



THE LAND OF FLAVOR

TOUR GUIDE
GASTRONOMIC OF
SANTA MARTA

TORNUS
Agencia Creativa de Turismo

*Santa
Marta*

**INSTITUTO DE
TURISMO
DE SANTA MARTA**



ALCALDÍA DE SANTA MARTA
Distrito Turístico, Cultural e Histórico





**PROJECT APPROVED BY THE
GOVERNMENT OF THE DISTRICT
MAYOR OF SANTA MARTA**
VIRNA LIZZI JOHNSON SALCEDO

PROJECT EXECUTION
MARCELINO K-DAVID RADA,
GENERAL DIRECTOR OF THE DISTRICT
INSTITUTE OF TOURISM OF SANTA MARTA.

YUNIA PALACIOS CUESTA ACTING
GENERAL DIRECTOR OF THE DISTRICT
INSTITUTE OF TOURISM OF SANTA MARTA.

DIRECCIÓN DEL PROYECTO
TORNUS
CREATIVE TOURISM AGENCY

DAVID OSPINA
DAGOBERTO OSPINA

EDITORIAL DIRECTION
DIANA RUSSO MANJARRÉS

STYLE CORRECTION
DAGOBERTO OSPINA
DIANA RUSSO MANJARRÉS

EXPERT ADVISOR
JOHNATAN PONTÓN R.

CONTENT CURATION
DAVID OSPINA

ART DIRECTION
MARÍA DE LOS ÁNGELES PAREDES

ILLUSTRATION DIRECTION
LAURA PINZÓN

GRAPHIC DESIGN
MARÍA VICTORIA ZUÑIGA
NATALIA BARRAGÁN
VALENTINA CHICA

ILLUSTRATION
LAURA PINZÓN
ADRIANA CALPA

PHOTOGRAPHY
ÁNGEL RUIZ
ANDRÉS DAVID SÁNCHEZ



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Editorial

In Santa Marta, where flavors meet history, the cuisine is a melting pot of cultures and culinary traditions. This destination, rich in history and culinary diversity, is showcased through our gastronomic guide, which goes beyond merely detailing restaurants and typical dishes. It becomes an essential tool for both visitors and locals, celebrating Santa Marta's gastronomic richness and highlighting the authenticity and diversity of its ingredients and culinary experiences.

Resulting from a shared commitment with the Mayor's Office of Santa Marta, Mayor Virna Johnson, and the Santa Marta Tourism Institute (Indetur) under the direction of Marcelino K'david and Yunia Palacios (e), this guide seeks to promote high-value and impactful tourist and culinary experiences. Through a didactic approach and thorough research, it aims to awaken interest in local gastronomy, highlighting its sustainable and enriching potential.

Designed to evolve with the experiences and knowledge of chefs, travelers, critics, and food enthusiasts, each page of this guide is a testament to the magnificence and uniqueness of Santa Marta's cuisine. It emphasizes the vital importance of preserving these unique culinary traditions and is a tribute to the local communities and their ancestral practices and knowledge, fundamental in conserving the region's gastronomic culture.

By recognizing and celebrating cultural and culinary diversity, we reaffirm the importance of supporting and respecting these guardians of traditions. The guide also invites each reader to become a conscious culinary explorer, being an ally in promoting and protecting one of the most spectacular gastronomic destinations in the world.

TORNUS
AGENCIA CREATIVA DE TURISMO



LA TIERRA DEL SABOR

SANTA MARTA: UN VIAJE GASTRONÓMICO A TRAVÉS DE SU HISTORIA Y SABORES ÚNICOS

12

SANTA MARTA:

A gastronomic Journey through its history and unique Flavors

Santa Marta is an authentic gastronomic paradise where the echoes of its rich history are reflected in each exquisite dish.

› THE MELTING POT OF CULTURES THAT HAS CONVERGED IN THIS CITY, INCLUDING INDIGENOUS, AFRO-DESCENDANT AND SPANISH INFLUENCES, IT HAS FORGED A UNIQUE CULINARY IDENTITY THAT IS DISTINGUISHED FOR BEING A COMPENDIUM OF TRADITIONS AND UNIQUE FLAVORS.

Samaria cuisine is, in essence, a living and exciting story that tells the story of its people, reflecting their struggles, hopes and the wealth of a land caressed by the sea and guarded by majestic mountains.

More than simple culinary preparations, the dishes of Santa Marta are authentic time capsules that treasure stories, recipes passed down from generation to generation, jealously preserving the authenticity and essence of a town that has resisted and prospered over time. In this way, each bite offers a fascinating journey through a palette of flavors as diverse as the stories that this city treasures.

The privileged geographical location of Santa Marta, embraced by the waters of the Caribbean Sea, has allowed the city to, in addition to its ancestral roots, absorb influences from distant lands. Whether through migration or commercial exchanges, the Samaritans have incorporated diverse culinary practices, expanding their repertoire and further enriching their gastronomic proposal.

In Santa Marta, visitors can discover a blend of culinary influences that go beyond its pre-Columbian, African, and Spanish heritage, with hints of Asian, Arab, and Mexican flavors, among others. This fusion has made Santa Marta a nerve center of gastronomy, offering a unique sensory journey. Here, the passion and love for cooking are evident in every recipe, providing an intensity and authenticity that invites diners on a memorable journey through the flavors and history of the city.



SANTA MARTA: A GASTRONOMIC JOURNEY THROUGH ITS HISTORY AND UNIQUE FLAVORS

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CULINARY SPECIALTIES

IN SANTA MARTA, CULINARY TRADITION IS MANIFESTED THROUGH EMBLEMATIC DISHES THAT HAVE BEEN PASSED DOWN FROM GENERATION TO GENERATION, BECOMING AN INTEGRAL PART OF LOCAL IDENTITY. THREE OF THESE SPECIALTIES STAND OUT FOR THEIR HISTORICAL AND CULTURAL RELEVANCE: BONITO RICE, 'BOLLOS TRES PUNTÁ', AND 'MOTE DE GUINEO', MORE COMMONLY KNOWN AS "CAYEYE". THESE SPECIALTIES ARE NOT ONLY APPRECIATED FOR THEIR FLAVOR BUT ALSO AS LIVING EXPRESSIONS OF THE REGION'S RICH CULTURAL HERITAGE.

THE 'BONITO' FROM SANTA MARTA

Bonito rice in Santa Marta reflects a culinary tradition deeply rooted in local history and the region's marine abundance. Decades ago, the plentiful presence of bonito fish on the beaches of Santa Marta made it a central food in the diet of the population. This fish, easily caught and abundant on local beaches, was a common ingredient in Santa Marta households.

Over time, the dynamics surrounding bonito have evolved. Currently, it is less common to find it on restaurant menus, where dishes like bonito salpicón have gained popularity. The reason for this change is partly due to the complexity of handling fresh bonito, an ingredient that requires almost immediate processing after its capture. Freezing affects its texture and flavor, posing a challenge for the gastronomic industry that seeks to preserve the quality and authentic taste of the fish.

Regarding the preparation of bonito rice, there are two main variants: smoked bonito rice and fresh bonito rice. Both dishes require specific ingredients such as achatado oil, garlic paste, topito chili or criollo chili, long onion, red onion, white onion, and in some cases, green or red bell pepper. However, criollo chili is the key ingredient that provides a distinctive flavor to the dish. The ideal proportion of vegetables, along with salt and scent pepper, is essential to create a balanced stew. A crucial aspect of the preparation is the size of the bonito pieces; large loin pieces are preferred to prevent them from crumbling in the rice, maintaining the texture and integrity of the fish in the dish.



CAYEYE

Mote de guineo, popularly known as “cayeye,” is an emblematic dish from the Caribbean coast of Colombia, which, in its simplicity, holds a cultural and gastronomic legacy. This dish has its roots in the Magdalena department, specifically during the period when the United Fruit Company, an American company, established itself in the region for banana exportation. The green bananas that did not meet export standards were discarded and often ended up on local roads. The ingenious and resilient inhabitants of the region collected these bananas and transformed them into

a tasty mash that over time would become known as cayeye.

Due to its versatility, cayeye has become an essential component of both breakfasts and main meals on the Caribbean coast. Cayeye is a mixture of cooked and mashed green banana (guineo), enriched with ingredients such as butter and the indispensable grated costeño cheese.



BOLLO “TRES PUNTÁ”

A TRADITION OF MAMATOCO



LIGIA NUÑEZ PEÑA

The “*tres puntá*” bollo, originating from the Sierra Nevada and deeply rooted in the tradition of Mamatoco, Santa Marta, is an ancestral food whose recipe has been guarded and passed down through generations. This bollo is distinguished by its unique triangular shape with three points, a notable variation from traditional bollos. Its wrapping in bijao leaves marks an evolution in its preparation, setting it apart from other ancient methods that used different leaves. The geometric shape of the bollo evokes the three peaks of the Sierra Nevada de Santa Marta, thus reinforcing its connection with this emblematic landscape.

Ligia Nuñez Peña, belonging to a family historically dedicated to the making of these bollos, has continued this practice for years, thus preserving a cultural heritage of her family and community. The tradition, which had begun to fade, has been revived thanks to efforts like those of Rita Ceballos, who has played a crucial role in keeping coastal cuisine alive through events such as the “Festival del Bollo Tres Puntá”, now in its eleventh edition.

PREPARACIÓN:

The preparation of the “*tres puntá*” bollo is an artisanal process that begins with the selection of corn, which is soaked and cooked carefully to reach the exact point of cooking. This corn is meticulously cleaned, then washed, drained, and finally ground. The resulting dough is seasoned with salt and its texture adjusted with water if necessary. The careful wrapping with three points is fundamental in the process, ensuring the distinctive shape of the bollo.

THERE ARE THREE VARIETIES OF THE BOLLO: THE “LIMPIO”, WHICH IS JUST DOUGH AND SALT; THE CHEESE ONE, WITH CHEESE MIXED INTO THE DOUGH; AND THE “ANGELITO” OR COCONUT ONE, WHICH INCORPORATES GRATED COCONUT AND PANELA HONEY WITH ANISEED.

TEN GASTRONOMIC EXPERIENCES

FRIED FISH WITH PATACÓN -

Fried fish is a very popular and typical dish. It is served with coconut rice, patacones (fried plantains), and a salad of tomato, onion, and lettuce. The fish used can be mojarra, red snapper, or tarpon. The final touch is salt and lime to taste.

CAYEYE OR MOTE DE GUINEO -

Cayeye, also known as green banana mote, is a typical dish enjoyed in the department of Magdalena, Colombia. Its origin is in the banana zone of this department, in municipalities like Ciénaga, Zona Bananera, Santa Marta, Fundación, and Aracataca.

Preparing cayeye involves cooking green bananas, then mashing them into a puree, served with grated costeño cheese. To enhance the flavor further, butter and a sauté of tomato and onion can be added.

ARROZ DE BONITO -

Arroz de bonito is a traditional dish with roots in Santa Marta, once one of the emblematic dishes of the region along with bonito salpicón. However, today, few restaurants include it on their menus, making it an "exotic" dish. Arroz de bonito remains a gastronomic treasure that evokes the rich culinary tradition of the region.

TROPICAL JUICES -

In Santa Marta, the warm climate is ideal for enjoying refreshing tropical juices. Visitors can taste options like corozo, passion fruit, sapote, and mango juice. These drinks are a way to cool down while exploring the city.



SEAFOOD CASSEROLE -

The seafood casserole combines fresh seafood like shrimp, prawns, squid, and fish, cooked in a coconut sauce with pepper, onion, and tomato. This typical dish is prepared in various ways worldwide, and in Colombia, it's noted for its use of coconut milk, giving it a creamy texture. It's commonly served with coconut rice or fried patacón.

EGG AREPAS -

These are corn-based arepas, either sweet or savory, filled with egg and fried until golden and crispy. They are a popular option for breakfast or a snack.

THE "TRES PUNTÁ" BOLLO -

This ancestral dish, with deep roots dating back to the times of the matrons of the Sierra Nevada, has maintained its tradition over the years in Mamatoco, passing knowledge from generation to generation to preserve the authentic Mamatoquera customs. What sets the "tres puntá" bollo apart from other traditional rolls is its distinctive three-pointed shape. Although its most notable feature is the use of bijao leaves for wrapping, a significant change as different leaves were used in ancient times.

SHRIMP COCKTAIL OR CEVICHE -

Shrimp cocktail is a dish that usually includes raw shrimp, seasoned or marinated in a mixture of olive oil or pink sauce, chopped onion, and cilantro. Sometimes, spicy sauce and lemon juice are added for an extra flavor and kick. It's typically served with saltine crackers as a side.

COFFEE FROM THE SIERRA -

Coffee from the Sierra Nevada de Santa Marta is known for its distinctive flavor and aroma, reflecting Colombia's deep-rooted coffee tradition. The uniqueness of this region is due to the climatic conditions that allow for a single annual harvest, typically between October and January, due to high solar radiation and the dry season.

Coffee plantations in the Sierra Nevada follow a shade-grown system under native trees, a crucial practice for organic coffee farms in the area, as it protects against solar radiation and enriches the soil with vital nutrients.

In Minca, one can visit coffee farms open to the public and learn about the cultivation and production process while enjoying this special coffee variety.

In Santa Marta, the city stands out for the diversity of places to enjoy coffee, from trying different types in coworking spaces, attending coffee tastings, and learning about the process. The city offers a diverse experience for those wishing to explore coffee culture and experience its varied flavors and aromas.

COCONUT RICE -

Coconut rice is a dish consisting of white rice cooked in coconut milk and coconut flakes. This versatile recipe can be prepared in various ways, either seasoned with salt or sweetened with sugar or panela. Some versions even incorporate cola and raisins for added flavor.

Coconut rice is commonly served alongside patacones, fried fish, and salad or carne en posta.



AREPA
EGG

MASS
SWEET OR
SALTY CORN

STUFFED
EGG

FRITURA

- › GOLDEN
- › CRUNCHY

TIME OF DAY

- › BREAKFAST
- › SNACK

AREPA DE
ANÍS

MASS

- › IT IS COMMON TO USE CORN FLOUR
- › ORIGINALLY WHITE CORN WAS USED

FLAVOR
SWEET

COMPANION
COASTAL SERUM

PREPARATION

- › COOK THE CORN, KNEAD AND ADD ANISE AND SUGAR TO TASTE
- › SHAPE THE AREPA AND FRY IT



› IN SANTA MARTA, THE CULINARY OFFERINGS INCLUDE A VARIETY OF FRIED FOODS THAT ARE AN ESSENTIAL PART OF THE LOCAL CULINARY EXPERIENCE. THESE FRITTERS ARE TASTY AND REPRESENTATIVE OF THE REGION.

FRITTERS

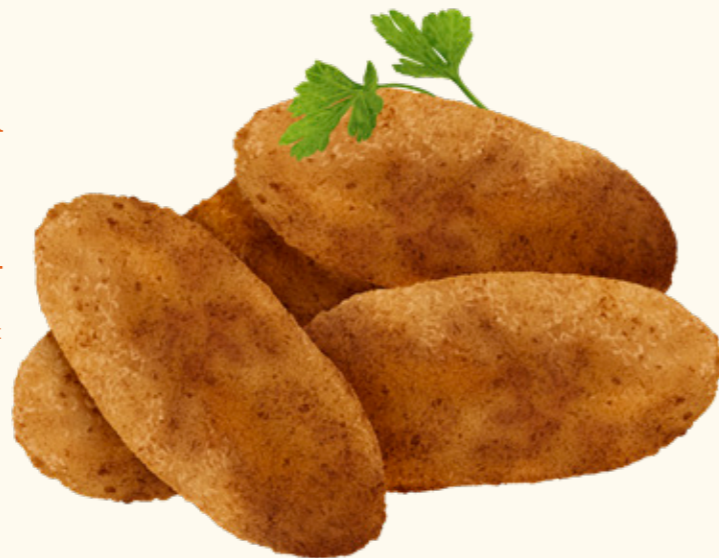
CARIMAÑOLA

MASS
YUCA

STUFFED
› MEAT
› COASTAL CHEESE

FRITTERS

- › GOLDEN AND CRISPY ON THE OUTSIDE
- › SOFT INSIDE



PATAcón

BANANA
GREEN BANANA IN
THICK CRUSHED
SLICES

FRITTERS
CRUJIENTE

TYPICAL

- › BREAKFAST WITH PATACONES ACCOMPANIED BY COSTEÑO CHEESE AND A CUP OF COFFEE WITH MILK

COMPANION

- › SCRAMBLED EGGS
- › COASTAL CHEESE
- › MEAT OR LIVER IN STEAK
- › STEW, WHEY
- › FRIED FISH
- › SAUSAGES
- › EVEN JUST WITH A TOUCH OF SPRINKLED SALT



LOCAL FLAVORS

AND GASTRONOMIC INNOVATION

Santa Marta has become a gastronomic epicenter attracting food lovers in search of unique and authentic experiences. In recent years, the city has witnessed the emergence of new restaurants that have taken local cuisine to a completely new level by fusing indigenous ingredients with

international culinary influences. Talented local and foreign chefs have played a fundamental role in this exciting culinary revolution, embracing the diversity of ingredients available in the region.



ALL FUSING *the* NATIVE FLAVORS
of the area into a UNIQUE
GASTRONOMIC EXPERIENCE



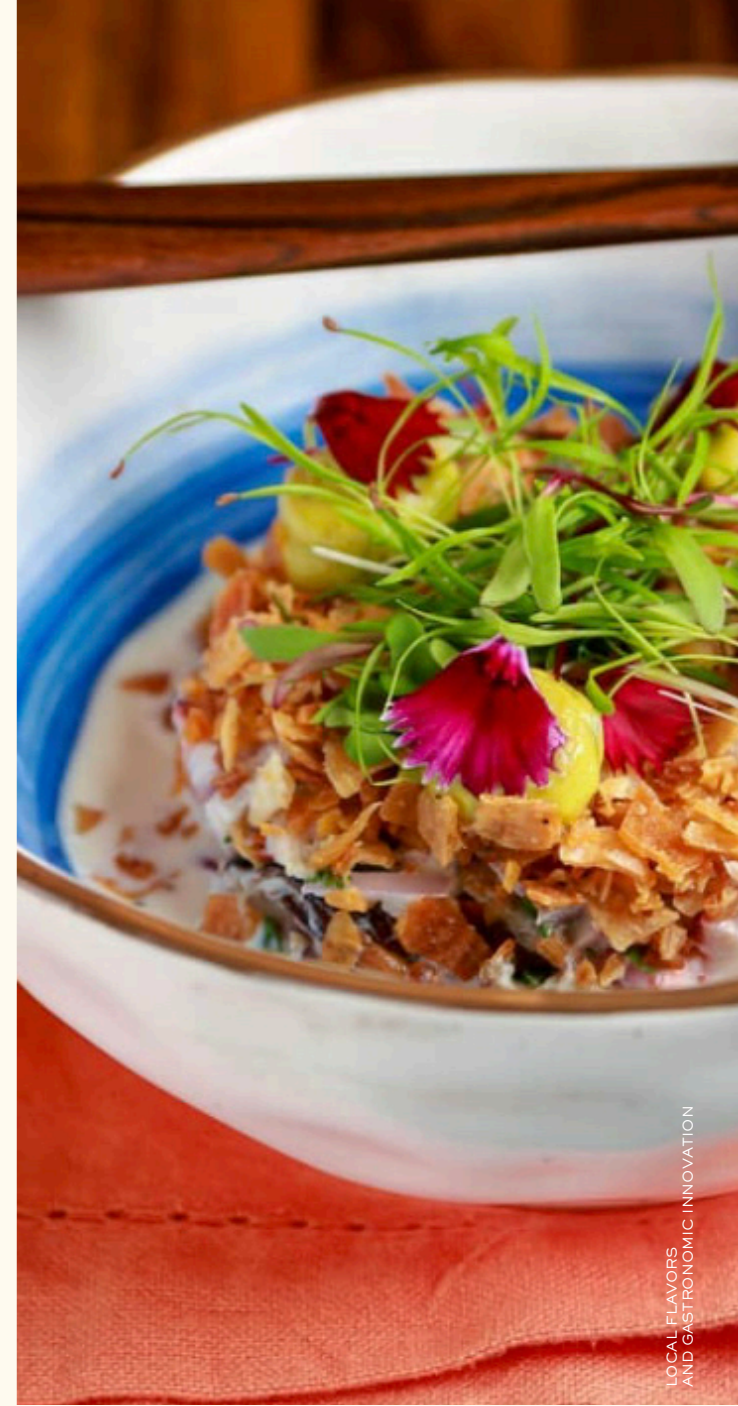
LOCATED AT CRA. 2 #19-15
IN THE HISTORIC CENTER

Guasimo Restaurant stands out for its commitment to maintaining the authenticity of the flavors that characterize the region, especially those from the Sierra Nevada, surrounding seas, banana zones, and local markets.

This restaurant was founded by Chef and artist Fabián Rodríguez, a native of Fundación, Magdalena. His mission is to showcase the abundant pantry of Magdalena through research and the rescue of the cuisine that identifies the region.

RECOMMENDED DISHES

- › RÓBALO GUASIMO:
A SNOOK ON
CREAMY SHRIMP RICE
- › COCONUT RICE WITH BANANA
CARAMEL AND SAUTÉED SEAFOOD
- › BELLY WITH PESTO AND CASHEW
- › SUBLIME COCONUT ICE CREAM
ACCOMPANIED BY PANELA HONEY,
CAFONGO EARTH, AND CORN
CHOCOLATE POWDER



GUASIMO

CASA MAGDALENA



LOCATED AT 17 #2-09 STREET IN
THE HISTORIC CENTER

Casa Magdalena offers a gastronomic experience with a touch of familiarity that transports you to the warmth of your grandmother's house. Its charming patio and cozy dining room invite you to enjoy an excellent meal accompanied by live music and exceptional service. The menu is varied, with options ranging from Thai ceviche to squid ink risoni, truffled mushroom risotto with goat cheese and walnuts, as well as a variety of signature cocktails and sangrias for sharing.



is a *IDEAL PLACE* to
EXPERIENCE a *UNIQUE*
and *COZY CULINARY EXPERIENCE*
in the *HEART* of the *CITY*





THE LAND OF FLAVOR

CALATA



LOCATED AT CARRERA 1 # 17-05
RIGHT IN THE HISTORIC CENTER OF
THE CITY

CALATA By Carmen Padilla, founded by Executive Chef Carmen Padilla, stands as a unique gastronomic alternative. Its main goal is to provide both locals and tourists with an exceptional culinary experience, highlighting local products and showing a deep respect for the seasonal restrictions and ingredients the region has to offer. This establishment is characterized by its authentic, refreshing menu, filled with the characteristic flavors of the Colombian Caribbean.

RECOMMENDED DISHES :

- › THE 'LUMPIAS' OF 'CARNE EN POSTA'
- › THE SEAFOOD 'HAYACAS' IN COCONUT
- › THE HOUSE MIXED CEVICHE
- › THE STAR DESSERT, SUGAR MANGO PANNA COTTA

right in the HISTORIC CENTER
of the CITY, CALATA BY CARMEN PADILLA
offers its DINERS THE
OPPORTUNITY *to ENJOY*
@UNIQUE CULINARY EXPERIENCE

THE LAND OF FLAVOR

OUZO



LOCATED AT CRA. 3 # 19-29
HISTORIC CENTER

In 2011, American chef Michael McMurdo was captivated by the warm hospitality of Santa Marta, leading him to establish Ouzo, a restaurant that pays tribute to the Colombian Caribbean through its cuisine. Ouzo stands out for its focus on using local ingredients, such as fruits, vegetables, meats, poultry, fish, and seafood from the region, which are harmoniously fused with Mediterranean influences.

The dishes at Ouzo are crafted with care, using fresh regional ingredients and traditional Old World techniques. Lovers of Mediterranean cuisine can enjoy classic Italian pizzas with Serrano ham, salami, and chorizo. All of this makes Ouzo an essential destination for those who wish to experience a unique dining experience in the heart of the historic center of Santa Marta.





PESCAO



LOCATED AT CALLE 7 #9-83
PESCAITO

The Pescao restaurant, founded by the doctor and passionate chef Guillermo Esteban Yanes Orozco, in collaboration with the renowned chef and university professor Roberto Antonio Hernández Uribe, is a true tribute to local and Caribbean gastronomy. This establishment offers a unique culinary experience. Among its outstanding dishes are "Arroz de Bonito", "El Escabeche" and the irresistible corn empanadas stuffed with bonito. The Pescao restaurant combines authentic flavors with a cozy atmosphere and a decoration that reflects the essence of the Caribbean coast, being an ideal place for lovers of regional and marine food.

BABAGANOUSH



LOCATED AT DIVING CENTER
TAYRONA TAGANGA

Babaganoush Resto-Bar offers a culinary experience that combines landscape views with a variety of dishes and drinks. This place is known for its friendly atmosphere and a selection of both classic and signature cocktails, ideal to enjoy while watching the sunset.

Babaganoush presents a variety of options for all tastes. From dishes like chicken curry and lomofino to vegetarian alternatives like pokes and vegetarian lasagna, the menu focuses on quality and freshness of ingredients.



LA MORENA



LOCATED AT CRA 1 #16-17
TAGANGA

Located in front of Taganga beach, it presents a menu inspired by Caribbean cuisine fused with international influences. In addition to being a cocktail bar, it offers dishes such as shrimp cocktails, avocado stuffed with seafood, and seafood rice. The restaurant's privileged location, combined with its varied culinary offering, makes it an ideal place to enjoy marine flavors while contemplating the view of the beach.

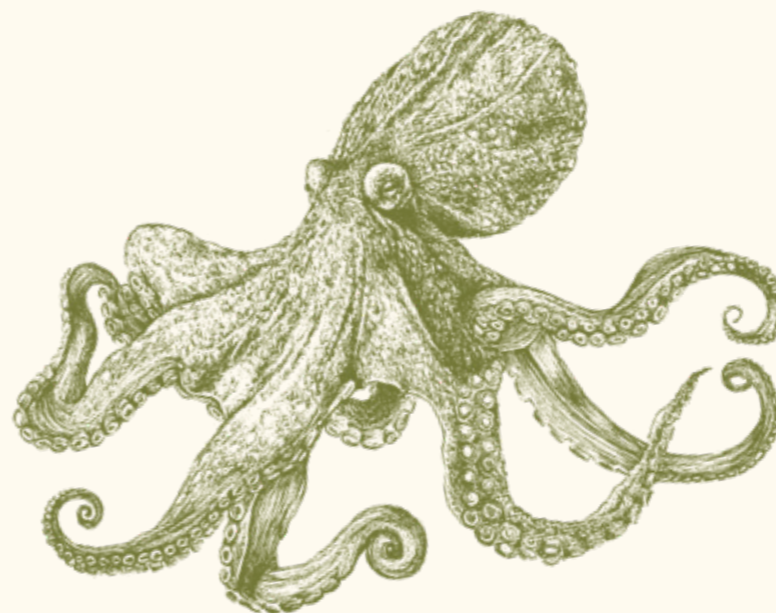


LOCATED AT THE CORNER OF
CRA. 1 # 22-93
PROLONGACIÓN CAMELLÓN
RODRIGO DE BASTIDAS

Serena Tropical Bistro is a restaurant that fuses local flavors with the freshness of the tropics. Situated in a privileged location facing the marina, this culinary haven offers an exceptional dining experience in an elegant and cozy atmosphere.

The restaurant features two distinctive spaces: a spacious terrace for enjoying the stunning sunsets of Santa Marta and an air-conditioned interior for a more comfortable experience the signature cocktails also complement the culinary experience.

SERENA



RECOMMENDED DISHES:

- › ROASTED CORVINA
- › SEARED OCTOPUS WITH MANGO ROMESCO SAUCE
- › DESSERTS LIKE COSTEÑO CHEESE SPONGE CAKE WITH SWEET GUAVA CREAM
- › CARAMEL FLAN

LULO



LOCATED AT CRA. 3 # 16-34
HISTORIC CENTER

Lulo, the café bar located in the heart of the Historic Center, in the Callejón del Correo, brings to its visitors the authentic flavor of Latin America. Here, diners can savor their star dish: artisanally prepared corn arepas with a gourmet touch that makes them unique.

Lulo's menu offers a varied selection that includes options like wraps, paninis, sliders, ceviches, and breakfasts, providing a diverse and satisfying culinary experience for all tastes.

The atmosphere at Lulo is relaxed, comfortable, and vibrant, giving visitors the opportunity to immerse themselves in a cozy ambiance. Additionally, the café bar offers outdoor seating options, making it the perfect place to enjoy their organic coffee, artisanal sodas, and craft beer while relaxing and savoring the culinary delights on offer

LOCAL FLAVORS AND GASTRONOMIC INNOVATION

18



CINTO



LOCATED AT CRA 7 #116A-94 -
LOCAL 156

CENTRO COMERCIAL PLAZA ZAZUE

Cinto Cocina de Playa, located in the Zazue shopping center, has achieved success thanks to its diverse gastronomic offer that focuses on the flavors of the sea. The menu at Cinto Cocina de Playa stands out especially for its wide selection of high-quality fish and seafood. Highly recommended options include dishes like the seafood and fish 'caldo', seafood stew, octopus with corn, and a varied range of ceviches.

The restaurant's atmosphere creates a unique setting of warmth and serenity, where the music perfectly complements the experience, making diners feel completely at ease. Additionally, the attention and service are distinguished by their exceptional quality.



LOCAL FLAVORS AND GASTRONOMIC INNOVATION

19



BK



LOCATED AT CRA 1 # 1 - 104
ENTERING THROUGH THE CASCADAS
DEL RODADERO BUILDING

This restaurant showcases architecture influenced by the local indigenous culture and is adorned with a refined style that captures the essence of the Caribbean. Its seaside location offers an unparalleled view.

The restaurant's specialty lies in taking local ingredients and transforming them with a touch of style and uniqueness in each preparation, all while respecting culinary techniques and procedures. The result is a unique and gastronomically valuable culinary offering that combines native flavors with the distinctive touch of the Caribbean. The variety of the menu includes house specialties, classic options, and oriental offerings, such as sushi and rice dishes, in addition to signature cocktails and other alternatives.

One of the highlighted recommendations is the "Filete a la Mar," a characteristic dish of the Valle del Cauca that is adapted to the region's products. This dish consists of a "pasteled" seafood rice, with a local fish fillet bathed in a sauce of mussels, clams, and coconut milk, served with a Caribbean pico de gallo that complements it perfectly.



BASILEA

French and Mediterranean Cuisine



LOCATED AT CALLE 16 #2-58
HISTORIC CENTER

Basilea, a restaurant specializing in French and Mediterranean cuisine, is a cozy establishment imbued with an intimate atmosphere, created by Margarita Estupiñan, the owner and chef who has managed to create a truly unique culinary menu. Her expertise lies in the fusion of flavors from the Mediterranean, France, and the Colombian Pacific, offering diners an unparalleled gastronomic experience.

The essence of Basilea lies in the perfect harmony between French cuisine and local ingredients, which has become the restaurant's unmistakable hallmark.

an EXCEPTIONAL
FUSION of
FLAVORS and
CULTURES



LAMART



CRA. 3 # 16-30
HISTORIC CENTER

Lamart is a restaurant that focuses on artistic gastronomy, standing out for its excellent service and artistic decoration. It is located in the Callejón del Correo, one of the most picturesque streets of Santa Marta. The restaurant offers live music and a unique atmosphere. Its motto, "Artistic Gastronomy," stems from the art they put into the preparation of all their dishes.

RECOMMENDED DISHES:

- › CHICHARRÓN CEVICHE
- › HANDMADE PASTA
- › ROBALO IN COCONUT MILK
- › SALMON BORONÍA

a MEMORABLE EXPERIENCE *that* captivates
both the PALATE *and the* SPIRIT

LA MUZZERIA



LOCATED AT CRA. 3 # 16-02
HISTORIC CENTER

La Muzzería, a name born from the fusion of "music" and "pizzeria," is a meeting place with a familiar and welcoming atmosphere. Its menu offers a wide variety of international cuisine dishes, as well as unique creations that combine local flavors in a unique way. Among these standout options is the Kokilla de Cayeye, available in five different presentations that include proteins like chicken, beef, seafood, and a specially designed vegetarian option. In addition, La Muzzería offers a great selection of pizzas.

This restaurant is distinguished by its alternative and artistic concept, it invites lovers of good food to enjoy a different culinary experience.



LOCATED AT CRA. 1c # 23-30
BELLAVISTA

Baguettina, Café and Delicatessen, was founded by the citizens of Santa Marta, Alfonso Linero Celedón and his wife Diana Brugés Diazgranados. This establishment first opened its doors on December 24, 2005, and has become a benchmark for quality in the manufacturing and marketing of gourmet foods and beverages in the city.

Their menu presents an Italian and innovative selection, including a varied salad bar, pickles, and antipastos. Additionally, they offer an exclusive line of imported wines, specially brought to Colombia by La Mesa de Don Alfonso. Among the standout dishes are the Mixto Romano, which combines spaghetti with comodoro, bolognese, fungi, and carbonara sauces, as well as pumpkin ravioli with almonds and Gouda cheese, mushroom risotto, and a wide variety of pizzas.

BAGUETTINA



PACHAMAMA



LOCATED AT CRA I #18-5
TAGANGA

Located on the third floor of the Tayrona Diving Center in Taganga, Babaganoush Resto-Bar offers a culinary experience that combines scenic views with a variety of dishes and drinks. This place is known for its pleasant atmosphere and a selection of both classic and signature cocktails, ideal for enjoying while watching the sunset.

Babaganoush presents a variety of options to suit all tastes. From dishes like curry chicken and lomofino to vegetarian alternatives like pokes and vegetarian lasagnas, the menu focuses on the quality and freshness of the ingredients.



OLIVA



LOCATED AT CRA. 4 #26-40
PRADO PLAZA SHOPPING CENTER

Oliva was born in 2014 due to the lack of quality bread in Santa Marta and the absence of a comfortable space to enjoy with colleagues, family, or friends. At Oliva, there is a constant pursuit to cater to all possible tastes and make visitors feel at home with flavors that evoke childhood memories.

Located in the Prado Plaza shopping center, the establishment presents a varied menu that includes pizzas, croissants, tartlets, puddings, sponge cakes, and coffees.



LOCATED AT CRA. 4 # 26-40
PRADO PLAZA SHOPPING CENTER
LOCAL 114

Marmi is a romantically atmospheric restaurant distinguished by its tasteful details. Its highly trained staff strive to provide diners with a confident and pleasant experience. Marmi specializes in Italian cuisine, where it incorporates local ingredients like Cayeye to offer a unique fusion of flavors.

This restaurant is an excellent choice for those seeking a romantic experience, as well as for Social and Corporate Catering events.

MARMI

RECOMMENDED DISHES:

- › THE LOIN WITH RED WINE SAUCE
- › THE ARANCINI APPETIZER
- › ARBORIO RICE CROQUETTES STUFFED WITH MOZZARELLA CHEESE AND SPICY POMODORO SAUCE



LOCATED AT CRA. 2 # 16-47
HISTORIC CENTER

AGUA DE RIO

This Café & Bistró offers affordable prices, a wide variety of flavors, pleasant spaces, and relaxed service. With areas suitable for coworking, the place is ideal for different occasions. Its menu ranges from breakfast options like sunny side up eggs with ham and cayeye with chicharrón, to a varied selection of pastries, including carrot cake and cookies, as well as dishes like seafood croquettes, mussels in blue cheese sauce, smoked eggplant toast, various sandwiches, and roasted beef tenderloin.

LITTLE OUZO



LOCATED AT CLL 22 # 12 -90
HISTORIC CENTER

In December 2017, after leading Ouzo Parque de los Novios for 6 years, American Michael McMurdo inaugurated Little Ouzo Pizzería y Bar as a cozy corner for the people of Santa Marta. This establishment, located in the San Pedro Commercial Plaza, offers a diverse gastronomic experience with options like pizzas, Greek paella, ouzo gyros, house pasta, seafood pasta, and sandwiches on its varied menu.



LA GRAN MURALLA



LOCATED AT CRA. 5 #23-77
HISTORIC CENTER

This restaurant, with a history spanning more than 40 years, was founded by an oriental-origin family, led by Manuel Wong. Upon settling in the city of Santa Marta, the family dedicated themselves to recreating some of their traditional dishes, aiming to satisfy the palates in this city.

They incorporated a varied menu that blends national and international dishes, a strategy that has proven beneficial. Over the years, the restaurant has managed to maintain both the quality of its food and the memorable experience for its customers.



THE CARTEL STEAK HOUSE



LOCATED AT
CARRERA 12 # 22-99 - LOCAL 12
MALL ESTACION SAN PEDRO

The Cartel Steak House is renowned for its selection of certified Angus beef cuts. It offers over 30 main course options, such as picanha, bife de chorizo, skirt steak, 1400-gram Tomahawk flambéed with rested tequila, and Porter House on a pink salt board, both flambéed at the customer's table. The restaurant is located in the San Pedro shopping plaza.

OMBÚ

Steak & Fish House



LOCATED AT CRA. 13 #27-62,
BARRIO BAVARIA

Ombú Restaurant provides a culinary experience in a cozy environment. Its gastronomic offer includes a fusion of Steak House and Fish House, accompanied by a selection of global wines, chosen to ideally complement its dishes.

On its menu, diners will find a variety of ingredients and dishes representative of international meat cuisine, highlighting cuts of matured Premium meats, including US Angus, national coastal Brahmin and a variety of hamburgers. In addition, it offers dishes with regional seafood, traditional pastas and, in the evenings, artisanal pizzas.



LOCATED AT CALLE 18 # 3-40,
HISTORIC CENTER DE SANTA MARTA

This establishment specializes in fusion and international food. Chef Orlando Trejo, recognized in Latin America, has managed to merge flavors from various cultures with those of the Caribbean region, thus offering a unique gastronomic experience in the city. Mestizo maintains the architectural and cultural heritage of the region, using raw materials supplied by local farmers and fishermen, and collaborating with Samarian artisans.



MESTIZO

By Origo

PUBLIC MARKET: POPULAR FOOD PLAZA

 IN THE POPULAR FOOD PLAZA, LOCATED IN THE PUBLIC MARKET NEXT TO THE FISH AND SEAFOOD SQUARE

In the Popular Food Plaza, located in the Public Market next to the Fish and Seafood Square, visitors can enjoy a variety of typical regional dishes, such as seafood stew, fried fish, fish soup, and stewed tongue. This place offers fresh and authentic food that represents the local cuisine, giving tourists the opportunity to experience the characteristic flavors of the area in a cozy atmosphere.

In addition to the culinary offerings, the stalls in the Fish and Seafood Square offer a wide range of fresh options, allowing people to acquire quality local ingredients to take home. This culinary experience reflects the cultural and gastronomic richness of the Capital of Magdalena, making this place a must-visit for those seeking local authenticity and traditional flavors.



RESTAURANTS ICONIC SEAFOOD

Throughout its history, Santa Marta has cultivated a rich culinary tradition rooted in the fresh and authentic flavors of the sea, making it a true gastronomic paradise for lovers of fish and seafood.

From traditional to modern establishments, seafood restaurants offer a wide range of flavors that capture the diversity and richness of Colombia's Caribbean coast.

IN THIS COASTAL CITY, THE GASTRONOMY REFLECTS THE MARINE ABUNDANCE SURROUNDING ITS SHORES.



DONDE CHUCHO

- 📍 DONDE CHUCHO RODADERO AT CALLE 6 CRA 3 CORNER
- 📍 DONDE CHUCHO BLU AT CALLE 3 #1-70
- 📍 DONDE CHUCHO GOURMET EN LA AT CALLE 19 #2-17, PARQUE DE LOS NOVIOS.

Restaurant Donde Chucho has established a prominent position in the culinary scene of Santa Marta through decades of experience, particularly recognized for its expertise in preparing fish and seafood.

What sets Donde Chucho apart is its commitment to authenticity, taste, and quality. Its culinary offerings range from the well-known Chucho Salad to dishes like Garlic Lobster, Coconut Prawns, Seabass Fillet à la Marinera, Seafood Casserole, Seafood Risotto, and Squid Ink Risotto.

ICONIC SEAFOOD RESTAURANTS

MAÑE CAYÓN

📍 LOCATED AT BARRIO BELLAVISTA

Mañe Cayón, nicknamed 'El Mar de Mañe Cayón', is a seafood restaurant with a solid tradition of more than 40 years. Located in the Bellavista neighborhood, it was founded by Manuel Cayón, a fisherman with big dreams. To this day, Mañe Cayón is widely recognized for its deep-rooted tradition and family-friendly atmosphere.

IT OFFERS A CULINARY EXPERIENCE WITH DISHES THAT STAND OUT FOR THEIR FRESHNESS, SUCH AS SEAFOOD STRAIGHT FROM THE SEA, THE TYPICAL FRIED FISH WITH COCONUT RICE AND PLANTAINS, BROTHY RICE, AMONG OTHERS.



ICONIC SEAFOOD RESTAURANTS

EL KAREY

📍 LOCATED AT CALLE 9 No. 1-19
OPPOSITE EL RODADERO BEACH

Is a culinary emblem with more than 45 years of history, standing out in the preparation of paellas and seafood since 1975. This iconic establishment has captivated both locals and tourists with its authenticity and freshness, offering a unique culinary experience that captures the essence of the sea.

Each dish is prepared with meticulous attention, maintaining its prestige and quality that continue to attract locals and visitors in Santa Marta.

FAMOUS FOR ITS SEAFOOD PAELLA, THE RESTAURANT ALSO DELIGHTS WITH ITS BLACK SQUID INK PAELLA, CRAB AND FISH CROQUETTES, AND CALAMARI, EITHER BREADED OR IN GARLIC SAUCE.

With a privileged location, Karey has an indoor dining room and an outdoor terrace overlooking El Rodadero Bay, creating a perfect atmosphere for both relaxation and enjoying the view.



CHEF DEL MAR

📍 PLAYA SALGUERO - SEDE PRINCIPAL

19 years ago, a culinary story began that was inspired by the exquisite empanadas and carimañolas filled with meat and fish. This restaurant had its beginnings in the Playa Salguero area, where it offered its delights in the surroundings.

Today, the restaurant has grown and boasts three locations, with the Playa Salguero site being its main branch. This place offers a warm and accessible environment for everyone, where the cuisine of the Caribbean Sea is celebrated and tribute is paid to the history of the region. The constant goal of this restaurant is to create memorable experiences for every person who visits.

AMONG ITS STANDOUT RECOMMENDATIONS ARE THE SEAFOOD CASSEROLE, PIRAGUA RICE, GRILLED OCTOPUS, AND THE REY DE REYES. THESE DISHES ARE REPRESENTATIVE OF THE PASSION FOR SEA CUISINE AND THE CULINARY CULTURE OF THE REGION, PROMISING A TRULY MEMORABLE GASTRONOMIC EXPERIENCE FOR THOSE WHO TRY THEM.



GRAN MANUEL

📍 LOCATED AT CRA. 1A #26A-158,
COMUNA 2

El Gran Manuel, a seafood specialty restaurant, was founded in 1960 by Manuel Villar. Located just steps from Playa de los Cocos, this establishment has become an icon of local gastronomy.

The restaurant started as a small business in a house near the beach, offering a cozy atmosphere for both local and foreign families. Its menu reflects the culinary richness of the region, featuring dishes like coconut rice and banana plantain patacones, complemented with fried posta de sierra, a local specialty made with fresh fish from the area's artisanal fishermen.

CAFÉ DE ORIGEN: AROMAS AND FLAVORS OF THE SIERRA NEVADA

Coffee from the Sierra Nevada de Santa Marta is distinguished by its characteristic flavor and aroma, reflecting Colombia's deep-rooted coffee tradition. The uniqueness of this region is due to the climatic conditions that allow for a single annual harvest, typically between October and January, due to high solar radiation and the dry season.

Coffee plantations in the Sierra Nevada follow a shade-grown system under native trees, an essential practice for the region's organic coffee farms, as it protects against solar radiation and enriches the soil with vital nutrients.

In Minca, visitors can tour coffee farms open to the public and learn about the cultivation and production process while enjoying this special variety of coffee.

In Santa Marta, the city stands out for the diversity of places to enjoy coffee, from trying different types in coworking spaces, attending coffee tastings, and learning about the production process. The city offers a diverse experience for those who wish to explore coffee culture and experience its varied flavors and aromas.

VÍVOLO CAFÉ -

📍 LOCATED AT
CALLE 22 # 1C - 15

Vívolo Café, situated in Casa Marina at Carrera 1C # 22-19, offers its visitors coffee of the same name, which is grown by families in the Sierra Nevada de Santa Marta. These families use organic and traditional methods to produce high-quality coffee from planting to roasting and packaging.

Vívolo coffee is ideal for espresso, with flavors that blend chocolate, toasted almond, and orange. At the establishment, drinks such as cappuccinos, tintos (traditional Colombian black coffee), and cold coffees are served, which can be paired with baked goods or oatmeal cookies. Vívolo Café also offers a sensory coffee experience that invites customers to go beyond traditional tasting, providing an experience that involves all the senses.

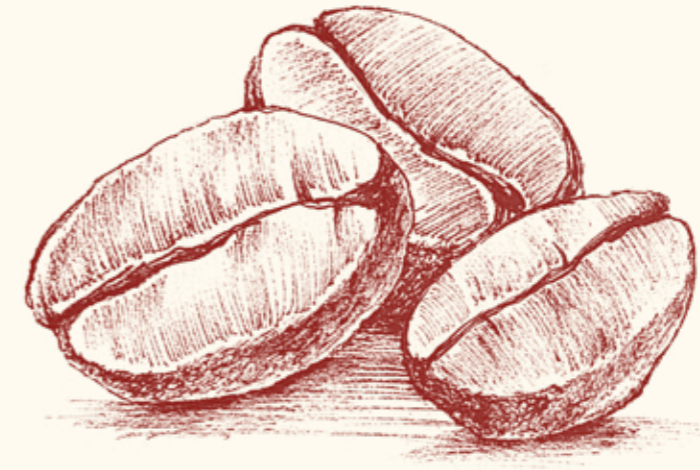


CAFICOSTA -

📍 LOCATED AT CARRERA
32A No. 13B-50 BARRIO
GALICIA

Caficosta stands out as one of the largest and most renowned coffee shops in Minca, becoming a meeting point for cyclists who arrive in town in search of a well-deserved break. In this establishment, visitors have the opportunity to delight in exquisite coffee from the Sierra Nevada de Santa Marta or try the diverse selection of origins,

including Serranía del Perijá, Serranía de San Lucas, or even a blend of these, all available in espresso, filtered, and other brewing methods. Caficosta offers you the chance to appreciate the roasting process and a tasting experience all in one place.



NOTRE DAME -

LOCATED AT
CRA. 13 # 28A-47

Notre Dame Pan & Café, a European-style café bistro located in the Bavaria neighborhood, offers a varied selection of specialty coffee prepared using various methods such as espresso machine, Chemex, French press, Origami, and V60. Experienced professional baristas guide visitors on a journey from plant to cup.

The coffee selection is notable for including beans grown in the Sierra Nevada de Santa Marta, as well as options from different regions of Colombia. Customers have the opportunity to savor notes of dried fruits, chocolate, and vanilla in the coffee, providing a unique sensory experience that captivates their senses.

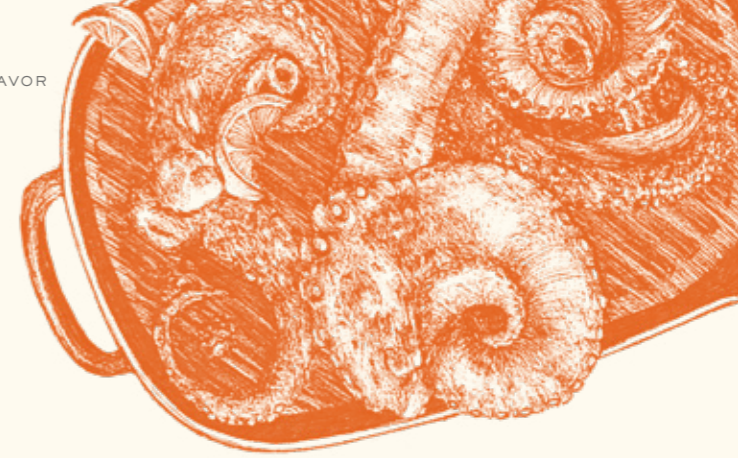
LIWA -

CC. ESTACIÓN SAN PEDRO
CC. BUENAVISTA.

At liwa, visitors can taste Sierra Nevada coffee and enjoy a versatile environment suitable for work, socializing with family and friends, business meetings, or simply savoring quality coffee accompanied by baked goods, sandwiches, and exquisite desserts. In addition to traditional preparations, liwa offers various coffee brewing methods, such as French Press, Chemex, V60, Cold Brew, among others.

Cold drinks like natural slushies and tea are also available.

liwa has two locations, one in the Estación San Pedro Shopping Center and another in the Buenavista Shopping Center.



SANTA MARTA IS KNOWN FOR ITS RICH CULINARY OFFERINGS, ESPECIALLY THE SHRIMP COCKTAIL, A DISTINCTIVE DISH OF THE REGION. THE PREPARATION OF THIS CEVICHE, WHICH MAY SEEM SIMPLE AT FIRST GLANCE, IS ACTUALLY AN ART THAT INVOLVES MIXING SHRIMP, RED ONION, SPICY SAUCE, SALT, LIME JUICE, TOMATO SAUCE, AND MAYONNAISE. THIS COMBINATION, PREPARED JUST BEFORE SERVING, IS ESSENTIAL TO ENSURE THE FRESHNESS AND AUTHENTIC FLAVOR OF THE DISH. WHILE THE INGREDIENTS ARE BASIC, EXCELLENCE IN ITS PREPARATION REQUIRES SKILL AND EXPERIENCE.

EMANUEL, COCTELES Y CEVICHE:

MARINA DE SANTA MARTA, BARRIO PRADO Y EL RODADERO

With 19 years of experience, Emanuel has established itself as one of the most popular places to enjoy ceviche in Santa Marta. Here, visitors can savor traditional ceviche served in a cup, accompanied by soda crackers and prepared with a variety of ingredients such as mayonnaise, spicy sauce, red onion, tomato sauce, or olive oil with paprika. In addition to shrimp, they offer combinations with stingray and squid. Emanuel has three strategically located branches: in the Santa Marta Marina, in the El Prado neighborhood, and in El Rodadero.

CENTRO COMERCIAL BUENAVISTA, BARRIO FILADELFIA Y AVENIDA TAMACÁ DEL RODADERO

MARISCOS ANDRÉS:

Mariscos Andrés is another must-visit on Santa Marta's gastronomic route. With three branches in the city - at Buenavista Shopping Center, in the Filadelfia neighborhood, and on Avenida Tamacá in El Rodadero - this restaurant is known for its welcoming atmosphere and wide variety of fresh seafood, making it an ideal place for those seeking an authentic culinary experience.

JUANCHO CEVICHERÍA:

CALLE SANTA RITA (22 #3-58)

Founded in 1973 and located on Calle Santa Rita (22 #3-58), has earned a special place in the hearts of seafood lovers. This restaurant is not only famous for its exquisite shrimp cocktails but also for its wide range of ceviches, including ingredients like octopus, snail, and oysters, catering to a variety of palates. A distinctive aspect of Juancho Cevichería is its main dishes, highlighting the seafood grill, which combines octopus, prawns, sea bass fillet, and calamari rings, served with yuca croquettes and green plantain patacón.



3 PLACES TO ENJOY
SHRIMP COCKTAIL

WHERE TO ENJOY AREPA *de* HUEVO

SYMBOL OF WARMTH AND DIVERSITY



This dish, which combines the simplicity of the arepa with the versatility of eggs in both sweet and savory versions, stands as a symbol of the warmth and culinary diversity of the coast. Travelers, whether local or international, embark on a culinary journey when venturing into these lands, discovering the various interpretations of the arepa that reflect the soul of regional cuisine.

Among the many places where you can enjoy this delicacy, two stand out for their history, flavor, and popularity. Each offers a unique experience, allowing visitors to immerse themselves in the local culture through its flavors.

La Industrial

LOCATED ON AVENIDA DEL LIBERTADOR WITH CARRERA 11

AT THE CORNER OF I.E.D. TÉCNICO INDUSTRIAL

these arepas have been a tradition for over 40 years. From early morning to Sunday, both residents and tourists flock to this spot. Here, arepas de huevo become the favorite breakfast for many, often accompanied by a refreshing orange and carrot juice. This place not only offers unparalleled flavor but has also become a social gathering point where the stories and laughter of locals and visitors mix.

Donde Casta

LOCATED AT KILOMETER 17 ON THE ROAD TO CIÉNAGA

IN POZOS COLORADOS, JUST AFTER ECOPETROL

With over 50 years of tradition, this place has established itself as a must-stop for both locals and city visitors. It starts bustling in the early hours of the morning. This place is famous for its arepas de huevo, including a special variant known as "arepa de huevo perico," considered among the best in the region. It has also become a popular meeting point for athletes and outdoor exercise enthusiasts, such as runners and cyclists, who often make a stop here to enjoy an arepa de huevo while recharging their energy.

Las Zapatas

LOCATED ON CALLE 18 WITH CARRERA 11

The arepas de huevo from "Las Zapatas", represent a deeply rooted family tradition in the community. The Zapata family has maintained their sales stand for years, becoming a local reference for arepa de huevo lovers. Their menu includes both sweet and savory arepas de huevo, each with its characteristic flavor, preserving the essence of the traditional recipe that has been passed down from generation to generation.

LOCAL CRAFT BEER

› SANTA MARTA IS MAKING A NAME FOR ITSELF IN THE WORLD OF CRAFT BEER, WITH A GROWING OFFERING OF LOCAL BREWERIES THAT CAPTURE THE ESSENCE OF THE REGION. THESE ESTABLISHMENTS, SCATTERED THROUGHOUT THE CITY, COMBINE TRADITIONAL AND MODERN TECHNIQUES TO CREATE BEERS THAT RESONATE WITH THE TASTES OF BOTH LOCALS AND VISITORS.

KUMBIA

Gaira Brewing Sas is the producer of Kumbia beer, an artisanal brand that strives to instill a distinct beer culture in its consumers. Their goal is to transcend the act of drinking beer, inviting consumers to experience and revel in the complexity of flavors offered by their product line. Kumbia aims to educate consumers about beer appreciation, focusing on the pleasure of tasting and recognizing the inherent value in a craft beer, regardless of its price.

Kumbia's offerings include varieties such as Kumbia Rubia, Kumbia Miel, Calypso, and Buritaca. These beers are the result of a careful and balanced process, ensuring that each sip is synonymous with craft quality. Gaira Brewing Sas envisions that over time, consumers will become connoisseurs capable of identifying and appreciating the unique styles and added value that a beer like Kumbia brings to the world of craft brewing.



SURF MONKEY

Surf Monkey emerges as a craft brewery in the landscape of Buritaca, Santa Marta, marking its territory with a commitment to quality. With a privileged location, it harnesses the pure water from the Sierra Nevada spring, a component that defines the essence of its beers. Dedication to using the finest ingredients and maintaining traditional brewing processes is the cornerstone of its offerings.

Surf Monkey proudly holds the title of being the first Taproom in the Santa Marta area, strategically located in Parque Bolívar, on Calle 15 #2-16. It is not just a point of sale but a space dedicated to beer culture, inviting visitors to immerse themselves in an experience that highlights draft beers with local touches and artisanal sodas



CERVECERÍA NEVADA

Located on the Finca La Victoria, near Minca, Cervecería Nevada specializes in the production of craft beer. Using local resources such as pure water from the Sierra Nevada springs, along with malt, hops, and yeast, they craft four distinct varieties: Happy Ayu, Happy Colibrí, Happy Nebbi, and Happy Tucán. Prioritizing quality and flavor, Nevada has succeeded in taking its products beyond its place of origin, reaching restaurants and stores throughout the national territory and allowing beer enthusiasts to appreciate the indigenous flavors of the Sierra Nevada de Santa Marta.

FURTHERMORE, CERVECERÍA NEVADA HAS CAPTURED INTERNATIONAL ATTENTION, BEING HIGHLIGHTED BY "MEN'S JOURNAL," A PRESTIGIOUS AMERICAN MAGAZINE, AS ONE OF THE TOP 10 CRAFT BEERS TO DISCOVER WORLDWIDE.

attention, being highlighted by "Men's Journal," a prestigious American magazine, as one of the top 10 craft beers to discover worldwide.

STREET FOOD

› AS YOU WALK THROUGH THE STREETS OF SANTA MARTA, BOTH VISITORS AND RESIDENTS ENCOUNTER THE ENTICING AROMAS OF STREET FOOD.

Between every street and corner, carts sell everything from fried snacks to tropical juices and a variety of fruits, providing pedestrians with an authentic taste of local specialties.

More than just fast food vendors, these stands have become social hubs for the community and points of interest for visitors, reflecting the rich culinary variety that Santa Marta has to offer.

AREPAS "YIYA" -

› IN SANTA MARTA, TRAVELERS HAVE THE OPPORTUNITY TO DISCOVER A CULINARY GEM THAT HAS ENDURED FOR GENERATIONS: "YIYA" AREPAS. THIS FAMILY-OWNED BUSINESS, WITH OVER 70 YEARS OF TRADITION, HAS FORGED A REPUTATION IN THE WORLD OF STREET FOOD. AT THEIR STAND AT CRA. 3 #23-20, THE EXPERT HANDS OF THE FAMILY CRAFT THESE AREPAS WITH AN EXQUISITE BLEND OF MAIZE, CHEESE, AND MILK. THEN, THE AREPAS ARE CAREFULLY GRILLED ON BIJAO LEAVES, RELEASING AROMAS AND FLAVORS THAT CAPTURE THE AUTHENTIC ESSENCE OF SAMARIAN CULTURE, MAKING THEM IDEAL TO ACCOMPANY WITH A REFRESHING GLASS OF MAIZE WATER.



PLUTO –

Pluto is synonymous with tradition in Santa Marta when it comes to hot dogs, known for its unmistakable onion sauce that has won over the city's taste buds. What started as a modest street stall in the historic center has grown into a local institution with three strategically located establishments: one in the heart of the historic center, another in the Bavaria sector, and a third in the popular Rodadero.

Since 1980, Pluto has been a culinary witness in Santa Marta, accumulating thousands of anecdotes and serving countless customers seeking the authentic taste of their hot dogs. Today, they offer a variety of products that have evolved over the years.

COASTAL "SALCHIPAPA" –

This fast food offering has become an emblem of local street cuisine, celebrated even at festivals like the Salchipapa Fest, where creativity and regional flavors come together. "Salchipapas" combine the simplicity of French fries with the complexity of meats such as ranch-style sausage, butifarra, grilled chorizo, and chicken sausage, offering a flavorful experience that is both diverse and satisfying.

It is a common dish on the menus of fast-food restaurants in the city, and locals often suggest that to have a complete experience in Santa Marta, visitors should try this popular dish.

"RASPADOS" EL TIGRE –

"Raspados" and "Cholados" "El Tigre" is an establishment with over 15 years of history, located in San Miguel Park, a place that has become a reference point for fruit flavor lovers and icy drinks. Their specialty is the "Maracumango," a acclaimed blend of green mango and passion fruit. They also offer a variety of flavors including soursop, tamarind, cola, and lulo.

JUICE PLAZA –

The juice vendors who used to be located along Fifth Avenue now serve from new kiosks located on the median of the bay. In this plaza, visitors can savor natural fruit juices such as mango, lulo, zapote, or níspero, made with milk or water and accompanied by typical options like buñuelos or cheese fingers.

These juices are known for being especially refreshing, making them perfect to enjoy in Santa Marta's warm climate.



RESTAURANTS IN MINCA

BURURAKE

Bururake offers a "Fusion Grill" concept in a lush green setting.

The menu features a diverse selection of grilled dishes, as well as vegetarian options. Additionally, the restaurant's terrace provides panoramic views of the Gaira River.

LAZY CAT

Lazy Cat is strategically located near the main square of the town, with the advantage of offering its diners a prominent view adorned by the lush vegetation along the riverbank. This gastronomic establishment is known not only for its diverse menu, which includes options such as burgers, sandwiches, meats, bowls, quesadillas, and appetizers, but also for its commitment to quality and its value for money.

SOUL KITCHEN

It is the restaurant of Casa Loma Hostel, distinguished as an ethical and creative vegetarian restaurant in its cuisine. This establishment offers its diners a diverse menu with local influences and ingredients. In addition to its food offerings, visitors can delight in a wide range of beverages including coffees, cappuccinos, smoothies, as well as infusions with native plants from the region and natural fruit and vegetable extracts.

LA MIGA

One of the must-visit places in Minca is La Miga, a renowned French artisanal bakery known for its chocolate bread. Although they offer a variety of breads and specialties, the chocolate bread is undeniably the favorite among visitors.





RECIPE BOOK

› SAMARIAN GASTRONOMY IS A LIVING AND EXCITING STORY, TELLING THE STORY OF ITS PEOPLE AND REFLECTING THEIR STRUGGLES, HOPES AND THE WEALTH OF A LAND BLESSED BY THE SEA AND GUARDED BY MAJESTIC MOUNTAINS. HERE, THE PASSION AND LOVE FOR COOKING ARE EVIDENT IN EACH RECIPE, PROVIDING INTENSITY AND AUTHENTICITY IN EACH DISH.

SEAFOOD CASSEROLE



INGREDIENTS

- › 1 POUND OF SEAFOOD MIX
- › 1 POUND OF SHRIMP
- › SALT AND PEPPER TO TASTE
- › 2 BAY LEAVES
- › 2 CUPS OF COCONUT MILK
- › 1 CUP OF WATER
- › 1 TABLESPOON OF CREAM CHEESE
- › 1 TEASPOON OF BUTTER
- › CORNSTARCH (OPTIONAL FOR THICKENING)
- › MOZZARELLA CHEESE (TO TASTE)
- › 3 TILAPIA FILLETS
- › 1 WHITE ONION
- › 5 SWEET PEPPERS
- › 1/2 BELL PEPPER
- › 3 LARGE RIPE TOMATOES
- › 1 CUP OF GRATED CARROT
- › 5 GARLIC CLOVES
- › 3 TABLESPOONS OF OLIVE OIL

PREPARATION

- › Heat olive oil and butter in a pot, then add garlic and seafood. Sauté them for 4 minutes and set aside.
- › In the same pot, add more olive oil and sauté the onion, sweet peppers, bell pepper, tomato, carrot, and tilapia fillet to intensify their flavors. After about 7 minutes, remove from heat and transfer the sauté to a blender. Process until you get a smooth mixture.
- › Return the mixture to the pot and add the coconut milk and one cup of water. Stir in a tablespoon of cream cheese and mix everything carefully.
- › Reintroduce the seafood to the pot, adjust the flavor with salt, and add two bay leaves. Cook over high heat for an additional 7 minutes.

EGG AREPA



INGREDIENTS

- › 2 CUPS OF CORNMEAL
- › WATER (AS NEEDED)
- › 1 TEASPOON OF SALT
- › 1/2 TEASPOON OF SUGAR
- › EGGS

PREPARATION

- › In a bowl, combine the cornmeal with salt and sugar.
- › Add water gradually until you have a soft and manageable dough.
- › With the dough, form balls slightly larger than a golf ball and flatten them to make "tortillas" about half a centimeter thick.
- › In a pot, heat plenty of oil and fry the arepas until they puff up slightly.
- › Make a small hole on one edge of the arepa and insert a raw egg.
- › Seal the hole with some raw dough.
- › Fry the arepa again until the egg is cooked and the dough is golden brown.

COCONUT SWEET



INGREDIENTS

- › 12 OUNCES OF SUGAR
- › 4 OUNCES OF RAISINS
- › 1 LARGE COCONUT
- › 1 CINNAMON STICK
- › 2 CUPS OF WATER

PREPARATION

- › Remove the coconut from its shell and grate it.
- › In a saucepan, combine the grated coconut, water, and sugar.
- › Bring the mixture to a boil, adding a few drops of lemon juice to prevent crystallization.
- › Cook until it reaches a thick consistency.
- › Let it cool and serve it alone or with soda crackers.

INGREDIENTS

- › 2 SMALL TILAPIAS OR RED SNAPPERS, CLEANED
- › 1 GREEN ONION, FINELY CHOPPED
- › JUICE OF 1 LEMON
- › SALT AND PEPPER TO TASTE
- › 1/4 CUP OF FLOUR (FOR BREADING)
- › 2 CUPS OF VEGETABLE OR CANOLA OIL (FOR FRYING)

PREPARATION

- › Rinse the fish under cold water and pat them dry with paper towels.
- › With a sharp knife, make 3-4 diagonal incisions on each side of the fish.
- › Season both fish inside and out with salt and pepper.
- › Mix the fish well with the chopped green onion and lemon juice. Let it marinate for at least 10 minutes.
- › After 10 minutes, sprinkle and coat each fish with flour, shaking off the excess.
- › In a large skillet, pour the oil to a depth of at least 1 inch and heat it over medium-high heat. You can test if the oil is ready by dropping a small piece of bread; if it sizzles on contact, the oil is ready. If you have a thermometer, the oil should reach 375°F (190°C).
- › Carefully place the fish in the hot oil. Then reduce the heat to medium.
- › Fry each side of the fish for 5-7 minutes or until the skin turns golden and crispy.
- › Once cooked, remove the fish from the oil and place them on a plate with paper towels to remove excess grease.
- › Serve with patacones, coconut rice, slices of avocado, and lemon to taste.



FISH FRY

› IN SANTA MARTA, FRIED FISH IS A VERY POPULAR AND TYPICAL DISH. IT IS SERVED WITH COCONUT RICE, PATACONES AND A SALAD OF TOMATO, ONION AND LETTUCE. IT CAN BE MOJARRA, RED SNAPPER OR TARPON. THE FINAL TOUCH IS SALT AND LEMON TO TASTE.

ARROZ CON COCO

› COCONUT RICE IS A PREPARATION THAT CONSISTS OF WHITE RICE COOKED IN COCONUT MILK AND COCONUT FLAKES. THIS VERSATILE RECIPE CAN BE PREPARED IN SEVERAL WAYS, EITHER SEASONING IT WITH SALT OR SWEETENING IT WITH SUGAR OR BROWN SUGAR. SOME VARIANTS EVEN INCORPORATE COCA-COLA AND RAISINS TO ADD A TOUCH OF FLAVOR.

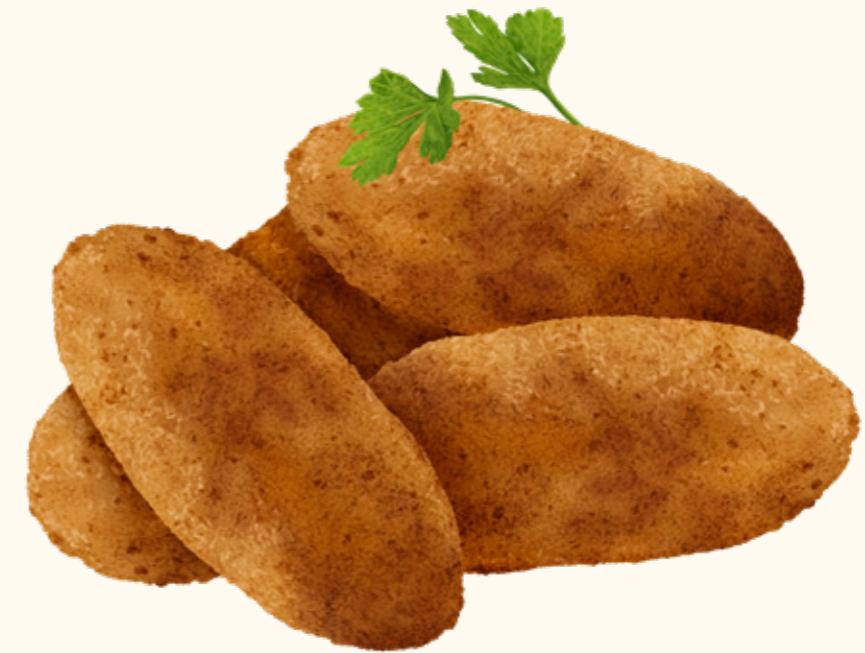
› COCONUT RICE IS COMMONLY SERVED WITH PATACONES, FRIED FISH AND SALAD OR MEAT IN POST

INGREDIENTS

- › 2 COCONUTS
- › 2 POUNDS OF RICE
- › 2 TABLESPOONS OF SUGAR
- › 2 TEASPOONS OF SALT

PREPARATION

- › Break the coconuts into small pieces, keeping the brown part.
- › Blend the coconuts with two cups of warm water.
- › Strain the mixture and squeeze by hand to obtain thick milk.
- › In a cauldron, pour this milk and let it boil until the water evaporates and only the oil and cytote remain.
- › To the remaining grated coconut, add another 4 cups of water and squeeze again.
- › Add this water to the pot with the oil and sauce, add the rice and cook over medium heat.
- › When the rice is almost dry, add the sugar and salt, stirring occasionally until the rice is completely cooked.



CARIMAÑOLA

INGREDIENTS

- › 1 POUND OF CASSAVA
- › SALT (TO TASTE)
- › 1 CUP OF COSTEÑO CHEESE
- › 1 CUP OF CREAM (FOR THE SAUCE)
- › SALT AND PEPPER (TO TASTE)
- › JUICE OF ONE LEMON

PREPARATION

- › In a pot, boil the peeled cassava in abundant water until it is tender and completely covered. Add salt to taste during cooking.
- › Once the cassava is well-cooked and tender, make a puree with it and add 1 cup of Costeño cheese. Knead the mixture until all the ingredients are well incorporated.
- › Next, shape the carimañolas by taking portions of the dough and forming small balls. Then, stretch each ball to give them an elongated and thin shape, similar to a little tube.
- › Fry the carimañolas in hot oil until they acquire an appetizing golden color. At this stage, you can choose to add cheese, meat, chicken, pork rinds, or other ingredients of your choice as a filling.

CAYEYE



INGREDIENTS

- › GREEN BANANAS (GUINEOS)
- › SALT
- › GARLIC
- › COSTEÑO CREAM (SUERO COSTEÑO)
- › GRATED COSTEÑO CHEESE
- › FOR THE SAUCE (OPTIONAL): ONION, TOMATO, GARLIC HEAD, BUTTER

PREPARATION

- › Boil water in a pot and add a little salt. Then, add the peeled bananas. Cook for 20 to 30 minutes or until they soften.
- › Once cooked, remove the bananas from the water and mash them with a mortar or fork. Add butter and two tablespoons of costeño cream to give consistency. Finally, add grated costeño cheese to taste.

PREPARATION OF THE SAUCE (OPTIONAL)

- › Dice the onion, tomato, and garlic. Sauté in butter, stirring constantly. Serve over the mashed banana.

BOLLO YUCA



INGREDIENTS

- › 1 CASSAVA
- › SALT TO TASTE
- › CORN HUSKS

PREPARATION

- › Grate the raw cassava and drain it without squeezing.
- › If desired, add a little salt and knead well.
- › Form cakes with the dough and wrap them with two or three corn husks. Tie them securely.
- › Cook the cakes in a pot of boiling water for about 30 minutes or until they are well-cooked.
- › Serve hot, ideal for serving with butifarras, Costeño cheese, or fried fish.

SANCOCHO



› SANCOCHO IS A THICK SOUP CONTAINING MEAT (USUALLY CHICKEN, FISH, OR BEEF RIBS), PLANTAINS, YUCA, CORN, AND OTHER VEGETABLES.

› ACCORDING TO HISTORIANS, THE HISTORY BEHIND THIS DISH'S ORIGIN IS DIVERSE AND NOT LIMITED TO A SINGLE VERSION. SOME ACCOUNTS SUGGEST IT ARRIVED IN THE CANARY ISLANDS THROUGH THE SULAMITE DANCERS OF THE MOORISH ANDALUS, WHILE OTHERS CLAIM IT WAS

INTRODUCED BY THE SPANIARDS UNDER THE NAME "OLLA PODRIDA," DUE TO ITS VARIED COMPOSITION THAT DID NOT ALWAYS GENERATE AN ATTRACTIVE AROMA.

› ON THE OTHER HAND, SOME CHEFS ARGUE THAT THIS DISH HAS ITS ROOTS IN FRENCH CUISINE, WHILE THERE ARE THEORIES THAT IT ARRIVED ON THE AMERICAN COASTS THROUGH SHIPS AND SAILORS.

INGREDIENTS

- › 1 POUND OF BEEF RIBS
- › 1 POUND OF YUCA
- › JUICE OF 1/2 LEMON
- › 3 MEDIUM POTATOES
- › 1/2 GREEN PLANTAIN
- › 2 GREEN CORN COBS
- › 5 SWEET CHILI PEPPERS OR TOPITO CHILI
- › 1 BUNCH OF CILANTRO
- › 3 STALKS OF SCALLION OR SPRING ONION
- › 3 CLOVES OF GARLIC
- › SALT, BLACK PEPPER, SCENT PEPPER, PAPRIKA, ANNATTO (TO TASTE)

INSTRUCTIONS

- › Peel and cut the yuca, potatoes, and green plantain. Divide the corn cobs into pieces. Finely chop the sweet chili peppers, cilantro, scallion, and garlic.
- › In a pressure cooker, place the beef ribs along with the chopped garlic cloves, corn cobs, and green plantain. Cover with enough water and cook for about 15 minutes or until the meat is tender.
- › To the pot with the meat, add the yuca, potatoes, sweet chili peppers, scallion, and cilantro. Season with salt, black pepper, scent pepper, paprika, and annatto to taste. Stir well to integrate all the ingredients.
- › After adding the ingredients, adjust the water level if necessary. Close the pressure cooker and cook for another 15 minutes. Make sure all the ingredients are well-cooked and tender.
- › Serve the sancocho hot, accompanied by white rice, avocado slices, and, if desired, banana slices.

NOTES

- › You can adjust the seasoning amounts to your taste.
- › Cooking times may vary depending on the pressure cooker and the cuts of meat used.
- › Traditionally, this dish is served with rice and avocado, but you can adjust the sides according to your preferences.



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IN SANTA MARTA, WHERE FLAVORS MEET HISTORY, GASTRONOMY IS A MELTING POT OF CULTURES AND CULINARY TRADITIONS. THIS DESTINATION, RICH IN HISTORY AND CULINARY DIVERSITY, IS PRESENTED THROUGH OUR GASTRONOMIC GUIDE, TO CELEBRATE THE GASTRONOMIC RICHNESS OF SANTA MARTA, HIGHLIGHTING THE AUTHENTICITY AND DIVERSITY OF ITS INGREDIENTS, THROUGH RECOMMENDATIONS AND CULINARY EXPERIENCES.

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