

PLANT-BASED &
VEGETARIAN MENU I





Lapa Rios Lodge




PLANT BASED & VEGETARIAN LUNCH

APPETIZER

 **CHICKPEA SALAD** _____
Spinach leaves, roasted chili, olives, cherry tomatoes, capers with citrus dressing.

 **BASIL MOZARRELA** _____
Costa Rican buffalo cheese, accompanied by a variety of tomatoes, cucumber rolls, radish, strawberry slices and basil oil.

 **GAZPACHO DE MANGO** _____
 Cold mango and ginger soup served with roasted mango, cucumber slices, green papaya and walnuts.

 **BEET SALAD** _____
 Roasted beet slices, raw beet flakes and heart of palm on a bed of spinach served with passion fruit dressing.

 **GAZPACHO VERDE** _____
Soup of basil, kale, avocado, spinach and citrus flavors, served with green vegetable flakes.





PLANT BASED & VEGETARIAN LUNCH

MAIN COURSE



ROMESCO PASTA



Prepared with mushrooms in soy, roasted vegetable sauce with nuts, served with parmesan cheese.



PITA BREAD AND VEGETABLE SKEWERS



Served with a delicate preparation of marinated couscous and chopped tomato.



FALAFEL WRAP



Chickpeas and herbs, grilled zucchini, bell pepper, roasted eggplant, cucumber, carrot, lettuce and yogurt-tahini dressing. Served with chips, *pico de gallo* and guacamole.



VEGGI FRIJO LAPAS



Typical Costa Rican dish made with crispy tofu, white rice, tender beans, *pico de gallo*, avocado and chips.



CLUB SANDWICH



Homemade whole wheat bread, basil pesto roasted vegetables and local mozzarella cheese. Choose from chips of the day with herbal aioli or mixed greens salad.





DESSERTS



MANGO MOUSSE

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



TROPICAL FRUIT

Fresh fruits in different textures.

GRANITAS



Base of seasonal tropical fruits.



VEGANO



LÁCTEOS



PLANT BASED & VEGETARIAN DINNER

APPETIZER

TRADITIONAL BLACK BEAN SOUP _____

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



FILO PASTA _____



Filo rolls of goat cheese, almond and honey, served with beet textures, spinach leaves and balsamic reduction.



CARROT SOUP _____



Carrot textures and fennel oil.



ARUGULA SALAD _____



With strawberries, caramelized walnuts, croutons, blueberries, chia seeds, radish sheets, balsamic reduction with fruit dressing.



VEGAN



GLUTEN



SEEDS



PLANT BASED & VEGETARIAN DINNER

MAIN COURSE



HAND MADE PASTA



Fresh mushroom, tomato confit and mozzarella cheese.



MUSHROOM TEXTURE



Variety of mushrooms and different preparations, crispy kale and porcini puree.



CAULIFLOWER STEAK

Marinated in spices, charred and served with wild rice and yogurt-tahini sauce.



PUMPKIN FARRO

Farro risotto with ayote cream, vegetables and spinach.



GREEN CURRY



Mixture of wild rice and jasmine rice, with vegetables and curry sauce with herbal paste.



VEGAN



GLUTEN



SPICY



DAIRY



SEEDS



DESSERTS

 **CHOCOLATE AND AVOCADO MOUSSE** _____

Organic chocolate from the Osa Peninsula, accompanied by tropical fruits.

 **RICE PUDDING** _____

Made with coconut milk, fruit syrup and coconut crumble.





HOMEMADE VEGAN ICE CREAM

COCONUT _____

Made with natural coconut milk.

VAINILLA DE OSA _____

Infused with local natural vanilla.

ORGANIC CHOCOLATE _____

Organic chocolate from the peninsula.

BETROOT _____

Confit at very low heat with a touch of raspberries.

SEASONAL FRUITS _____

**Ask for the fruit's flavors.*

**Some ice cream toppings may contain seeds and gluten.
Please consult our staff if you have any dietary restrictions.*





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