</b> Filipino noodles with mixed vegetables and chicken	<b>php 400</b>
<b>Chopsuey</b> Stir fried vegetables and chicken	<b>php 380</b>
<b>Pakbet</b> Pork, squash, eggplant, green beans and other local vegetables mixed with baby shrimp paste	<b>php 300</b>
<b>Ginataan na gulay</b> local vegetables in coconut milk stew	<b>php 300</b>
<b>Monggo</b> Mung bean soup with pork or chicken, tomatoes and malunggay leaves	<b>php 300</b>
<b>Sotanghon soup</b> vermicelli with carrots, cabbage, chicken strips and hard boiled egg	<b>php 300</b>
<b>Vegetarian curry</b> stir fried vegetables in a coconut curry sauce	<b>php 350</b>
<b>Tortang talong</b> 2 boiled eggplant dipped in egg and fried	<b>php 200</b>
<b>OmLETTE tagalog</b> Omelets with tomatoes and onion filling (+ php 30 cheese)	<b>php 180</b>
<b>Chaofan</b> Fried rice with carrots, green peas, cabbage, vienna sausage and scrambled eggs	<b>php 350</b>
<b>Garlic rice</b>	<b>php 65</b>
<b>Plain rice</b>	<b>php 45</b>





## - Pasta -

<b>Carbonara</b> fettuccine with creamy carbonara sauce (egg yolk, crispy bacon, white cream and parmesan)	php 350
<b>Bolognese</b> short pasta with minced beef and pork in tomato sauce	php 350
<b>Aglione, olio e peperoncino</b> spaghetti sautéed in garlic, olive oil and spicy chili	php 300
<b>Pork/chicken/beef and mushroom white pasta</b> fettuccine with creamy white sauce, a choice of meat and mushroom bits	php 380
<b>Pasta al tonno</b> short pasta with tuna flakes in tomato sauce	php 280
<b>Pasta al pesto</b> short pasta with home made pesto sauce (fresh basil leaves, parmesan cheese and cashew nuts) (option to add chicken bits + 50)	php 360
<b>Pasta amatriciana</b> short pasta, tomato sauce and bacon bits	php 380
<b>Spaghetti alla puttanesca</b> fresh tomatoes, anchovies, olives, capers and a hint of spicy chili	php 380
<b>Penne all'arrabbiata</b> short pasta with fresh tomatoes sauce, parsley and a hint of spicy chili	php 380
<b>Spaghetti alla marinara</b> fresh tomatoes, parsley, shrimps, calamari and clams	php 480

## - Risotti -

<b>Risotto alla zucca</b> Italian rice with squash, Parmesan cheese and butter	php 350
<b>Risotto agli asparagi</b> Italian rice with white asparagus, Parmesan cheese and butter	php 350
<b>Risotto alle zucchini</b> Italian rice with zucchini, Parmesan cheese and butter	php 350
<b>Risotto ai funghi</b> Italian rice with mushrooms, Parmesan cheese and butter	php 350
<b>Risotto allo zafferano</b> Italian saffron rice, Parmesan cheese and butter	php 380
<b>Risotto alla pescatora</b> Italian rice with shrimps, clams and calamari	php 480

## - Gnocchi -

<b>Gnocchi bianchi</b> homemade gnocchi with creamy butter/Parmesan sauce	php 350
<b>Gnocchi rossi</b> homemade gnocchi with Bolognese sauce	php 380

## - Soups -

<b>Minestrone (whole) or Passato di Verdure (blended)</b> mixed fresh vegetable soup	php 360
<b>Creamy mushroom soup</b>	php 300
<b>Creamy asparagus soup</b>	php 300

*All soups are good for two*

## - Solo plates -

<b>Fish fillet or tuna steak*</b>	php 340
<b>Burger patties with gravy mushrooms*</b>	php 400
<b>Chicken fillet or grilled chicken in olive oil and rosemary*</b>	php 400
<b>Half fried chicken*</b>	php 500
<b>Chicken cashew nuts*</b> with bell peppers, white onions, onion leaks and fresh tomatoes	php 400
<b>Ginger chicken*</b> with fresh onion leaks	php 380

*\* Paired with boiled potatoes/French fries/fresh salad or rice*



# Buon appetito!





*- Desserts -*

<b>Panna cotta</b> classic cold Italian desserts made with double cream (choice of toppings: caramel, fresh mango bits, strawberry syrup)	<b>php 200</b>
<b>Tiramisu (upon request)</b> a favorite Italian dessert made with coffee soaked ladyfingers, homemade mascarpone cream and grated chocolate	<b>php 350</b>
<b>Crepes</b> thin pancake with mango/apple&cinnamon/banana&cinnamon or nutella filling	<b>php 200</b>
<b>Fresh fruits salad</b> mix of seasonal fruits	<b>php 300</b>
<b>Turon</b> banana with jackfruit, ube and cinnamon rolled up in a thin wrapping and fried (2pcs)	<b>php 160</b>
<b>Banana split</b> fresh bananas, 3 scoop of ice cream topped with whipped cream and caramel/chocolate syrup	<b>php 260</b>
<b>Champorado</b> Thick chocolate rice porridge with cinnamon and evaporated milk	<b>php 200</b>
<b>1 scoop of ice cream</b>	<b>php 80</b>