

MENU

The Peruvian Amazon is not only seen, but also felt, heard, and tasted.

Each ingredient tells a story of biodiversity, culture, and connection with nature.

We believe in a cuisine that respects its origins, values local communities, and promotes the responsible use of the resources the rainforest provides.

Through these sustainable Amazonian flavors, we aim to create an experience that inspires a more mindful relationship with the planet. Because we are part of nature too. Let's be guardians of a sustainable Amazon.





Our chefs and kitchen team



Our chefs and kitchen team

Dennys Yupanqui Peralta

When you are a cook, one of the most important roles is to understand your country, its richness, diversity, history, and the traditions of each region. Only then can you share this with the guests who arrive to our home, visitors who come with wide eyed wonder, eager to see and above all taste our gastronomy.

How could we not express identity and culture at the same time? Our Amazon covers around 70 percent of the territory, perhaps even more, but can you imagine a cook beginning to explore its ingredients and most importantly bringing them to life on the plate?

The work we do at Rainforest Expeditions is not only about showcasing culinary identity, but also about adapting to new ways of living in a place full of learning, offering a food philosophy rooted in responsibility. As a cook who loves the Amazon, I can say there is still much to share in terms of ingredients, always with respect for the land. That is our challenge, to honor seasonality and maintain a balance with sustainable consumption. We have a vast home and just as we find it, we must preserve it.

What fascinates me most is knowing that each ingredient should express its own natural character, without being altered, kept as pure as possible. The variety of Amazonian fruits in our pantry is truly incredible. Being a cook also means learning from nearby communities, their traditions, and especially how they work the land in a sustainable way. They are the guardians of our living Amazon. Learning from them and passing on that knowledge is the best school for a cook who loves their country.

The work of the Rainforest Expeditions kitchen team is increasingly focused on expressing culture, identity, technique, and above all the Amazon. Each lodge team has its own meaning, its own recipes, and above all the joy they bring into every dish, the unmistakable joy of the rainforest. In the jungle, happiness is part of the air, and our cooks proudly wearing their uniforms captivate guests with the flavors they create in each lodge.

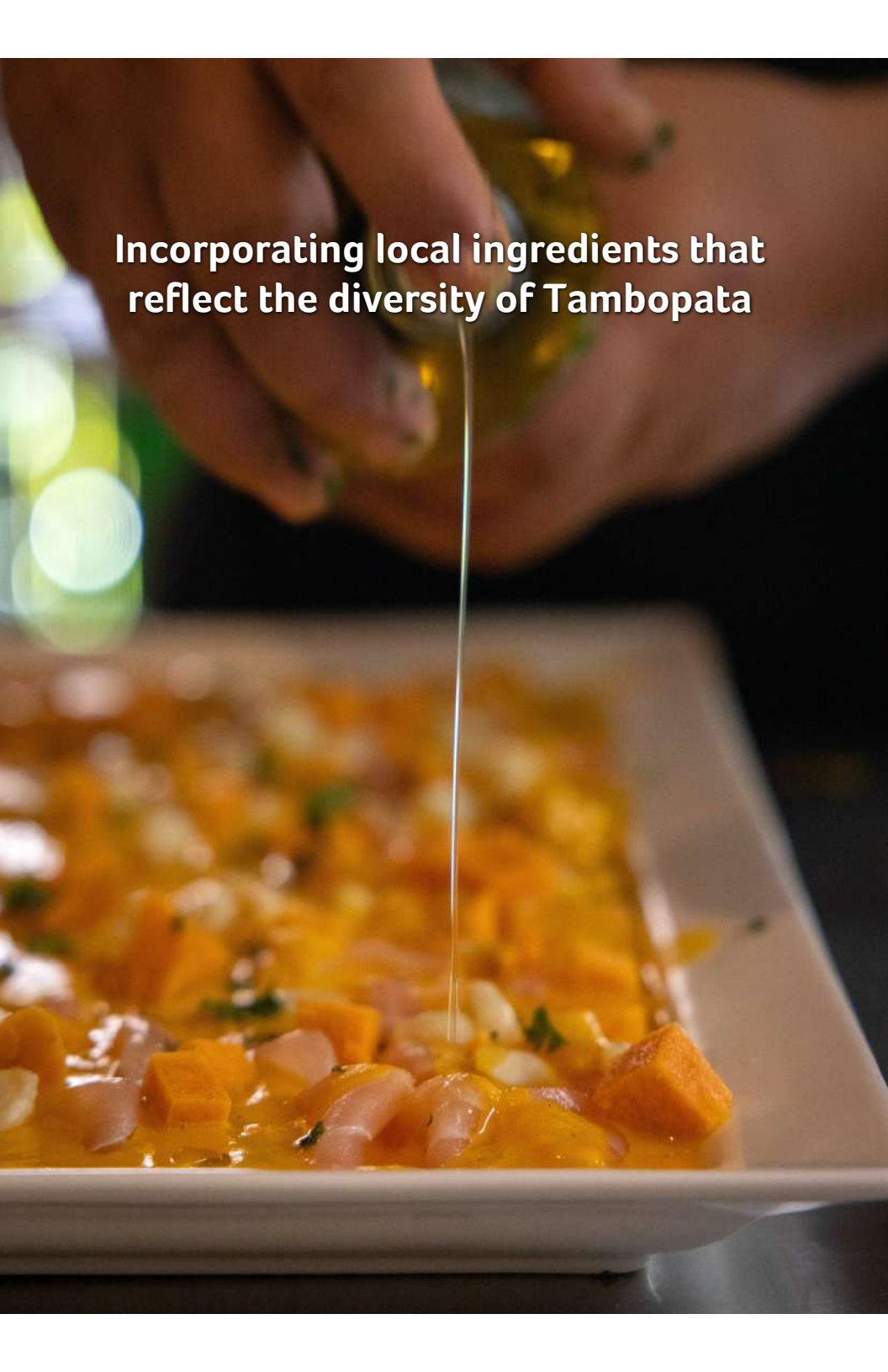
In conclusion, what do we do at Rainforest Expeditions? We share knowledge, culture, and above all Amazonian identity. From now on, we are also guardians of our Amazon, and if you visit us, you will become part of our home in Tambopata.



Photo by Chef Dennys Yupanqui

A close-up photograph of a person's hand carefully placing small green sprouts onto a mound of cooked green quinoa. The background is blurred, showing warm, bokeh-style lights.

**Working on a menu with a
commitment to the conservation of
the Amazon rainforest**

A close-up photograph of a hand pouring a clear liquid, likely oil, from a small glass bottle onto a dish. The dish contains diced orange mango, pink salmon, and green quinoa. The background is blurred with warm, bokeh-style lights.

**Incorporating local ingredients that
reflect the diversity of Tambopata**

Monday

Flavors of the day for lunch

Starters

Potato and basil cream soup

Main courses

Carapulcra limeña with pork cracklings

Oven-roasted chicken with cilantro sauce

Side dishes

Arroz norteño

Roasted potatoes with herbs

Caprese salad

Frejol canario con aderezo criollo

Ripe plantain with cheese

Fried cassava

Lettuce, avocado, cucumber, and tomato salad

Desserts

Alfajores de cacao & manjar



Carapulcra Limeña with
with pork cracklings

Ingredients and stories



Sweet chili pepper *Capsicum chinense*

A chili pepper used in our Amazon region to bring flavor to our traditional dishes. Today it is served on our table as a sweet chili cream.

The Dried potato & Carapulcra

Dried potato comes from an ancient tradition of the Aymara people, who discovered that cooking, slicing, and sun drying potatoes allowed them to preserve this food for long periods. This ancestral method was essential for facing times of scarcity and made it easier to store and transport one of the most important foods of the Andes.

Over time, dried potato became the main ingredient of carapulcra, considered one of the oldest stews in Peru. During the colonial period, the recipe evolved by blending Andean and Creole flavors, giving life to a dish full of tradition, history, and taste.



Caprese salad



Monday

Flavors of the day for dinner

Starters

Pumpkin cream soup

Main courses

Chicken with palmito sauce

Quinoa chaufa with cecina and vegetables

Bean stew

Side dishes

Rice with sautéed vegetables

Mashed potatoes with spinach

Fried yuca with guacamole

Baked zucchini and eggplant

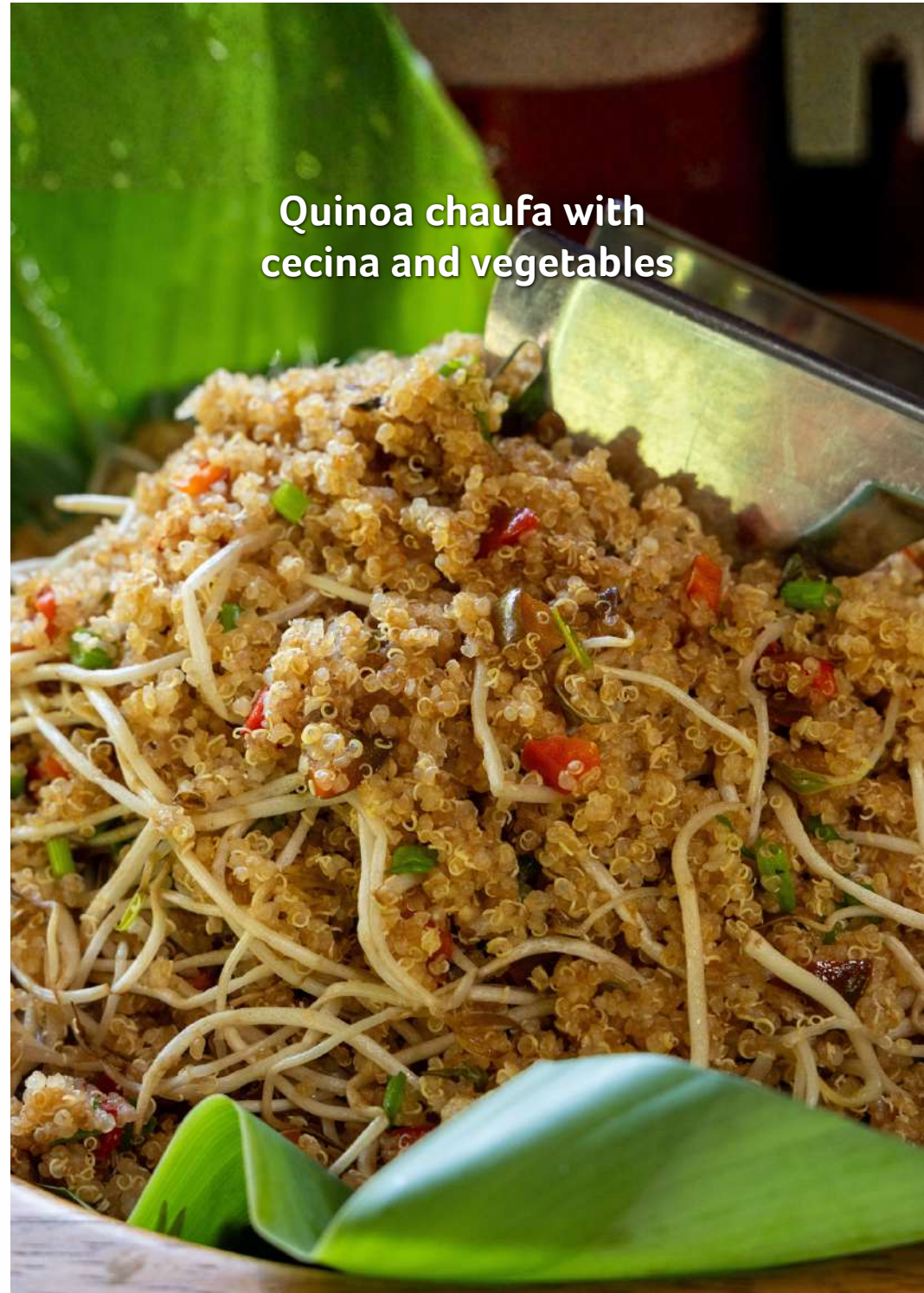
Lettuce, avocado, cucumber, and tomato salad

Desserts

Rice pudding and purple corn pudding



Quinoa chaufa with cecina and vegetables



Ingredients and stories

Peruvian Quinoa

Chenopodium quinoa

Peruvian quinoa, of pre-Hispanic origin, was born in our Andean lands, rich in identity, flavor, and color. It was an essential ingredient for the Incas and one of their main sources of protein.



Peru's tubers

Peru produces a wide variety of tubers. Among them are potato, oca, olluco, mashua, achira, maca, arracacha, mauka, yacón, pituca, ahipa, and sweet potato, all of which grow in the Andean region of Peru.



Purple corn

Zea mays

Used since pre-Inca times, this ingredient has a history that dates back more than 2,500 years. Deeply rooted in Andean culture, it has been valued not only for its vibrant color and distinctive flavor, but also for its cultural and nutritional significance. It is the star ingredient of our traditional purple corn pudding and the refreshing purple corn chicha.



CHAUFA DE QUINUA Y CECINA CON VEGETALES



EHA

Tuesday

Flavors of the day for lunch

Starters

Tony's Creamy corn soup

Main courses

Pork chicharrón

Panko breaded chicken chicharrón

Side dishes

Rice with corn

Spinach vegetarian causa with vegetables and avocado

Fried sweet potato

Frejol canario with aderezo criollo

Lentil salad with caigua

Garlic sautéed cauliflower

Lettuce, avocado, cucumber, and tomato salad

Desserts

Chocolate crème caramel



Spinach vegetarian causa with vegetables and avocado



Ingredients and stories



Causa Limeña

There are several stories about the origin of this iconic dish, but the Republican era version is perhaps the most charming. One story tells that causa was created by a well known hostess from Lima who needed to feed a battalion of soldiers celebrating Independence Day.

Using the ingredients she had on hand, she cooked, mashed, and seasoned potatoes. She also boiled eggs, sliced them, and placed olives on top of the assembled dish.

Avocado *Persea americana*

Introduced to Peru around 1450, avocado is now cultivated in 16 regions across the country, making Peru one of the world's leading exporters. Avocado is one of the most commonly enjoyed foods on Peruvian tables and has even become part of our local expressions. In Peruvian slang, when we want to say "there is no need to be embarrassed," we say: "NO TE HAGAS PALTAS"



CAUSA LIMEÑA VEGETARIANA

10gr limón

3gr sal

60ml aceite

800gr papa amarilla

50gr ají amarillo

40gr vainita

40gr zanahoria

200gr palta

40gr zucchini

① Cocinar papa amarilla y aderezar con sal, aceite, ají amarillo y limón.

② Hacer una base con la papa y rellenar con los ingredientes.

③ Enrollar y cortar en rodajas de 3 cm.

④ Decorar con ají y hojas de perejil.

EHA

Tuesday

Flavors of the day for dinner

Starters

Potato cream soup

Main courses

Pollo a la criolla

Fish milanese

Papa a la huancaína

Side dishes

Rice with peas and Amazonian turmeric

Garlic sautéed vegetables

Caprese salad

Quinoa salad with tomato, cucumber, and celery

Baked zucchini

Lettuce, avocado, cucumber, and tomato salad

Desserts

Copoazú chocolate cake



Papa a la huancaína



Ingredients and stories



Papa a la Huancaína

According to writer Jorge Stambury, Papa a la Huancaína was born during the construction of the Central Railway between Lima and Huancayo, when workers were fed by locals to endure the long days in the Andes.

A cook known as “the Huancaína” prepared a cheese sauce served with eggs and potatoes from the Mantaro Valley. Over time, the dish took her name and became one of the most iconic recipes in Peruvian cuisine.

Peruvian cheese

The history of this Peruvian ingredient began in the 16th century with the Spanish conquest, which introduced cattle and goats to the country. This led to a fusion of European cheesemaking techniques with local resources, giving rise to traditional Andean artisanal cheeses such as queso paria from the southern Andes and queso mantecoso from Cajamarca, both now essential to Peruvian cuisine.



CREMA DE OCOPA

Ingredients for Crema de Ocopa:

- 200 gr ají amarillo
- 50 gr cebolla
- 3 gr ajo
- 60 gr queso
- 20 gr galleta
- 50 gr Huacatay
- 156 ml leche

① Dorar

② Licuar junto al aderezo y añadir sal.

③ Servir sobre papa sancochada.

SALSA HUANCAYNA

Ingredients for Salsa Huancayna:

- 60 gr queso
- 20 gr galleta
- 156 ml leche
- 200 gr ají amarillo
- 50 gr cebolla
- 3 gr ajo

① Dorar

② Licuar junto al aderezo y añadir sal.

③ Servir sobre papa sancochada.

EHA

Wednesday

Flavors of the day for lunch

Starters

Leek chupe

Main courses

Lomo saltado

Germán's roasted chicken

Ceviche station

Side dishes

French fries with sautéed cauliflower

Quinoa and vegetable chaufa

Rice with vegetables

Panamito beans with aderezo criollo

Cabbage with passion fruit vinaigrette

Lettuce, avocado, cucumber, and tomato salad

Desserts

Suspiro a la Limeña



Lomo saltado



Ingredients and stories



Lomo Saltado

This emblematic dish of Peruvian cuisine has records dating back to the late 19th century, when it was known as lomito de vaca, lomito saltado, or lomito a la chorrillana.

It was born under the influence of Chinese Cantonese immigrants, blending the flavors and techniques of Peruvian Creole cuisine with Oriental culinary traditions. (According to Le Cordon Bleu Peru)

Ají amarillo

Capsicum baccatum var. *pendulum*

The ají amarillo is a symbol of Peru's culinary identity. With its intense color, distinctive aroma, and unique flavor, this fruit has been an essential part of the country's history from pre-Hispanic times to the present day. Today, it is used as a base in the preparation of many dishes and can be consumed fresh or processed. It also offers significant nutritional value for those who consume it.



LOMO SALTADO DE RES

2 gr sal 2 gr pimienta 660 gr cebolla 220 gr ají amarillo

Aceite vegetal

① Aderezar 1500 gr de lomo fino. Reservar.

60 ml salsa de ostión 100 ml sillao

400 gr tomate

70 ml. vinagre tinto

② Flamear la carne por 30 seg. Añadir la cebolla y el ají amarillo.

③ Saltear y añadir ingredientes. Agregar culantro picado.

EHA

Wednesday

Flavors of the day for dinner

Starters

Vegetable soup

Main courses

Escabeche de pollo

Fish chicharrón

Potato and zucchini stew

Side dishes

White rice with vegetables

Potato and basil purée

Boiled broccoli and green beans

Palmito and potato salad

Lettuce, spinach, cucumber, and tomato salad

Desserts

Passion fruit cheesecake



Palmito and potato salad



Ingredients and stories

Palmito

Chamaerops humilis

The palm heart, also known as chonta, is widely used in Amazonian cuisine and is valued for its delicate texture and mild flavor. It is carefully harvested and consumed in a responsible way, since it comes from the tender core of a palm tree. In many Amazonian dishes, it adds freshness and versatility, while also reminding us of the importance of preserving natural resources through sustainable practices.



Maracuyá

Passiflora edulis

Passion fruit is a fruit recognized worldwide for its intense aroma, balanced acidity, and culinary versatility. In Peru, it is mainly produced in the northern region, although it is also found in several other areas. It is highly valued in juices, desserts, and sauces for its freshness and unique flavor.



Passion fruit cheesecake



Thursday

Flavors of the day for lunch

Starters

Cauliflower and pumpkin cream soup

Main courses

Chanchito a la caja china

Olluquito criollo with chicken pieces

Side dishes

Ocopa with potatoes, egg, and olives

Arroz a la jardinera

Baked sweet potato

Ripe plantain with cheese

Frejol canario & aderezo criollo

Sautéed mushrooms with French fries

Fried cassava

Lettuce, avocado, cucumber, and tomato salad

Desserts

Cocona tart with pastry cream



Chanchito a la caja china



Ingredients and stories



Spearmint
Mentha spicata

This is an aromatic herb, widely used in Peruvian cuisine and traditional medicine for its fresh, intense aroma and digestive properties. It is commonly used in infusions, cocktails, and a variety of culinary preparations.

Olluco
Ullucus tuberosus

A golden tuber, that is olluco. It is mainly cultivated in the highland regions of Peru, including Puno, Huánuco, Junín, Cusco, Apurímac, Ayacucho, and Huancavelica. According to scientific studies, it has existed for over 10,000 years.

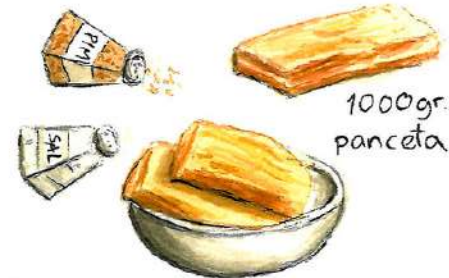


Cocona
Solanum sessiliflorum

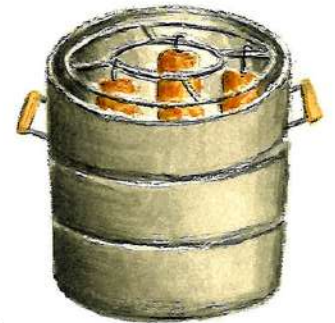
Native to the Peruvian Amazon, this fruit with a citrusy touch adds a distinctive flavor to the region's traditional dishes. A classic preparation is cocona salad, made with local chilies and grafted lime, highlighting the authentic flavors of the rainforest.



CHANCHITO A LA CAJA CHINA



① Aderezar el cerdo con ajo, sal y pimienta.



② Llevar al cilindro por 2 horas.



③ Cortar en trozos y colocar en la parrilla con hierba buena.



EHA

Thursday

Flavors of the day for dinner

Starters

Broccoli cream soup

Main courses

Oven-roasted chicken with nuts

Fish wrapped in leaves with turmeric

Lentil stew

Side dishes

Juane-style rice

Patacones with cocona sauce

Roasted potatoes with herbs

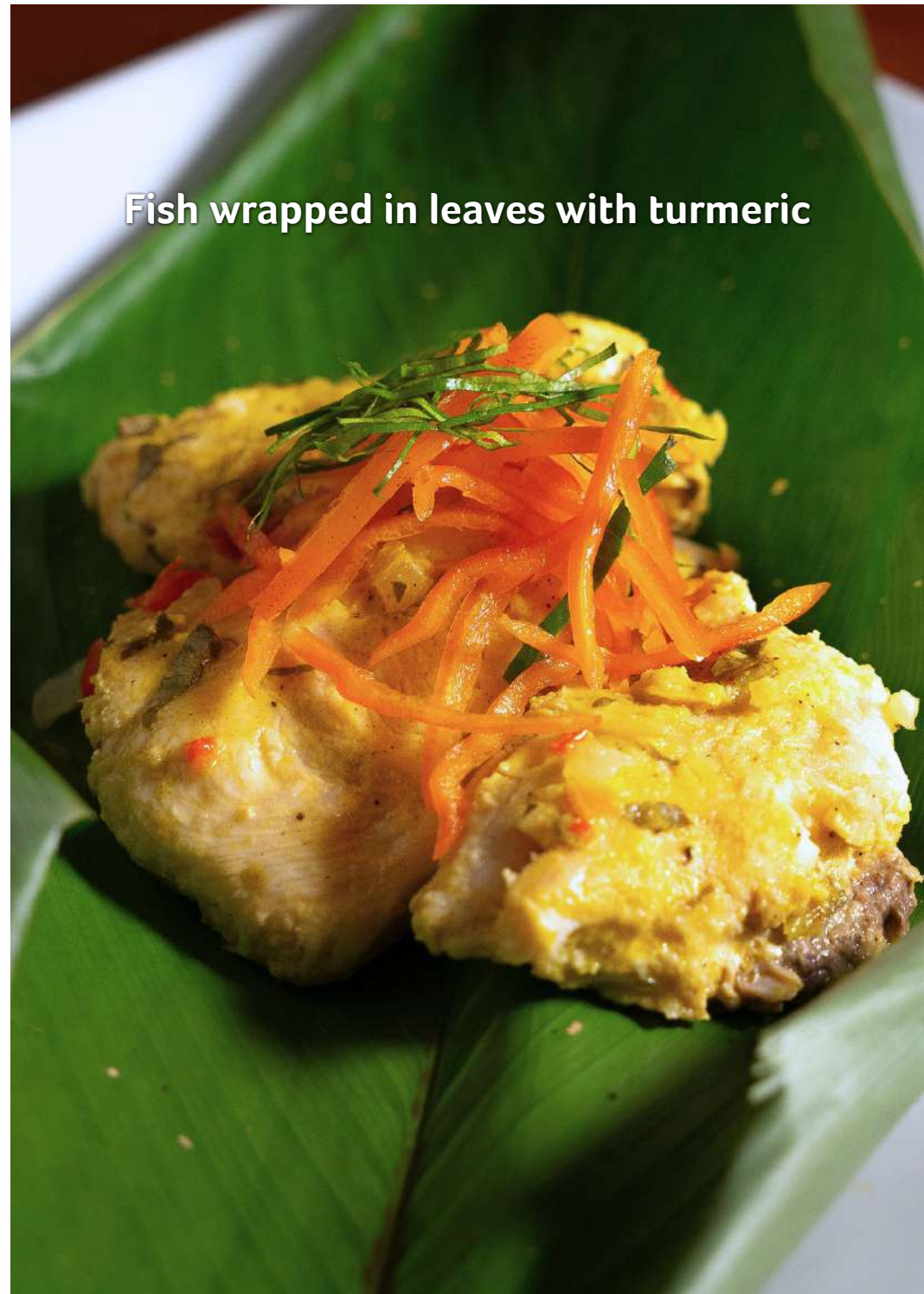
Lettuce, spinach, cucumber, and tomato salad

Desserts

Tres leches cake



Fish wrapped in leaves with turmeric



Ingredients and stories

Bijao leaf

It is an endemic species of the Amazon basin, naturally distributed across Peru, Colombia, Ecuador, and Brazil. As a crop originating from the Eastern Amazon, it is difficult to precisely distinguish its natural occurrence from areas where it is now present due to human activity.



Amazonian fish

The Amazonian rivers are home to an extraordinary diversity of fish, essential for the diet, economy, and natural balance of the Amazon. Beyond being a vital resource for local communities and numerous wildlife species, fish play a key role in ecological processes such as seed dispersal during forest floods. Understanding and conserving these aquatic ecosystems is crucial to protecting Amazonian biodiversity and ensuring the balance of this invaluable natural environment.



Patacones with cocona sauce



Friday

Flavors of the day for lunch

Starters

Tony's corn cream soup

Main courses

Oven-roasted chicken with Amazonian herbs

Doncella fish escabeche

Side dishes

Huancaína-style potatoes with egg and olives

Rice with turmeric and Brazil nuts

Fried cassava

Caprese salad

Canary beans with aderezo criollo

Baked zucchini

Lettuce, spinach, cucumber, and tomato salad

Desserts

Pineapple pudding



Tony's corn cream soup



Ingredients and stories

Pineapple

Ananas comosus

Today, pineapple is the second most consumed tropical fruit in the world, surpassed only by banana. In Peru, the main producing regions are Junín, San Martín, Cusco, Huánuco, Amazonas, Ucayali, Loreto, Madre de Dios, and Ayacucho.



Pineapple pudding



Sacha Culantro

Eryngium foetidum

Sacha culantro is valued for its unique flavor and distinctive aroma, which is stronger than that of common coriander. Its leaves are long and serrated, and they are widely used in Latin American and Caribbean cuisine, as well as in some Southeast Asian countries. It is added to soups, stews, marinades, rice dishes, and other preparations to enhance both flavor and aroma.



Friday

Flavors of the day for dinner

Starters

Potato cream soup

Main courses

Chicken with palmito

Pescado a la criolla

Chickpea stew

Side dishes

Corn cake

Rice with peas

Boiled cassava

Caprese salad

Boiled cabbage, cauliflower, and carrot

Leek quiche

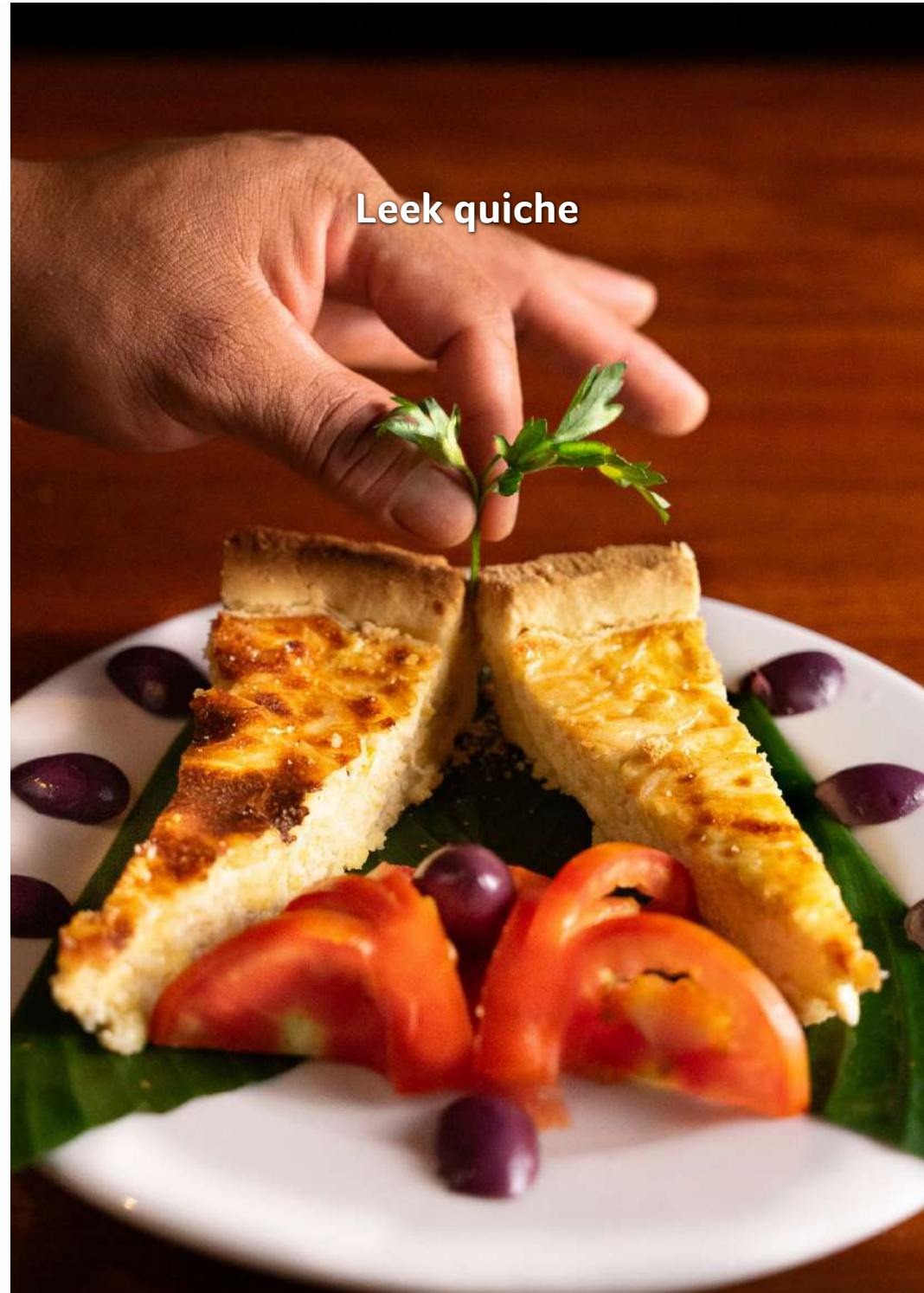
Lettuce and avocado

Desserts

Alfajor with manjar blanco



Leek quiche



Ingredients and stories

Alfajor with manjar blanco

The Peruvian alfajor has its roots in the Arab and Spanish influence that arrived in the Americas during the colonial period. Over time, in Peru it developed its own identity, characterized by delicate layers of dough filled with dulce de leche and dusted with sugar. Today, it is one of the most traditional and beloved desserts in Peruvian cuisine.



Our fruits in Peru

The diversity of fruits in our country is a true luxury and blessing. With more than 400 species across our three regions, Peru is also an important exporter.



Native fruits such as cherimoya, soursop, lúcuma, and camu camu stand out in our sweet gastronomy, offering unique flavors, aromas, and nutritional value. They represent the richness of our biodiversity and the authentic flavor of Peru, deeply rooted in our culture and identity.

Alfajor with manjar blanco



Saturday

Flavors of the day for lunch

Starters

Leek and potato cream soup

Main courses

Oven-roasted pork belly

Chicken escabeche

Side dishes

White rice

Boiled native potatoes

Vegetarian Causa Limeña

Roasted eggplant with cheese and huacatay

Quinoa with vegetables

Vegetarian tacacho

Lettuce, avocado, cucumber, and tomato salad

Desserts

Chocolate and Brazil nut mousse



Vegetarian tacacho

Ingredients and stories

Tacacho

Tacacho is one of the traditional dishes of the Peruvian jungle and is known for its incomparable flavor. Something as simple as fried green plantain, mashed into a round dough and seasoned with pork fat, served with dried smoked pork, becomes a true moment of pleasure for lovers of good food.



Plantain

Musa x paradisiaca

Plantain, known in Peru as "guineo," a name that dates back to colonial times, is one of the most important ingredients in the Peruvian Amazon. Used in a wide variety of traditional preparations, both sweet and savory, its versatility, nutritional value, and everyday presence make it an essential symbol of Amazonian cuisine.



TACACHO VEGETARIANO



Saturday

Flavors of the day for dinner

Starters

Sopa a la minuta

Main courses

Juane de pollo

Fish wrapped in leaves, Patarashca style

Fabi's quinoa meatballs

Side dishes

Roasted potatoes with herbs

Rice with turmeric and Brazil nuts

Lentils and tomato salad

Sautéed potatoes with mushrooms, garlic, and parsley

Caprese salad

Sautéed vegetables

Lettuce and avocado

Desserts

Lemon pie



Juane de pollo



Ingredients and stories

Juane

Juane is found throughout the Peruvian Amazon. While it holds strong cultural significance in celebrations such as the Feast of San Juan, it is also commonly consumed daily in local communities and restaurants as part of their regular menus. This preparation is believed to have originated in the city of Moyobamba, the capital of the San Martín region.

There are also many ways of preparing juane, from different wrapping techniques to variations in recipes depending on each place or city. Without a doubt, it remains a remarkable and iconic dish of the Amazon.



Ají charapita *Capsicum frutescens*

Small in size but intense in flavor and heat, it is widely used in Amazonian cuisine to enhance traditional dishes and add a distinctive aroma characteristic of the rainforest.



JUANE DE POLLO



① Cocinar 1300 gr de pollo aderezado por 30 min



② Cocinar 500gr de arroz. Añadir 1 huevo batido.



③ Envolver en 2 hojas de bijao

④ Llevar al vapor por 1 hora.



EHA

Sunday

Flavors of the day for lunch

Starters

Carrot cream soup

Main courses

Ají de gallina

Lomo saltado

Tiradito de Aji amarillo

Side dishes

Baked sweet potato

Rice with peas and carrots

Mashed potatoes

Ensalada rusa

Quinoa with pesto

Baked zucchini

Lentil salad

Lettuce, avocado, cucumber, and tomato salad

Desserts

Apple pie



Tiradito de Aji amarillo



Ingredients and stories

Tiradito

It is one of the most representative dishes of Peruvian cuisine and Nikkei cuisine, the result of the fusion between Japanese and Peruvian culinary traditions. Prepared with thin slices of raw fish and a sauce made with lime and Peruvian chilies, it stands out for its freshness, intense flavor, and culinary creativity, becoming an icon of contemporary Peruvian gastronomy.



Peruvian lime *Citrus limon*

Among the varieties of lime grown in Peru, Sutil lime and Tahiti lime are the most predominant. Sutil lime, widely used in Peruvian cuisine, is smaller, more acidic, and has a growing season from November to June. It is highly valued for its intense aroma and acidity, making it a key ingredient in iconic dishes such as ceviche, sauces, and beverages that define Peruvian gastronomy.



TIRADITO DE AJÍ AMARILLO

400 gr Doncella

10gr ajo

tallos de culantro

5gr Kiñón

80gr Ají amarillo

520gr limón

① Cortar el pescado en láminas. Armar el plato y reservar

② Licuar y colar

③ Verter en el plato la salsa de ají amarillo. Decorar con choclo, camote y culantro.

EHA

Sunday

Flavors of the day for dinner

Starters

Potato cream soup

Main courses

Rolled chicken with vegetables

Doncella fish escabeche

Lima bean stew

Side dishes

Olluco and potato salad

Vegetable quiche

Boiled potatoes

Pepper cream

Boiled green beans, carrots, and beetroot

Sautéed vegetables

Lettuce

Desserts

Chocolate and Brazil nut brownie



Rolled chicken with vegetables



Ingredients and stories

Cacao

Theobroma cacao

An excellent source of vitamin B, iron, magnesium, and zinc. Our country is considered one of the leading producers and exporters in the world. A 100% sustainable product.



Lima bean

Phaseolus lunatus

The lima bean is one of the oldest legumes in Peru and has been cultivated since pre-Columbian times in different regions of the country. Known for its creamy texture and mild flavor, it is part of numerous traditional preparations in Peruvian cuisine.



Amazonian Brazil nut

Bertholletia excelsa

A product that grows exclusively in Madre de Dios, it is the only nut that grows in the Peruvian Amazon. A highly nutritious food that provides numerous benefits to our body.



