

PLANT-BASED & VEGETARIAN MENU II



BOËNA

Lapa Rios Lodge



PLANT BASED & VEGETARIAN LUNCH

APPETIZER



BANANA AND AVOCADO CEVICHE

Traditional Costa Rican dish seasoned with lemon, orange and tomato, with avocado, vegan Caribbean aioli and banana crust.

**Gluten-free option available.*



PUMPKIN AND FARRO SALAD

Mixed arugula and kale, roasted pumpkin, farro, orange and fermented radish.



BEETROOT GAZPACHO

Based on vegetable broth, roasted beetroot, raspberry vinegar, cucumber, lemon and avocado. Served with a traditional vegan salad and cashew.

**Seed-free option available.*



GLUTEN



SPICY




SEEDS



PLANT BASED & VEGETARIAN LUNCH

MAIN COURSE

LAPA BURGER

 Duo of burgers with homemade artisan bread with meat pie (*Beyond Meat*), one with mango chutney and the other with mushrooms and caramelized onions. Served with roasted sweet potato and vegan chipotle aioli.

**Gluten-free and seed-free options availables.*

VIGORÓN COSTA RICAN PACIFIC DISH


Traditional street dishes of our country served with fermented cabbage, yucca with lemon, meta (*Beyond Meat*), *pico de gallo* and crispy rice.

GALLOS TÍPICOS

Trilogy of picadillos: arracache, green papaya and hearts of palm with coconut and curry. Served with corn tortilla and house hot sauces.

**Spicy-free option available.*

CHORILAPAS

 Handmade bread served with grilled sausage (*Beyond Meat*), *chilichurri*, roasted pepper, vegan cheese. Served with Malanga and tiquisque chips with vegan herb aioli.

**Gluten-free and spicy-free options availables.*





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



TOMATO AND CHILI SOUP

Roasted tomato, vegetable broth, ancho chili peppers, tomato confit and sourdough croutons.

**Gluten-free option available.*



STUFFED PORTOBELLO MUSHROOM

Marinated in olive oil and rosemary, grilled, stuffed with couscous with mushroom and spinach ragout, served over a red onion jam.



ARANCINIS

Croquettes are based on rice, avocado risotto and ripe plantain. Served with mango chutney and gooseberry pickles.

**Gluten-free option available.*





PLANT BASED & VEGETARIAN DINNER

MAIN COURSE

BUTTER BEANS AGNOLOTTIS

 Stuffed with mashed beans. Served with roasted tomato sauce, vegan cheese and fresh parsley.



**Gluten-free and seed-free options available.*

FARRO RISOTTO

Prepared with mushroom ragout, vegan cheese and vegetable stock, served with kale and crispy farro.

COCONUT POLENTA

 Prepared from coconut milk, natural spices. Served with miso eggplant, glazed vegetables and pecans.

**Seed-free options available.*

GUANDÚ BEAN STEW

Prepared with vegetable broth, beans, sausage (*Beyond Meat*), mustard leaves, cassava croquettes and a touch of spice.

**Spicy-free options available.*





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.*





BOËNA
Lodges

www.boena.com