

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



Compte 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


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 lemon.

COSTA RICAN CASADO

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*.



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

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.


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

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



VEGETARIAN



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SEEDS



DESSERT DINNER



 **MILK CHOCOLATE MOUSSE, MACADAMIA NUTS CAKE AND COSTA RICAN COFFEE CHANTILLY.**



 **TRADITIONAL COCONUT FLAN.**



 **PASSION FRUIT CAKE WITH WHITE CHOCOLATE MOUSSE AND PASSION FRUIT ESPUMA**

 GLUTEN

 LÁCTEOS

 SEEDS



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.



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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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SEEDS



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