



Menu

Lapa Rios Lodge



Prices include 13% VAT and 10% service tax.

DRINKS

Menu

Non alcoholic

FRESH FRUIT SMOOTHIES _____	₱ 4.400
SPARKLING WATER 750ML _____	₱ 5.500
STILL WATER 750ML _____	₱ 3.300
SODAS _____	₱ 1.650
MOCKTAILS _____	₱ 3.600
MILKSHAKES* _____	₱ 3.300

**Plant-based option.*

Beer

NATIONAL BEER _____	₱ 2.750
CRAFT BEER _____	₱ 4.950

LUNCH

Menu

Served daily from 11:30am to 3:00pm

APPETIZERS


SALADS

TROPICAL

MOZZARELLA   _____ ₱ 9.000

Lettuce salad with mango, buffalo mozzarella, onion, cucumber, basil oil, lime, and plantain chips.

BEETROOT

SALAD  _____ ₱ 9.000

Fresh spinach leaves, beet textures, heart of palm, passion fruit dressing, and goat cheese with cashew seeds.


**Plant-based option.*

CHICKPEA

BOWL  _____ ₱ 7.000

Served with quinoa, broccoli, fresh arugula, cherry tomatoes, and a citrus dressing.

ARUGULA

SALAD  _____ ₱ 8.500

Strawberries, blueberries, caramelized pecans, radish, ricotta cheese, and strawberry dressing.

**Plant-based option.*


GAZPACHO AND SOUP

MANGO

GAZPACHO  _____ ₱ 8.000

Fruit and ginger-based and served with roasted mango, cucumber slices, green papaya, and caramelized pecans.

GREEN

GAZPACHO  _____ ₱ 8.000


Made with spinach, kale, and basil, coconut milk and avocado. Served with raw leafy green vegetables.

CUCUMBER AND

YOGURT GAZPACHO  _____ ₱ 8.000

Fresh cucumber, natural yogurt, peppermint and a touch of lime.

APPETIZERS AND TAPAS

CEVICHE  _____ ₱ 9.000

Slices of seabass marinated in lime juice, ginger, hot chili pepper, and cilantro. Served with cassava chips.

SHRIMP  _____ ₱ 9.000

Grilled and served with tropical fruit-marinated quinoa, cucumber, cilantro, and avocado mousse.

CHICKEN ROLLS  _____ ₱ 9.000

Tempura rolls filled with chicken breast and vegetables. Served with Panamanian pepper aioli.

TUNA TATAKI  _____ ₱ 9.000

Tuna slices with sesame seeds served with charred avocado and togarashi dressing.



GLUTEN



DAIRY



NUTS



PLANT-BASED



SPICY

LUNCH

Menu

Served daily from 11:30am to 3:00pm

MAIN COURSES

SOUTH

SALAD    _____ ₱ 10.500

An assortment of lettuce varieties, crispy pasture-raised egg, vegetables, avocado and parmesan cheese as well as your choice of protein: grilled chicken breast or tataki-style tuna. Served with homemade pita bread and balsamic vinegar or apple cider vinegar dressing with Dijon mustard.

**Plant-based option.*

FISH OF



THE DAY   _____ ₱ 14.000

Served with Mediterranean sauce, mini potatoes and green basil oil.

FISH TACOS  _____ ₱ 12.500

Corn tortillas filled with grilled fish of the day, guacamole, caramelized red cabbage, lettuce, and pineapple. Served with homemade pepper sauce and lime.

PORK

RIBS    _____ ₱ 15.000

Oven-roasted with Hoisin sauce. Served with sweet potato hash and mini green beans with a sesame dressing.

OSA PASTA   _____ ₱ 16.000

Homemade tagliatelle in bisque sauce served with an assortment of seafood from the peninsula.

CHIFRILAPAS  _____ ₱ 12.000

Rice and tender beans base, *Pico de Gallo*, avocado, pork belly, jalapeños, and homemade tortilla chips.

**Plant-based option.*

CASADO _____ ₱ 12.000

Rice, beans, tender pumpkin hash, and ripe plantains. Served with homemade corn tortillas and your grilled protein of choice: beef, fish, or chicken.

**Plant-based option.*

SKIRT STEAK _____ ₱ 16.000

Grilled and served with *chimichurri* tartar sauce, mini green salad and fried potatoes.

ROASTED CHICKEN  _____ ₱ 11.000

Whole roasted chicken thigh served with potatoes with annatto and corn tortilla.

FRUTOS

DEL MAR  _____ ₱ 12.000

Traditional dish from the Costa Rican Pacific coast. Mixed rice with an assortment of seafood from the peninsula. Served with fried potatoes.



GLUTEN



DAIRY



NUTS








PLANT-BASED






SPICY

BURGERS AND SANDWICHES



FALAFEL PITA WRAP    _____ ₪ 10.000
With grilled vegetables and yogurt-tahini dressing. Served with homemade chips, *Pico de Gallo* and guacamole.
**Plant-based option.*




PULLED PORK SANDWICH   _____ ₪ 9.000
Slow-cooked pulled pork shoulder on homemade ciabatta bread with caramelized cabbage and fresh arugula leaves. Served with homemade chips.



VEGGIE CLUB SANDWICH    _____ ₪ 8.000
Whole wheat homemade bread with grilled vegetables, herb pesto, mozzarella, and herb aioli. Served with homemade chips or a mixed greens salad.
**Plant-based option.*


LAPA BURGER    _____ ₪ 11.000
Homemade brioche bun, grilled Angus beef patty, tomato chutney, caramelized onions, pickles, bacon, and Panamanian pepper mayonnaise. Served with homemade chips.
**Plant-based option.*

SOURDOUGH PIZZA



MARGHERITA   _____ ₪ 8.500
Homemade tomato sauce, fresh basil, and mozzarella.

PEPPERONI    _____ ₪ 9.000
Salami, spicy pepperoni, bacon, homemade tomato sauce, and mozzarella.

VEGGIE   _____ ₪ 9.000
Mixed vegetables, homemade tomato sauce, and mozzarella.

VEGAN  _____ ₪ 8.500
Homemade tomato sauce and fresh herbs.




SPICY CHICKEN    _____ ₪ 11.000
Grilled chicken, crispy bacon, hot pepper, homemade tomato sauce and mozzarella.


SUPREME   _____ ₪ 8.500
A classic blend of ground beef, ham, pepperoni, onion, red peppers, mushrooms, homemade tomato sauce, and mozzarella.

SNACK

Menu

Served daily from 11:30am to 5:00pm


YUCA BALLS    _____ ₡ 6.500
Cassava filled with meat or cheese, served with green papaya salad and hot chili pepper mayonnaise.

CHICKEN WINGS  _____ ₡ 8.000
Barbecue and tamarind sauce, served with homemade chips.

PANCETTA TACOS _____ ₡ 8.000
Homemade corn tortillas filled with crunchy pork belly, beans, pickled onion, and toasted corn.

BRUSCHETTA _____ ₡ 6.000
Homemade focaccia bread topped with marinated cherry tomatoes, basil, and fresh national buffalo mozzarella.

PATACONES  _____ ₡ 5.000
Served with guacamole, beans and beef in sauce.

SEAFOOD CEVICHE  _____ ₡ 6.000
An assortment of seafood from the peninsula marinated in lime juice, ginger, hot chili pepper, and cilantro. Served with homemade chips.



CHILDREN'S Menu

Served daily from 11:30am to 8:30pm

PEANUT BUTTER SANDWICH _____ ₱ 6.500

Classic peanut butter spread and homemade jelly on two bread slices. Served with tropical fruits.

OSA BURRITO _____ ₱ 6.500

Flour tortilla filled with grilled chicken or fish, cheddar cheese and beans. Served with guacamole and *Pico de Gallo* or fried potatoes.

POMODORO PASTA _____ ₱ 8.500

Fetuccine with homemade tomato sauce. Served with grated parmesan cheese.
**Plant-based option.*

CRISPY _____ ₱ 7.500

Crispy chicken, fish, or cheese fingers. Served with homemade fries and honey mustard.

CHEESEBURGER _____ ₱ 6.500

Premium beef patty on a homemade bun with melted cheese. Served with fried potatoes.
**Plant-based option.*

HOWLER QUESADILLA _____ ₱ 6.500

Flour tortilla filled with grilled chicken or fish, cheddar cheese and mozzarella. Served with tropical fruit or fried potatoes.
**Plant-based option.*

DINNER

Menu

Served daily from 6:00pm to 8:30pm

APPETIZERS

SOUP AND SALAD

BEAN SOUP 🍲 _____ ₱ 8.000
With coconut milk and served with a pasture-raised poached egg, cassava chips and fresh cilantro.
**Plant-based option.*

CARROT SOUP 🍲 _____ ₱ 8.000
Made with vegetable broth and served with carrot textures.

CHICKEN SOUP 🍲 _____ ₱ 8.500
With coconut milk, local vegetables, ginger, green curry, and lemongrass. Served with a grissino.

PUMPKIN SALAD 🌿 🧀 🥜 _____ ₱ 7.000
Fresh arugula and spinach leaves, confit pumpkin, farro, ricotta cheese, cashews, and white balsamic dressing.
**Plant-based option.*

BEEF AND REEF SALAD 🌿 _____ ₱ 9.000
Mix of romaine lettuce and radicchio with sliced skirt steak, sourdough croutons, and tuna mayonnaise.

FROM SOIL AND SEA

PAN DULCE 🍲 _____ ₱ 7.000
Sea bass tiradito marinated in lime juice, orange, hot chili pepper mayonnaise, red onion, and chives.

TUNA TARTARE 🌿 🥜 _____ ₱ 8.000
Marinated in sesame oil and coconut mayonnaise. Served with homemade focaccia bread.

CRISPY CALAMARI 🌿 🍲 _____ ₱ 9.000
Tempura calamari rings served with Mediterranean sauce and black garlic aioli.

OCTOPUS 🧀 🍲 _____ ₱ 9.000
Grilled and served with chickpea salad, herb pesto, and red pepper sauce.

BASIL ROLLS 🌿 🧀 _____ ₱ 7.000
Sourdough rolls filled with ricotta cheese and basil. Served with gorgonzola cheese sauce and toasted cashews.

BEET TEXTURES 🌿 🧀 🥜 _____ ₱ 7.000
Filo pastry filled with mozzarella, almonds, and honey. Served with spinach leaves and balsamic glaze.



DINNER


Menu

Served daily from 6:00pm to 8:30pm

MAIN COURSES

FROM THE SEA

SEA BASS

FILLET   _____ ₱ 17.000

Served with cassava and toasted corn, broccoli cream and herb crust.

TUNA


FILLET    _____ ₱ 14.000

Grilled and served with teriyaki sauce, sweet potato purée, mango chutney, and asparagus.

MAHI-MAHI

FILLET  _____ ₱ 15.000




Served with saffron risotto and lemon caper sauce.

OSA'S SEA  _____ ₱ 12.000

Traditional seafood soup made with shrimp bisque, coconut, an assortment of seafood with local vegetables, and ginger.


MEAT

PORK

CHOP    _____ ₱ 15.000

Served with mashed potatoes with onions, spinach, mushrooms, and demi-glace sauce with mustard seeds.

CHICKEN

AND CURRY  _____ ₱ 14.000

Served with wild rice, toasted corn, squash curry sauce, and pejibaye chips.

BEEF AND REEF _____ ₱ 20.000

Grilled rib eye, served with shrimp sauce, cherry tomatoes, and black cassava with squid ink.

OSSOBUCO

AND PALM HEART  _____ ₱ 18.000

Tender beef stew served with palm heart and Costa Rican style risotto.






DINNER



Menu

Served daily from 6:00pm to 8:30pm


MAIN COURSES

RICE AND PASTA

RAVIOLI    _____ ₡ 12.000
Filled with pigeon peas. Served with roasted tomato sauce and toasted cashews.

TAGLIATELLE   _____ ₡ 18.000
Pasta de la casa servida con ragú de champiñones, huevo pochado de pastoreo y prosciutto crujiente.

GREEN CURRY _____ ₡ 8.000
Curry and coconut sauce with herb pasta. Served with vegetables and wild rice.
**Plant-based option.*

GUACHO DEL GOLFO  _____ ₡ 18.000
Costa Rican style risotto made with bisque and fish broth, shrimp, squid, and mussels. Served with grilled octopus.



BÖENA
— Lodges —

ALLURING. AUTHENTIC. EXCLUSIVE