



RESTAURANT MENU



Lapa Rios Lodge



BREAKFAST

COMPLEMENTS: Choose an option



1.Homemade Bread basket: banana, corn, squash bread, and mini baguette of white or whole wheat bread.



2.Fruit Plate: tropical and seasonal fresh fruits.



HOMEMADE GRANOLA



Mix of whole grain oats and nuts, served with natural yogurt and fresh fruits.



WHOLE OATS

Oatmeal in soy milk or almond milk with banana, strawberries, blueberry, chia seeds and almonds accompanied with honey. It will become one of your favorites.



BREAKFAST WRAP



Mushrooms, spinach, Turrialba cheese, ripe bananas, scrambled egg whites wrapped in a flour tortilla and served with guacamole and pico de gallo.



EGGS AND TOASTS



Two eggs cooked to order, avocado, toasts (to choose white bread or whole wheat homemade bread), served with our seasonal fruit jelly and Butter.

**Optional: with bacon.*

**Gluten-free option available.*



TICO BREAKFAST

The *Gallo Pinto*, accompanied by eggs cooked to order, Turrialba cheese, caramelized plantain, avocado, and homemade corn tortillas.

**Optional: with bacon.*

**Gluten-free option available.*



VEGAN



GLUTEN



DAIRY



SEEDS



BREAKFAST



PANCAKES



Compote to choose macadamia-blackberry, banana-cashew, mango-coconut and choice of orange-coconut, guava-cinnamon syrup or maple syrup.

**Gluten-free option available.*

SPECIALTIES OF OUR KITCHEN



FRENCH TOASTS



Authentic preparation in homemade brioche bread thick slices. Accompanied by tamarind syrup and fresh fruit with cashew.



GARDEN OMELETTE



Choose from: with whole or egg whites, stuffed with caramelized onions, sweet pepper, white mushrooms, spinach and goat cheese. Accompanied with potato croquettes and fresh salad.

**Optional: with bacon.*



LAPA STYLE BENEDICTINE EGGS



Two poached eggs with beef, spinach and onions, served on homemade corn muffins, topped with our chipotle sauce.

**Optional: with bacon.*

Extra order: eggs cooked to order, *pico de gallo*, house chili sauce and guacamole.



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LUNCH



CUCUMBER SOUP



Cold cucumber and yogurt soup, served with avocado cream, cucumber rolls, cherry tomato and peppermint.



TUNA TATAKI



Tuna roll in sesame crust, with guacamole, marinated diced tomato, soy sauce with citrus flavors and crispy plantain chips.



BASIL MOZZARELLA



Local mozzarella cheese, accompanied with variety of cherry tomatoes, cucumber rolls, radish, strawberry slices and basil oil.



CHICKPEAS & SPINACH SALAD



Chickpeas marinated with citrus dressing, roasted peppers, olives, cherry tomatoes, capers and goat cheese.



CHICKEN STIR FRY



Chicken breast with seasonal vegetables in oyster sauce, served with jasmine rice.

**Option vegetarian available.*



PASTA ROMESCO



Served with mushrooms, roasted chiles, romesco sauce and mozzarella cheese croquettes.

FISH FILET

Fish fillet, potato salad with spices, vegetables and mango relish.



BBQ PORK SKEWERS



Grilled pork skewers, served with vegetable couscous, yogurt dressing, and home-made pita bread.

**Option vegetarian available.*



VEGETARIAN



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SEEDS



DESSERT LUNCH



MANGO MOUSSE

Creamy mango mousse served with fresh mango, coconut crumble and passion fruit sauce.



TROPICAL FRUIT PLATTER

Fresh seasonal fruits cut in different shapes.



OSA VANILLA ICE CREAM CAKE



Traditional sponge cake and vanilla ice cream served with red fruits.



CHEESE CAKE



Cream cheese mousse on top of butter cookie base, served with homemade seasonal fruit marmalade.

**Ask for the marmalade flavors.*



BROWNIE



Based on organic chocolate, caramelized macadamia nut, chocolate crumble and natural vanilla ice cream from the Osa Peninsula.



SORBETS

Based on natural seasonal fruit pulp.

Based on crunchy coconut.

**Ask for the fruit's flavors.*

**Gluten-free option available.*



VEGETARIAN



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SEEDS



DINNER



BASIL ROLL



Homemade sourdough roll filled with ricotta cheese and basil. Served with a gorgonzola cheese sauce, toasted cashew, and basil salad.



BREADED CALAMARI

Crispy calamari rings on a Mediterranean sauce with black garlic mayonnaise and onion ash.

**Gluten-free option available.*



BLACK BEANS COCONUT SOUP

Traditional Costa Rican black bean soup with coconut milk, served with poached egg and coyote coriander.



BEEF TENDERLOIN

With mixed basmati rice, local vegetables, caramelized red cabbage and banana sauce.



TUNA STEAK



Accompanied by kale, mash sweet potato puree, romanesco and mango chutney.

PORK

Pork tenderloin & panchetta, charred leek puree, crispy fried yuca, and pickled cabbage. Served with tamarind mustard sauce.

SEAFOOD SOUP

A traditional mix of seafood with vegetables, shrimp bisque, coconut milk and ginger.



PUMPKIN FARRO



Farro risotto with pumpkin sauce, vegetables and spinach.



GREEN CURRY



Mix of wild rice and jasmine rice, with mini vegetables and curry sauce with herb paste.



VEGETARIAN



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SEEDS



DESSERT DINNER



**PLAIN YOGURT PANNA COTTA WITH
STRAWBERRY COMPOTE** _____



**ORGANIC CHOCOLATE CAKE, CACAO
NIBS AND CASHEW** _____



**MILLEFEUILLE STRAWBERRIES WHITE
CHOCOLATE MOUSSE** _____



GLUTEN



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HOMEMADE ICE CREAM

VANILLA _____

Infused with natural vanilla from the Osa peninsula.

CACAO OSA _____

Based on organic chocolate from the area.

BANANA _____

Banana flambé in rum and dulce de tapa made an ice cream.

RICE PUDDING _____

Traditional Costa Rican recipe based on rice, milk, raisins and rum.

SEASONAL FRUITS _____

Seasonal ice cream.

TROPICAL FRUIT SORBET _____

**Ice creams contains lactose. Some ice cream toppings may contain seeds and gluten.*

Please consult our staff if you have any dietary restrictions.





COMFORT FOOD

CASSAVA BALLS

It is a traditional dish in Costa Rica, stuffed with meat or cheese, with green papaya salad and aji mayonnaise.

HOUSE CHIPS

Chips of the day, accompanied by guacamole, pico de gallo and ground beans.

BRUSCHETTA

Slices of homemade toast bread, smeared with sweet garlic and parsley, olive oil, diced tomato, basil and fresh buffalo Costa Rica mozzarella.

MIXED SEEDS

Mixed seeds and raisins, seasoned with pepper salt, lemon and curry.





CHILDREN'S MENU



PEANUT BUTTER AND JELLY SANDWICH



Homemade fruit jelly and peanut butter over white bread, served with tropical fruit cubes.



OSA BURRITO



Grass-fed chicken breast or fish fillet with ground black beans, cheddar cheese, rolled in a wheat tortilla and served with guacamole and pico de gallo or fresh fruits.



HOWLER QUESADILLA



Flour tortilla filled with chicken breast or fish fillet or grill vegetables, cheddar cheese and mozzarella cheese. Served with guacamole and pico de gallo or fresh fruits.



RIO'S PASTA



Penne pasta tossed in fresh tomato sauce or butter, served with parmesan cheese. If you like, you may add chicken breast or fish fillet.

GOLFO DULCE GRILLED FISH OR CHICKEN FILET

Served with white rice and green salad or grilled vegetables.





CHILDREN'S MENU

CHICKEN FINGERS _____

Breaded chicken breast with panko and house potatoes.

**Gluten-free option available.*

FISH FINGERS _____

Fish fillet breaded with panko and house potatoes.

**Gluten-free option available.*

CHEESE BURGER _____



Homemade bread, meatloaf with cheese and house potatoes.

DESSERTS

Tropical fruit cup



 **Brownie with vanilla ice cream**

 **Ice cream cake**



 **Coconut flan**



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