

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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SEEDS



LUNCH



MANGO GAZPACHO



Chilled mango & ginger soup served with torched mango, cucumber slices, green papaya and pecans.



TUNA SALAD



Seared tuna, sesame flavored green beans, roasted potato cubes, mixed greens, bread crusted egg and soya dressing.



BEET SALAD



Roasted beetroot slices, raw beet flakes and hearts of palm on a bed of spinach served with passion fruit dressing and goat cheese balls with crunchy cashew nuts.



COSTA RICAN CEVICHE

Fish marinated in spiced lemon juice and ginger, with chili pepper, red chili, julienned onion, served with yucca flakes and coriander.



BEEF SUB

Slowly cooked beef served in toasted homemade bread with tamarind sauce, fresh tomato, red cabbage relish and arugula. Accompanied with chips, herb and Panamanian chili handmade mayonnaise.



CATCH OF THE DAY

Grilled fish fillet with miso glaze, sautéed kale and black quinoa with grilled pineapple sauce, turmeric-lemon aioli and radish pickles.



FALAFEL BURRITO



With chickpea and herb falafel, grilled zucchini, bell pepper, roasted aubergine, cucumber, carrot and lettuce, served with homemade chips, *pico de gallo* and guacamole.



CHIFRI LAPAS

Typical Costa Rican dish made with crispy pork bites, white rice, slow cooked beans, *pico de gallo* and avocado. Served with corn tortilla chips.



VEGETARIAN



GLUTEN



SPICY



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



GLUTEN



SPICY



SEEDS




DINNER

CHICKEN SOUP

 With coconut milk, mushrooms, ginger, green curry, lemongrass and grissini bread.

FILLO PASTA ROLLS

 Stuffed with goat cheese, almonds and honey, served with beetroot textures, spinach leaves and balsamic reduction.

PAN DULCE

Fresh fish Tiradito marinated in lemon juice, served over sweet orange slices with spicy aji sauce, red onions, chives.

CHICKEN BREAST

Chicken breast with cauliflower textures, red curry sauce, tiquisque chips and glazed red potatoes.

HANGER STEAK

Served with white beans and turmeric puree, mushrooms pesto, roasted hearts of palm and green peppercorn sauce.

SEA BASS FILLET WITH HERBS CRUST

Served on top of citrus flavored cassava with grilled corn and broccoli cream.

GUACHO RICE


Traditional recipe with a twist, risotto with fresh shrimps, mussels and grilled Octopus.

HANDMADE PASTA

 Fresh mushroom, tomate confit, vegetales, pesto and mozarrella cheese.



PUMPKIN BOWL

 Spicy pumpkin, white beans with lemon, Served with avocado, chives, brown rice, mango and cashew seeds.



VEGETARIAN



GLUTEN



SPICY



DAIRY



SEEDS



DESSERT DINNER



**TRADITIONAL FLAMBÉ PINEAPPLE WITH RUM AND
A SIDE OF VANILLA ICE CREAM**



**CITRUS TART WITH BUTTER-PIE CRUST BASE AND
TORCHED MERINGUE**



**DUO OF COCONUT CREAM AND MOIST CAKE,
COCONUT MILK & BITTER CHOCOLATE GANACHE**



GLUTEN



DAIRY



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.



GLUTEN



DAIRY



SEEDS



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**



GLUTEN



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SEEDS



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