

El
Jardín
Restaurant

DINNER MENU

Glossary

The following are elements of Costa Rican cooking that are present throughout our menu, and that we felt unable to translate in a manner that did them justice.

Achiote: sometimes called annatto, is a seed used to give a reddish color to dishes. When explaining it to guests, our naturalist guides often refer to it as “our tropical saffron.”

Yuca: also called cassava or manioc is a root that when cooked has a texture like potato but a taste all its own. It has been a staple throughout Latin America since Pre-Colombian times.

Ceviche: Lemon marinated sea fish. Unlike Peruvian “tiradito”, in Costa Rica we enjoy it with red pepper, white onions and cilantro, finely chopped.... Ohh and don't forget a cold as ice beer.

Culantro de coyote: A type of cilantro, with a subtler taste, it's leaves are similar to the dandelion leaves and it may be consider as weed to some gardeners but for a Costa Rican cook it's the secret ingredient that can't be missed in any concoction.

Picadillo: a type of hash, made with fresh vegetables. In Costa Rica there are a great many varieties of picadillo, but the main ingredient is dictated by the name, as in “potato picadillo” or “arracache picadillo.”

Panamenian chili: Costa Rica Caribbean chili, don't be mistaken by its name since it doesn't come from Panama, its name is a mystery, however is similar to habanero in shape and in powder (it's really strong). If you ever wonder what's that spicy “je ne sais quoi” in Caribbean dishes, well it's this tasty little fellow.

Patacones: Depending on where they're from, some of our guests know them as “tostones.” Regardless of name, they are a tasty treat made of green plantain, smashed and then fried.

Pejibaye: translated most commonly as “peach palm,” this fruit grows in clusters which hang down from the tops of palm trees. To be used in the kitchen it must first be softened by stewing it in salt water.

Guanábana: you may know this incredibly sweet fruit as “sweetsop” or “custard apple.” It has a spiny green outside, creamy white interior and a thick, custard-like texture. It makes wonderful fruit drinks and sorbets.



Several of our dishes are prepared gluten free, with no dairy and taking into consideration our vegan and vegetarian guests. Please ask us and we will be happy to indicate you which ones.

| Appetizers

Smoked Trout Salad - Green beans, lettuce, beet leaves, avocado halves and cherry tomato, dressed in a lemon grass oil and soy sauce vinaigrette.	\$10
Cauliflower Mint Soup - Blended with spinach and baked onion bits.	\$8
Baked Vegetable Napoleon - Eggplant, tomato and zucchini with local goat cheese and a drizzle of cilantro and macadamia pesto.	\$10
Tuna Tartar - Yellowfin tuna with mango, avocado, red onions and arugula, marinated with lemon juice, soy sauce and served with a bread toast.	\$11
Soursweet & Spicy chicken soup - Prepared with hot pepper, tamarind and lemon, served with chicken breast, spinach and corn dumplings.	\$10
Tropical Salad - American lettuce, mandarins, red onions, cherry tomatoes, carrots and papaya with balsamic vinegar and passion fruit dressing.	\$9
Monteverde Rolls - minced pork meat, shrimp and escabeche*, rolled and fried.	\$12

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Land & Sea

- Tenderloin Steak** - Grilled and served in our blackberry and coffee sauce, accompanied with a creamy potato-cassava puree and a portobello mushroom. \$28
- Pollo en Salsa** - Pan fried chicken in a guava and chipotle sauce, served with potato picadillo and sautéed vegetables. \$19
- Rib Eye Steak** - 10 oz grilled beef cut, seasoned with sea salt and black pepper, served with chimichurri sauce, cherry tomato, tender baby onions and potatoes sautéed with achiote*. \$31
- Sugar Cane Kebab Beef** - tenderloin marinated with soy sauce, honey, ginger, and garlic, cooked skewered on a sugar cane, served with watermelon coconut milk salad and potato picadillo*. \$25
- Yellowfin Tuna Loin** - Seared on the grill, crusted with roasted garlic and macadamia flakes and topped with vegetables pickled in tamarind served with lemon infused white rice. \$20
- Jumbo Shrimp & Mussels** - Flambee with rum and served with arborio rice with vegetables and a mango and passion fruit sauce. \$27
- Grilled Octopus** - With pumpkin and potato puree, grilled carrots and drizzled with a Cherry vinegar mojo with garlic, olive oil, parsley and lemon juice \$19
- Sea Bass Fillet** - Pan fried and served with a citrus caramelized onion and Panamanian pepper sauce, accompanied with vegetables and roasted sweet potatoes slices. \$24
- Red Snapper** - Baked with a mix of mango, cilantro and Panamanian chili, served with sweet pepper mashed potatoes and stuffed vegetables. \$23

[Prices include taxes

| Vegetarian Dishes

Grilled Vegetables - with fresh Mozzarella Eggplant, onions, zucchini, carrots, sweet corn and tomato, seasoned with fresh herbs and olive oil and topped with roasted garlic tahini sauce and buffalo mozzarella.	\$15
Sweet Corn, Carrot & Ginger Cakes - Pan fried, then topped with fresh mozzarella cheese and a creamy garlic zucchini sauce, served with green beans and almonds.	\$15
Baked Tomato - Stuffed with cauliflower rice and heart of palm, served with chickpea tabbouleh.	\$13
Gnoccis with Goat Cheese - Cooked with a fresh basil and tomato cream sauce, chili flakes with chopped mushrooms and topped with goat cheese and fresh herbs.	\$13
Ricotta cheese & Spinach Ravioli - Cooked in a white wine creamy sauce with sweet corn and heart of palm.	\$17

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| Desserts

Creamy Plantain Crepes - served with a caramel crust and mango sauce	\$7
Orange and Passion Fruit Tart - with cilantro green sugar and vanilla ice cream	\$7
Ice Cream Cake homemade cake - with two layers of strawberry ice cream and baked sweet banana cream, covered with a rum chocolate sauce.	\$7
Molton Pineapple Chocolate Cake - served on a tropical eggnog sauce.	\$7.5
Monteverde Sorbet - Blackberry, soursop and lemon	\$7

To provide you with a memorable Costa Rican dining experience, all ingredients used in preparing our dishes are the freshest and highest quality available.

We choose local producers so that each ingredient carries the taste of Costa Rica.

Our beef comes from pastures in the San Carlos, our seafood from along the Pacific coast, and our trout from farms in the hills outside Cartago.

The bread and baked goods are made in house and prepared daily.

The ice cream in our desserts and many of the cheeses in our dishes come from the Monteverde Dairy Factory, next door.

Please try something new, and enjoy.

If any recipe or particular ingredient interests or puzzles you, don't hesitate to ask for our chef.



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