

Soups & Appetizers | Sopas & Aperitivos

- Sopa Negra** traditional black bean soup with fresh chopped cilantro, sweet pepper, onions, and boiled egg ... \$5
Tradicional sopa negra, acompañada de huevo duro con chile dulce, cebolla y cilantro finamente picados
- Cauliflower Mint Soup** with spinach and baked onion bits. ... \$6
Crema de coliflor con hierba buena y espinacas, servida con cebolla tostada
- Enyucados** yucca* dough stuffed with seasoned minced beef, sautéed carrots, cabbage and Turrialba cheese, pan fried and served with carrot and green bean escabeche* ... \$8
Enyucados rellenos de carne, queso y vegetales, servidos con escabeche de zanahoria y vainicas*
- Monteverde Rolls** minced pork meat, shrimp and escabeche*, rolled and fried. ... \$10
Rollitos Monteverde, con arroz, carne de cerdo picada, camarones y escabeche costarricense de vainicas y zanahoria
- Tuna Tartar** with mango, avocado and arugula, marinated with lemon juice and soy sauce ... \$9
Tartar de atún con mango, aguacate y arugula, marinado con jugo de limon y salsa de soya
- Tropical Salad** american lettuce, mandarins, red onions, cherry tomatoes, carrots and papaya, with balsamic vinegar and passion fruit dressing ... \$6
Ensalada Tropical papaya y mandarina con lechuga, cebolla morada, tomate cereza y zanahoria aderezada con reducción de balsámico y maracuyá
- Stuffed Avocado Salad** pineapple, avocado, cilantro, red onions and lemon juice, served over lettuce and heart of palm ... \$8
Ensalada de Aguacate rellenos Pico de gallo de aguacate con piña, servido con lechugas y palmito fresco

* See Glossary inside front cover.

From the Garden | Platos del Jardín

Baked Eggplant with zucchini and tomato, seasoned with fresh herbs and olive oil ... \$12
and topped with basil pesto and buffalo mozzarella

Berenjena al horno con zuquini, queso mozzarella y vegetales rostizados

Sweet corn & ginger cakes pan fried, then topped with melted Monteverde ... \$12
mozzarella and a creamy garlic and zucchini sauce

Buñuelos de maíz con salsa de zuquini y ajo servido con espinaca rebozada y mozzarella fresca

Stuffed Bell Pepper dressed with olive oil, stuffed with arracache* picadillo served ... \$13
on baked eggplant and chickpea paté with a tomato pesto sauce

Chile asado relleno de picadillo de arracache con maíz, servido con paté de berenjena y garbanzos, bañado con pesto de tomate*

Pasta

Ñoquis cooked with a fresh basil and tomato cream sauce ... \$12

Ñoquis en salsa de tomate y albahaca fresca

Ravioles stuffed with ricotta cheese and spinach, cooked in a parmesian cream sauce ... \$14
with sweet corn and heart of palm

Ravioles rellenos de queso ricotta en salsa de parmesano con espinaca, palmito y maíz

Penne with a chicken, pineapple and coconut sauce with a hint of curry ... \$12

Penne cocinado con pollo en salsa de coco y piña con curry

* See Glossary inside front cover.

From the Sea | Pescados y Mariscos

Tuna Loin seared on the grill, crusted with roasted garlic and macadamia flakes and ... \$20
topped with tamarind sauce served with rice and green bean picadillo

Lomo de atún sellado con hojuelas de ajo y macadamia, en salsa de tamarindo, servido con escabeche de vainica y zanahoria y arroz blanco

Jumbo Shrimp flambéed with rum and served in a tomato sauce, accompanied by ... \$22
patacones* stuffed with guacamole, pico de gallo and black beans

Camarones jumbo flambeados al ron con salsa de tomate, acompañados de patacones rellenos de pico de gallo de aguacate, tomate y frijoles molidos

Sea bass fillet pan fried and served with a citrus, caramelized onion and Panamanian ... \$20
pepper sauce, accompanied with sautéed vegetables and mashed sweet potatoes

Filete de corvina en salsa de cítricos con cebolla caramelizada y chile panameño, servida con vegetales salteados y puré de camote

Red Snapper baked with a mix of mango, cilantro and Panamanian chili, served with ... \$18
sweet pepper mashed potatoes and stuffed vegetables

Filet de Pargo al horno con pasta de mango, chile y culantro, servido con vegetales rellenos y puré de papa con chile dulce

Cartago Hill Trout pan fried, with executive chef Federico Barrante's five flavor ... \$18
orange sauce, served with mashed sweet potato and chayote* picadillo

Filet de trucha en salsa de naranja agripicante, acompañado de picadillo de chayote con maíz y puré de camote

* See Glossary inside front cover.

From the Land | Carnes Blancas y Rojas

Pollo en Salsa pan fried chicken in a guava and chipotle sauce, served with potato picadillo and sautéed vegetables ...\$ 16

Pollo en salsa de guayaba y chipotle servido con picadillo de papa con hojas de remolacha y vegetales salteados

Rib eye steak (10 oz) grilled and served in our blackberry and coffee sauce, accompanied with crispy potato - cassava picadillo and tomato filled with heart of palm dip ...\$ 20

Rib eye (300 gr) en salsa de mora acompañado de tomate relleno de dip de palmito y picadillo crocante de papa y yuca.

Argentine Chorizo Beef Loin (10 oz) grilled Argentine beef cut, seasoned with sea salt, and black pepper served with chimichurri sauce and potatoes sautéed with achiote* ... \$ 18

Bife de chorizo (300 gr) a la parrilla acompañado de papitas achiotadas y salsa chimichurri

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* ... \$ 20

Brocheta de lomito en caña de azúcar a la parrilla acompañada de picadillo de sandía con maíz dulce en leche de coco y con picadillo de papa con hojas de remolacha

* See Glossary inside front cover.

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.”

Arracache: Another root vegetable popular throughout Latin America. Like the Yuca above, it is cooked and used in ways similar to potato.

Chayote: a type of squash, shaped like a pear, which explains why it’s most common translation is as “pear squash”.

Chorreadas: This is a fried pancake made of sweet corn. They are often served covered in sour cream, and accompanying a fresh cup of coffee.

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.

Escabeche: Costa Rican pickled vegetables, the exact ingredients varying by region. In our kitchen it generally includes cauliflower, carrots and green beans

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.

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.”

Yucca: 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.