



PLANT-BASED

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

Beer

NATIONAL BEER _____	₤ 2.750
CRAFT BEER _____	₤ 4.950

PLANT-BASED

Lunch

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

APPETIZERS

MANGO

GAZPACHO  _____ ₺ 8.000

Fruit and ginger-based. 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 fresh raw green vegetables.

ARUGULA

SALAD  _____ ₺ 8.000

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

BEETROOT


SALAD  _____ ₺ 8.000

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

CHICKPEA BOWL  _____ ₺ 7.000

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

SWEET POTATO

CEVICHE  _____ ₺ 6.000

Confit in tomato juice, lemon, chili pepper, served with sweet potato chips.

MAIN COURSE

WILD SALAD  _____ ₺ 10.500

An assortment of lettuce varieties, along with kale, spinach, and arugula. Includes confit beetroot, roasted potatoes, mushrooms, asparagus, avocado, and cherry tomatoes. Served with homemade pita bread and balsamic vinegar dressing or Dijon mustard.

LAPA BURGER    _____ ₺ 10.000

Homemade brioche bun, 'Beyond Meat' (plant-based vegan patty), mango chutney, caramelized onion, and vegan cheese. Served with fried potatoes and chipotle aioli.

GALLOS TÍPICOS  _____ ₺ 8.500

Hash trilogy: arracache, green papaya, and heart of palm with coconut and curry. Served with homemade corn tortillas and spicy sauces.

VEGGIEFRIJO  _____ ₺ 12.000

Rice with tender beans, roasted eggplant and mushrooms, *Pico de Gallo*, avocado, and kale chips.

PITA WRAP  _____ ₺ 10.500

Filled with chickpea falafel, grilled vegetables, and tahini-lemon dressing. Served with homemade chips, *Pico de Gallo*, and guacamole.

VEGETARIAN

CASADO _____ ₺ 12.000

Rice, beans, tender pumpkin hash, ripe plantain, homemade corn tortillas, and grilled vegetables.

PLANT-BASED

Dinner

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

APPETIZERS

BEAN SOUP _____ ₱ 8.000

Made with coconut milk. Served with avocado, cassava chips, and cilantro.

CARROT SOUP _____ ₱ 8.000

Made with vegetable broth and served with carrot textures.

STUFFED

PORTOBELLO _____ ₱ 8.500

Grilled and stuffed with couscous, mushroom ragout, and spinach. Served with red onion jam.

PUMPKIN

SALAD _____ ₱ 7.000

Fresh arugula and spinach leaves, confit pumpkin, farro, cashews, and white balsamic dressing.

MAIN COURSE

FALAFEL

TACOS _____ ₱ 10.000

Homemade corn tortillas filled with guacamole, caramelized cabbage, and toasted corn.

BEAN

STEW _____ ₱ 12.000

Made with pigeon peas and 'Beyond Meat' sausage. Served with roasted Romaine lettuce and crispy cassava croquettes.

CAULIFLOWER

STEAK _____ ₱ 11.000

Grilled and served with wild rice with squash, and tahini-lemon dressing.

GREEN CURRY _____ ₱ 8.000

Curry and coconut sauce with herb pasta. Served with vegetables and wild rice.

FARRO RISOTTO _____ ₱ 12.000

Served with mushroom textures and kale chips.

COCONUT

POLENTA _____ ₱ 12.000

Made with coconut milk, miso eggplant, grilled vegetables, and caramelized pecans.

PLANT-BASED

Dessert



DESSERTS

ARROZ CON LECHE _____ ₱ 6.000

Moist rice with coconut milk served with tropical fruit.

AVOCADO AND CHOCOLATE MOUSSE _____ ₱ 6.000

Served with bitter chocolate crisp and berries.

The ice cream and sorbet crumble ingredients may contain gluten and nuts!

 GLUTEN

 NUTS

 SPICY

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Dessert

ICE CREAM AND SORBET

OSA VANILLA _____ ₱ 5.000

Made with natural vanilla from the Osa Peninsula.

OSA CACAO _____ ₱ 5.000

Made with chocolate from the Osa Peninsula.

COCONUT _____ ₱ 5.000

Made with natural coconut milk from the local area.

GUAVA _____ ₱ 5.000

Made with natural local guava pulp.

SEASONAL FLAVORED SORBETS _____ ₱ 3.000

Ask about the available options.

The ice cream and sorbet crumble ingredients may contain gluten and nuts!

 GLUTEN

 NUTS

 SPICY



BÖENA
— Lodges —

ALLURING. AUTHENTIC. EXCLUSIVE