

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.

O 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

600

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

DAIRY

SEEDS

*Optional: with bacon.

P VEGAN

*Gluten-free option available.

SLUTEN



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

P VEGAN

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.

WALE 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.



DAIRY

SEEDS

SLUTEN



LUNCH

S GREEN GAZPACHO

Chilled soup with basil, kale, avocado, spinach and citrus flavors, served with green raw vegetable flakes.

GRILLED SHRIMPS

Served with quinoa marinated with tropical fruits, cucumber and coriander, avocado mousse.

👙 ARUGULA SALAD

Arugula salad, fresh strawberries, caramelised walnuts, crostini with goat cheese, chia seeds and radish slices, balsamic reduction and strawberry dressing.

*Gluten-free option available.

👙 TROPICAL FISH SALAD

Fresh Fish croquettes, served on mixed green salad with carrot, radish, green papaya, hearts of palm, mango and passion fruit dressing.

👙 PORK RIBS

Oven roasted pork ribs in a Hoisin-glaze, served with rustic potatoes and sesame flavored green beans.

VEGGIE CLUB SANDWICH

With homemade whole wheat bread, grilled veggies in basil pesto and

mozzarella cheese. Choose between chips of the day with herb aioli or mixed greens salad.

FISH TACOS

Grilled served on homemade corn tortillas with guacamole, red cabbage relish, lettuce, grilled pineapple, house chili and lemmon.

COSTA RICAN CASADO

VEGETARIAN

Choice of slow cooked premium pulled beef, fish or chicken breast in sauce. Served with white rice, blackbeans, corn tortilla, criolla salad, ripe banana and *picadillo*.

SPICY

SEEDS

GLUTEN



DESSERT LUNCH

MANGO MOUSSE

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

✓ TROPICAL FRUIT PLATTER

Fresh seasonal fruits cut in different shapes.

SA 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

VEGETARIAN

Based on natural seasonal fruit pulp. Based on crunchy coconut. *Ask for the fruit's flavors. *Gluten-free option available.

Lapa Rios Lodge

GLUTEN

SPICY

SEEDS



DINNER

CARROT SOUP

🖉 Carrot textures and fennel oil.

GRILLED OCTOPUS

Slowly cooked and grilled octopus, chickpeas salad, herbs pesto and red pepper sauce.

*Gluten-free and dairy-free options available.

FRESH TUNA TARTARE

With raw green papaya, radish, asparagus and coconut-ginger dressing and plantain chips.

PORK DUO

Pork tenderloin and pancetta, with roasted pumpkin, corn puree, caramelized leeks, sweet red wine sauce and macadamia nuts crumble.

LEMON RISOTTO

Served with fish fillet of the day and capers sauce.

🖉 VEGAN

CAULIFLOWER STEAK

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

👙 HOMEMADE PASTA

Fresh homemade pasta, served with mushroom ragout and chicken breast, roasted with *chimichurri* butter.

MUSHROOM TEXTURE

VEGETARIAN

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

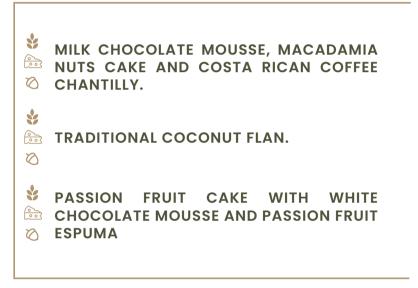
SLUTEN

DAIRY

SEEDS



DESSERT DINNER





SEEDS

🔮 GLUTEN 🛛 🔯 LÁCTEOS



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

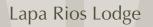
Seasonal ice cream.

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.

SLUTEN



CHILDREN'S MENU

PEANUT BUTTER AND JELLY SANDWICH

 ρ 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.

BOWLER 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 filet.

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 🛛 🎰 DAIRY

SEEDS



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