

karu

IT'S FRESH BREAD

Neighborhood pantry, freshly made food and a house that smells like a sweet corner in the city.

WE ARE ARTISANS OF GOOD EATING

We are an ecosystem made up of hands, hearts and creative minds that **CARE** for and **REVIVE** the traditional -arandu ka'aty know how of food, aware of its environment, dedicated to giving time to enjoy and share.

We hope you enjoy our delicacies

Thanks for visiting us!

LA FAMILIA KARU

DELICACIES OF THE WEEK!

NATURAL JUICES

- Sparkling lemonade
- Pineapple and lemon
- Watermelon



THE CLASSICS

- BIFE KOYGUA..... 45 mil with bakery potatoes.
- GRILLED CHICKEN.....42 mil with mixed salad.



MENU

APPETIZERS

Srambled eggs: 4 eggs 25 mil

Toast with poached egg 18 mil
Avocado and cherry tomato.

Pot pie of the day

Vegan 17 mil

Sun-dried tomato 25 mil

Fugazza 35 mil

Chicken with catupiry
cheese 20 mil

Pascualina 20 mil

Mbeju

Traditional 14 mil

Blue cheese / Bell peppers and
mozzarella cheese / Capresse 22 mil

Pastel Mandi'o

Chicken / Beef 16 mil

Fresh Mushrooms 21 mil

Pajagua Mascada

Beans or chickpeas 13 mil

Beef 15 mil

SANDWICH

Grilled ham & cheese 15 mil
Puff pastry bread, ham and cheese.

Croissant 20 mil
Ham and cheese, just cheese, or vegetables.

Lamb 35 mil

French bread, lamb cooked in 24hs,
sautéed onion, carrot,
arugula and aioli sauce.

Roast beef 35 mil

French bread, beef, demi-glace sauce,
soy sauce, grain mustard,
carrot, arugula and aioli sauce.

Peceto al Vitel Tonne 39 mil
Capers and watercress on lactal bread.

Fried chicken 30 mil
Fresh and roasted tomato,
coleslaw with old-fashioned mustard,
aioli, tomato jam, lettuce
and brioche bread.

Capresse 30 mil
French bread, fresh mozzarella, dry tomato,
fres tomato, basil and pesto.

Vegan burger 26 mil
Baguette, sautéed onion, lettuce, tomato
and aioli sauce.
Pick your burger base: chickpeas or beans.

Falafel 27 mil
Roasted eggplant, tomato, cucumber,
red cabbage, hard-boiled egg,
hummus in pita bread with tzatziki.

KARU PANINI 29 mil

Choice of bread + 2 toppings
Has mozzarella.

Choice of ingredients: Chicken ham /
Pesto / Bell peppers / Tomato / Arugula /
Basil / Tapenade / Smoked provolone cheese.

For extra additional ingredient: 6 mil ea

SNACKS

Baguettin gruyere 35 mil
candied red onion, arugula and aioli sauce.

Roasted vegetables focaccia 28 mil
with cream cheese.

Focaccia with turkey ham..... 32 mil
with bell peppers and arugula.

SAVORY VARIETY BREAD BASKET 25 mil

Choice of 3 sides: Hummus / Tapenade /
Mozzarella / Tomato / Sun-dried tomato /
Sautéed onion

For extra additional side: 6 mil ea

Grilled Paraguayan soup... 25 mil
lettuce, sauerkraut, tomato
jam and aioli

Grilled chipa guasu 25 mil
lettuce, sauerkraut,
tomato jam and aioli.

Falafel with tzatziki 25 mil
arugula and lettuce.

Burrata..... 48 mil
arugula, fresh cherry, basil
and pesto with rye crackers.

SALADS

• **Blue salad** 40 mil
Mesclun of greens, arugula, butterfly nut,
cherry tomato, blue cheese,
chipa chips and balsamic vinaigrette.

• **Roast beef salad** 38 mil
Roast beef, radish, purple and white cabbage,
cherry tomato, green mesclun,
carrots, eggplant and zucchini.

• **Ceasar Salad** 35 mil
Chicken, Iberian cheese, cabbage lettuce,
lettuce mix, croutons, Caesar dressing.

• **Organic salad**
Small / Grande 12 mil / 23 mil

The pizzeria is open

Our dough is made from organic and stone-ground flour and fermented with sourdough.

To be Our bread is filled with aroma and flavor, after a 72-hour rest.

The bread is time and fire

EMPANADAS

Beef25 mil
Knife-cutted Shin steak, egg, and tomato ragu.

Egg.....20 mil
Free-ranging eggs, toasted cilantro seeds and green onion.

Capresse25 mil
Fresh mozzarella, roasted tomato, rustic pesto and fresh basil.

PIZZA

SABORES	PIZZA	SANDWICH
Tobati: Tomato sauce, aged mozzarella, mozzarella fior di late, grated Iberian cheese, and fresh basil.	50 mil	25 mil
Areguã: Crema fraiche, mozzarella fior di late, aged mozzarella, Iberian cheese, dried tomatoes, caper and pesto.	55 mil	28 mil
Altos: Tomato sauce, mozzarella fior di late, stringy mozzarella, roasted pepper (not spicy), glazed cherry tomato, toasted garlic chips, arugula, and fresh basil.	50 mil	28 mil
Filadelfia: Mozzarella fior di late, stringy mozzarella, stracciatella, blue cheese, and 6-month aged Iberic cheese.	60 mil	32 mil
Nueva Italia: Rustic pesto cream, mozzarella fior di late, stringy mozzarella, dry tomato with olive oil, fresh cherry tomatoes, and basil.	55 mil	30 mil

WOODEN-SHOVEL PIZZA

Fugazzeta 12 mil
White onion, stringy mozzarella cheese and oregano.

Mozzarella with tomate cherry... 12 mil
And rustic pesto.

Focaccia..... 17 mil
With onion and cherry tomato.

GARLIC BREAD

17 mil

Pizza dough, covered with garlic butter.

EXTRAS 8 mil

Fresh tomato
Dried tomatoes
Arugula
Kimchi
Smoked provolone cheese

SWEETS

CROISSANT

- Croissant 9 mil
- Croissant with almonds..... 21 mil
- Carob cinnamon roll 12 mil
- Caramelized roll 13 mil
- Chocolate croissant 11 mil
- Xuxo 13 mil
- Apple cremadet..... 20 mil
- Palmerita (Puff pastry)..... 13 mil
- Babka..... 12 mil

SEASONAL

- Strawberry danish..... 22 mil
- Strawberry pie 25 mil

FOR CHOCOLATE LOVERS

- Brownie..... 7 mil
- Brownie cake with walnut..... 18 mil
- Brownie cake with fruits..... 22 mil
- Brownie with passion fruit
mousseline..... 24 mil
- Sacher cake..... 24 mil
- Cocoa chocolate and
peanut alfajor 17 mil
- Xocolatl Pie..... 26 mil

KARUKUKIS

- Vegan multigrain
oatmeal 10 mil
- Vegan chocolate and
macadamia..... 10 mil
- 70% cacao 11 mil
- Carrot 11 mil
- Caramel and
tree nuts..... 12 mil

CAKES AND PIES

- Muffins 9 mil
Orange/banana, chocolate and carob
- Slice of marble cake 8 mil
- Guava tart 15 mil
- Karu alfajor 12 mil
(2 biscuits filled with dulce de leche)
- Dacquoise 13 mil
Dulce de leche, passion fruit and lemon
- Lemon pie 18 mil
- Carrot pie 22 mil
- Apple pie 21 mil
- Passion fruit chiboust cream 21 mil
- Palmerita (Puff pastry) 12 mil
- Slice of molasses cake (sugar cane)... 9 mil
- Lava cake 20 mil
Chocolate/Chocolate with passion fruit
- Apple Danish..... 20 mil

SWEET BREAD BASKET 19 mil

Seasonal fruit jam / Honey / Butter / Guava jam /
Papaya in syrup / Dulce de leche.

For extra additional side: 6 mil c/u

BOLLOS

(Stuffed sweet bun)

Wednesday, friday and saturday

FRIED

- Guava, Custard, Dulce de leche,
Apple 11 mil
- Seasonal fruit jam 13 mil

Monday, tuesday and thursday

BAKED

- Guava, Dulce de leche, Custard 9 mil

ARTISAN ICE CREAM

Scoop..... 10 mil

Milk Cháke!

• With cow milk 32 mil

• With vegetal milk 35 mil

SABORES

Cream

Paraguayan chocolate 70%

Cocido with milk

Caramel

Sugar-free mango

Strawberry

Pineapple

OUR BRUNCH

CLASSIC 52 mil

1 juice, 1 coffee,
Espresso, latte o cortado
scrambled eggs, toasts,
butter and jam

LIGHT 52 mil

1 juice, 1 coffee,
Espresso, latte o cortado
yogurt, granola,
laminated fruit of the day

SHAKSHUKA 85 mil

1 juice
Espresso, latte or cortado
Shakshuka, banana or orange
muffin, jam or butter

DUO 150 mil

2 coffees y 2 juices.
1 toast with avocado, tomate
and poached egg, mixed bread
puff pastry, mbeju, fruit, brownie,
orange muffin

LAS YUNTAS

PANINI 40 mil

1 juice
Espresso, cortado or latte
1 Mixto karu

CLASSIC 30 mil

1 juice
Espresso, cortado or latte
1 Croissant

THE PARAGUAYAN 22 mil

1 Cocido ka'aite, 1 juice
1 Chipa almidón

DEL CAFÉ 18 mil

1 Espresso
1 Dulce del día
Croissant, brownie,
muffins, tortas
o kukis

YOGUR AND FRUITS

• Casero Natural de tambo Aguai 10 mil

• Natural greek 12 mil

• Greek with jam

Strawberry..... 22 mil

Mamón and passionfruit jam 22 mil

• Chopped fruits 13 mil

Extra granola 8 mil

Honey..... 9.5 mil

BEVERAGES

CAFÉS

		Descaf.
• Espresso	12 mil	15 mil
• Espresso Doble	16 mil	
• Strong americano	16 mil	-
• Cortado	14 mil	17 mil
• Cortado doble shot	20 mil	-
• Cappuccino	20 mil	25 mil
• Latte	16 mil	20 mil
• Macchiato	14 mil	
• El origen del café Etiopía		
El Café Colado/V60	25 mil	
• Chocolate	18 mil	
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Extra milk	2 mil	
Extra vegetal milk	10 mil	

NATURAL JUICES

		Bottle
• Lemonade and mint		25 mil
• Pineapple and lemon		25 mil
• Orange and passionfruit		28 mil
• Berries		28 mil
• Watermelon		25 mil
	Glass	
• Sparkling lemonade	12 mil	24 mil
• Ginger and lemon	5 mil	8 mil
• Orange juice	12 mil	23 mil
• Pressumo cold press		
Naranjada, pomelada y mandarinada		15 mil
Green power, flor de piel, pachamama, pura vida, ananah, súper cítrico		24 mil
• Fruta madre Cold press		20 mil

TEA POT

Cocido Ka'aite	12 mil
Té en hebras Virtu	17 mil
Tea with milk	13 mil
Ginger with lemon	13 mil
Choose your herbs	11 mil
Boldo, mint, chamomile and a lot more!	

TO FRESHEN UP

- **Gond Wana**
natural / gasified 7 mil / 7.5 mil
- **Kombucha Shakti** 20 mil
- **Tonic Water San**
Pellegrino (250ml / 330ml) 15 mil / 16 mil

CRAFT BEERS

- **Sajonia** (640ml) 20 mil
Eclipse ipa, golden ale, lager, naranjito, pale ale, red ale.
- **Patagonia**
 - Amber lager, Weisse can (410 ml) 10 mil
 - Amber lager (270 ml) 8 mil
- **Herken** (473ml)
 - Paraguayan Ale 23 mil
 - Pale Ale 25 mil
 - Guardians IPA 25 mil
 - New England 30 mil

DRINKS

- **Gin tonic** 40 mil
- **Aperol Spritz** 40 mil
- **Vermouth** 25 mil
- **Mojito karu** 25 mil
Caña, azúcar morena, menta'i, jugo de limón y soda.

WINE

- **Emiliana**
 - Adobe Sauvignon Blanc 750 ml 65 mil
 - Adobe Malbec 750ml 65 mil
 - Copa vino tinto/blanco 15 mil