

# El Montañes





# LBS

## LA BOLSA DEL SKI



LA CLÁSICA  
TIENDA DE SKI

— 44 AÑOS DE TRAYECTORIA —

Av. Las Condes 7345

[WWW.LBS.CL](http://WWW.LBS.CL)

## ✿ HISTORY ✿



THIS FAMILY PROJECT BEGAN IN 2001 IN FARELLONES, INSPIRED BY THE JOY OF MOUNTAIN LOVERS. SINCE THEN, WE HAVE WORKED TO PERFECT OUR SERVICE AND THE QUALITY OF OUR PRODUCTS IN A WARM AND WELCOMING ATMOSPHERE.

IN 2015, LA PARVA SKI RESORT ALLOWED US TO EXPAND OUR MOUNTAIN EXPERIENCE WITH OUR CONCEPT OF SHARING EXQUISITE DISHES, ENTERTAINMENT, AND ACTIVITIES FOR THE WHOLE FAMILY. AT THE SAME TIME, WE ARE PROUD TO ANNOUNCE OUR THIRD SEASON IN VALLE NEVADO, FURTHER ENHANCING OUR MOUNTAIN GASTRONOMY EXPERIENCE.

WITH 26 YEARS OF EXPERIENCE, WE CONTINUE WORKING AND SPECIALIZING IN HIGH-MOUNTAIN TOURISM, ITS LANDSCAPES, SPORTS, AND THE JOY OF RETURNING TO OUR ROOTS.



SAN BAO  
ESCUELA DE MEDICINA CHINA CLÁSICA

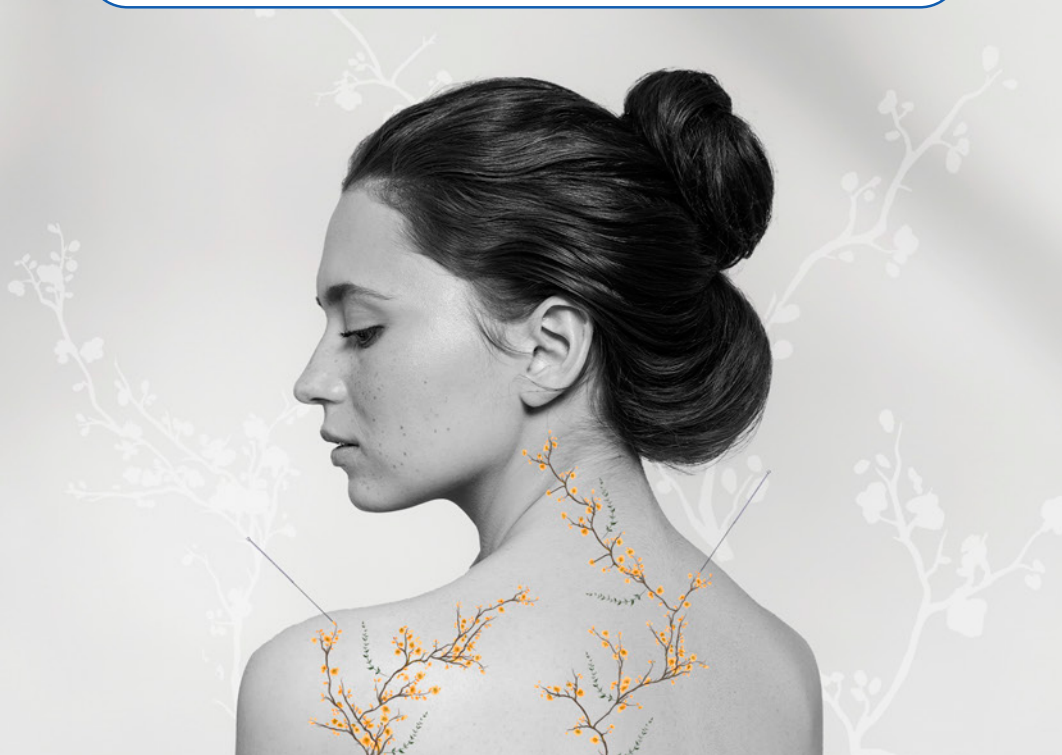
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## ✿ STARTERS ✿

SHARING PLATES ARE DELIVERED INDIVIDUALLY TO THE TABLE (FOR 2 PEOPLE)

|                                                                                                                                                                                                                                                                                       |               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>PREMIUM SKIRT MIXED PLATE</b>                                                                                                                                                                                                                                                      | <b>30.500</b> |
| <i>Skirt steak accompanied by mayonnaise, pebre (chilean recipe of chopped tomatoes, onion and corinader) mashed avocado and homemade toast</i>                                                                                                                                       |               |
| <b>MONTAÑES MIXED PLATE</b>                                                                                                                                                                                                                                                           | <b>29.900</b> |
| <i>Super snack to share that includes: Exquisite breaded chicken fillets, 2 cheese empanadas (stuffed dough), 2 mechada-cheese empanadas, shrimpsautéed, cherry tomatoes and French fries with cheddar cheese and bacon<br/>Accompanied by our classic and delicious house sauces</i> |               |
| <b>TUNA TARTAR</b>                                                                                                                                                                                                                                                                    | <b>19.500</b> |
| <i>Tuna and avocado tartar, sesame oil, lemon and a touch of soy accompanied house toast</i>                                                                                                                                                                                          |               |
| <b>MONTAÑES STEAK TARTAR</b>                                                                                                                                                                                                                                                          | <b>18.500</b> |
| <i>Fatless raw meat, accompanied by dill pickles, onion, green chili and Montañes sauce. Accompanied by crispy toast</i>                                                                                                                                                              |               |
| <b>MONTAÑES MIXED CEVICHE</b>                                                                                                                                                                                                                                                         | <b>18.500</b> |
| <i>Salmon and shrimps, red onion, coriander, red paprika, toasted corn, Peruvian corn, avocado, fried sweet potato and leche de tigre (juice resulting from the maceration of the ceviche)</i>                                                                                        |               |
| <b>SHRIMPS WITH GARLIC AND CHILEAN RED CHILI</b>                                                                                                                                                                                                                                      | <b>17.500</b> |
| <i>Shrimp sautéed in olive oil, with a touch of garlic, chilean red pepper and fresh parsley</i>                                                                                                                                                                                      |               |
| <b>TABLA DE COXINHAS</b>                                                                                                                                                                                                                                                              | <b>13.900</b> |
| <i>Exquisite variety of coxinhas (dough, then breaded and fried): chicken, cheese, shredded beef, pepperoni, kube (8 units), accompanied by a rich cilantro yogurt sauce</i>                                                                                                          |               |
| <b>FRENCH FRIES WITH CHEDDAR CHEESE</b>                                                                                                                                                                                                                                               | <b>10.200</b> |
| <i>Crispy and exquisite French fries accompanied by cheddar sauce and crispy bacon chips</i>                                                                                                                                                                                          |               |
| <b>FRENCH FRIES</b>                                                                                                                                                                                                                                                                   | <b>9.200</b>  |
| <i>Crispy and delicious French fries</i>                                                                                                                                                                                                                                              |               |
| <b>SHREDDED BEEF EMPANADAS</b>                                                                                                                                                                                                                                                        | <b>9.200</b>  |
| <i>3 wonderful fried empanadas stuffed with shredded meat and accompanied by exquisite house sauce</i>                                                                                                                                                                                |               |
| <b>CHEESE EMPANADAS</b>                                                                                                                                                                                                                                                               | <b>8.200</b>  |
| <i>3 fried empanadas stuffed with cheese accompanied by Montañes sauce</i>                                                                                                                                                                                                            |               |



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## ✿ PIZZAS ✿

STONE DOUGH

ALL WITH POMODORO SAUCE AND MOZZARELLA CHEESE BASE / 32 CM / INDIVIDUAL

|                                                                                      |        |
|--------------------------------------------------------------------------------------|--------|
| CLASSIC                                                                              | 16.900 |
| <i>Ham, fresh tomato and oregano</i>                                                 |        |
| VEGETARIAN                                                                           | 18.900 |
| <i>Fresh tomato, sautéed mushrooms, corn, peppers and caramelized onion</i>          |        |
| BBQ CHICKEN                                                                          | 18.900 |
| <i>Chicken cubes, crispy bacon, caramelized onion and BBQ sauce</i>                  |        |
| PEPPERONI                                                                            | 19.500 |
| <i>Italian pepperoni</i>                                                             |        |
| FROM THE HOUSE                                                                       | 19.500 |
| <i>Serrano ham, fresh tomato, arugula and parmesan cheese</i>                        |        |
| SHREDDED BEEF                                                                        | 19.500 |
| <i>Shredded meat, tomato and sliced avocado</i>                                      |        |
| 4 MOUNTAINS                                                                          | 19.500 |
| <i>Salami, pepperoni, bacon and ham</i>                                              |        |
| LOS FARELLONES                                                                       | 20.500 |
| <i>Ecuadorian shrimp, fresh tomato, arugula, parmesan cheese, touch of olive oil</i> |        |

## ✿ SANDWICH ✿

ACCOMPANIED BY HOMEMADE FRIES / HOMEMADE BREADS OF YOUR CHOICE: CIABATTA AND BRIOCHE

|                                                                                                                                     |        |
|-------------------------------------------------------------------------------------------------------------------------------------|--------|
| CLASSIC CHILEAN BARROS LUCO                                                                                                         | 15.500 |
| <i>Premium steak, melted mozzarella cheese</i>                                                                                      |        |
| ITALIAN STEAK                                                                                                                       | 16.500 |
| <i>Premium steak, avocado, tomato, house mayonnaise and green chili</i>                                                             |        |
| RAIDERS BURGER                                                                                                                      | 17.500 |
| <i>Homemade 250 gr burger, avocado, tomato, house mayonnaise and green chili</i>                                                    |        |
| CLODET                                                                                                                              | 17.500 |
| <i>Homemade 250 gr burger, roasted tomatoes, mozzarella cheese, bacon, fried onion, BBQ sauce, house mayonnaise and green chili</i> |        |
| BUNKER STEAK                                                                                                                        | 18.500 |
| <i>Premium steak, avocado, tomato, pickles, fried onion, mushrooms, mayonnaise</i>                                                  |        |

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**HACE MUCHO  
FRÍO AFUERA.  
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## ✿ FROM OUR GRILL ✿

ALL OUR CUTS ARE ACCOMPANIED BY CHIMICHURRI AND MINI SOPAIPILLAS

|                                                                                                                            |        |
|----------------------------------------------------------------------------------------------------------------------------|--------|
| GRILLED CHICKEN BREAST 250 gr<br><i>Grilled chicken breast, medium</i>                                                     | 15.500 |
| FLAT IRON 300 gr<br><i>Cut of beef derived from top blade, without nerve, tender, tasty and juicy (recommended medium)</i> | 16.500 |
| SALMON 250 gr<br><i>Fish with fine herbs from southern Chile, rich in omega and grilled to perfection</i>                  | 18.500 |
| PORK MALAYA 300 gr<br><i>Better known as matambrito, its grilled flavor with a touch lemon is incredible</i>               | 20.500 |
| RIB EYE 300 gr                                                                                                             | 20.500 |
| TENDERLOIN MEDALLION 250 gr<br><i>Cut of lean beef with a pleasant texture (you can request it at all cooking points)</i>  | 21.500 |
| SIRLOIN STEAK 300 gr<br><i>Cut of beef with good flavor and texture (recommended medium)</i>                               | 21.500 |
| PREMIUM SKIRT 300 gr<br><i>Cut with a tasty and tender texture</i>                                                         | 28.900 |

## ✿ SIDE DISHES ✿

|                                                                            |       |
|----------------------------------------------------------------------------|-------|
| RICE 180 grs with house preparation                                        | 4.700 |
| FRENCH FRIES 250 grs                                                       | 4.700 |
| SMASHED POTATOES 250 grs                                                   | 4.700 |
| TOMATO SALAD Fresh tomatoe                                                 | 4.700 |
| CHILEAN SALAD Tomate, cebolla, ají verde y cilantro                        | 5.500 |
| AVOCADO AND TOMATO SALAD Avocado and tomato                                | 6.200 |
| AVOCADO SALAD Avocado                                                      | 6.200 |
| A LO POBRE 250 grs<br><i>French fries, fried egg and caramelized onion</i> | 6.900 |
| MIXED SALAD Lettuce, tomato, avocado, corn                                 | 6.900 |
| GRILLED VEGETABLES                                                         | 6.900 |
| <i>Mushrooms, eggplant, carrot, zucchini, broccoli and bell pepper</i>     | 7.200 |
| GNOCCHI 4 CHEESE OR POMODORO                                               | 8.200 |
| <i>Homemade gnocchi accompanied by sauce of your choice</i>                |       |

## COOKING POINTS

### MEDIUM RARE

Sealed and raw inside.

7 to 10 minutes

### MEDIUM

Cooked on the outside and red on the inside. Juicy.

12 to 15 minutes

### MEDIUM WELL

Cooked on the outside and pink inside. Less juicy.

17 to 20 minutes

### WELL DONE

Cooked on the outside and inside. Slightly dry.

22 to 25 minutes

THE COOKING POINT IS MEASURED IN THE CENTER OF THE CUT, NOT AT THE EDGES.



## ✿ SOUP ✿

CHICKEN BROTH 10.200  
*Pieces of chicken and mixed vegetables accompanied by poached egg*

AJIACO MONTAÑES 13.500  
*Ajiaco (broth stew) of roast beef and mixed vegetables accompanied by poached egg*

## ✿ HOUSE DISHES ✿

SALMON WITH SHRIMP SAUCE AND HOMEMADE SMASHED POTATOES 25.900  
*Grilled salmon with an incredible pink sauce with shrimp, accompanied by homemade smashed potatoes*

GNOCCHI 4 CHEESE OR POMODORO WITH SKIRT 25.900  
*Gnocchi with 4 cheese sauce, accompanied by skirt (150 gr)*

TENDERLOIN RISOTTO WITH GARLIC AND CHILEAN RED CHILI 23.900  
*Soft and creamy risotto based on our house pomodoro sauce, with a few delicious tenderloin cubes sautéed with garlic and chilean pepper, with a touch of fresh cilantro and red paprika*

## ✿ SALADS ✿

IN ALL OUR SALAD OPTIONS YOU CAN CHANGE THE PROTEIN  
 FOR AN DELICIOUS FALAFEL FROM THE HOUSE

VILLA PAULINA 14.500  
*Mix of fresh leaves, grilled chicken, crispy bacon and croutons, biscuit parmesan and Caesar dressing house recipe*

HUILO HUILO 🐟 15.500  
*Cubed tuna, seared in mixed sesame, bed of fresh lettuce, peanuts, radishes, avocado, cherry tomatoes, red onion, pineapple and mint dressing*

QUINOA GARDEN 15.500  
*Delicious mix of quinoa with cucumber, coriander and parsley on a lettuce base fresh, avocado, broad beans and cherry tomato, accompanied by panko breaded chicken and teriyaki-passion fruit dressing*

THE SKIING SALMON 🐟 16.000  
*Wonderful salmon with herbs on a lettuce mix, accompanied with roasted zucchini, roasted eggplant, mushrooms, roasted carrots, cherry tomato and green dressing (thyme, coriander and parsley)*

## ✿ KIDS MENU ✿

EACH MENU INCLUDES: CHEESE EMPANADA AND JUICE (UP TO 12 YEARS OLD)

BREADED CHICKEN Your choice: rice, homemade smashed potatoes or French fries 15.500

CHEESE BURGUER With French fries 15.500

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## ✿ HOMEMADE DESSERTS ✿

|                                                                                                                     |       |
|---------------------------------------------------------------------------------------------------------------------|-------|
| CELESTINOS                                                                                                          | 8.200 |
| <i>Pancakes stuffed with caramel spread, gratin with powder sugar, accompanied by walnuts and vanilla ice cream</i> |       |
| TRES LECHES CAKE                                                                                                    | 8.200 |
| <i>Cake dessert bathed in three types of milk</i>                                                                   |       |
| CHOCOLATE VOLCANO                                                                                                   | 8.200 |
| <i>Sponge cake with melted chocolate inside, accompanied by vanilla ice cream</i>                                   |       |
| MOUNTAIN CHURROS                                                                                                    | 8.200 |
| <i>Exquisite homemade churros, banana and fresh strawberries accompanied by delicious chocolate sauce</i>           |       |

## ✿ BREAKFAST ✿

ALL ACCOMPANIED BY COFFEE OR TEA AND JUICE

|                                                                                                        |        |
|--------------------------------------------------------------------------------------------------------|--------|
| ACAI CUP WITH GRANOLA                                                                                  | 9.900  |
| <i>Frozen acai cup, accompanied by strawberries, banana and homemade granola</i>                       |        |
| TOAST WITH AVOCADO                                                                                     | 13.400 |
| <i>Rustic bread toasts accompanied by mashed avocado and butter</i>                                    |        |
| POACHED EGGS                                                                                           | 15.500 |
| <i>Poached eggs on rustic toast, accompanied by mashed avocado</i>                                     |        |
| POULTRY HOUSE                                                                                          | 15.500 |
| <i>Fried or scrambled egg with ham and tomato, accompanied with a basket of homemade bread</i>         |        |
| PEARL OF THE SOUTH                                                                                     | 15.500 |
| <i>Fried or scrambled egg with bacon and cheese, served with a basket of homemade bread and butter</i> |        |

RIDER PEDRO PIZARRO

FOTO PABLO AZÓCAR



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## ✿ COFFEE ✿

|                                                            |       |                                                                              |       |
|------------------------------------------------------------|-------|------------------------------------------------------------------------------|-------|
| DOUBLE ESPRESSO<br><i>2 shots of coffee · 60 ml</i>        | 4.500 | HOT CHOCOLATE<br><i>Chocolate · 350 ml of milk</i>                           | 5.000 |
| ESPRESSO<br><i>1 shot of coffee · 30 ml</i>                | 4.000 | LATTE<br><i>1 shot of espresso · milk</i>                                    | 5.000 |
| DOUBLE MACCHIATO<br><i>2 shots of coffee · milk</i>        | 4.900 | CHAI LATTE<br><i>Spiced tea with milk</i>                                    | 5.200 |
| MACCHIATO<br><i>1 shot of coffee · milk</i>                | 4.500 | HERBAL TEA<br><i>Té · infusions</i>                                          | 4.000 |
| AMERICAN COFFEE<br><i>1 shot of coffee · hot water</i>     | 4.400 | CARAJILLO<br><i>Espresso and liquor 43r</i>                                  | 8.200 |
| CAPUCCINO<br><i>1 shot of espresso · steam · milk foam</i> | 5.000 | CARAHONEY<br><i>Espresso coffee, Jack Daniel's Honey and touches of mint</i> | 8.200 |
| MOCACCINO<br><i>Espresso coffe · milk · chocolate</i>      | 5.000 | DRAMBUIE ICED EXPRESO<br><i>Espresso coffee and Drambuie</i>                 | 8.200 |

## ✿ JUICES / SOFT DRINKS ✿

|                                                                                           |       |
|-------------------------------------------------------------------------------------------|-------|
| SOFT DRINKS <i>350 cc</i>                                                                 | 3.900 |
| MINERAL WATER <i>Still or sparkling</i>                                                   | 3.900 |
| NATURAL JUICE <i>Custard apple - mango - raspberry - pineapple - passion fruit</i>        | 6.200 |
| YERBA LOCA <i>Natural lemon, mint and ginger juice</i>                                    | 6.900 |
| PINEAPPLE COCONUT JUICE <i>Natural pineapple juice with coconut cream Montañes recipe</i> | 6.900 |
| FENTIMANS                                                                                 | 4.900 |
| RED BULL ENERGY ASSORTED FLAVORS                                                          | 4.900 |



## ✿ MONTAÑES JARS ✿

|             |        |
|-------------|--------|
| SANGRÍA JAR | 23.500 |
| APEROL JAR  | 25.500 |



LA PARVA

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VALLE NEVADO

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