

El  
Jardín  
Restaurant

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DINNER MENU

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# 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.... and don't forget a cold as ice beer.

**Culantro de coyote:** A type of cilantro, with a subtler taste, its 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

<b>Cauliflower Mint Soup</b> - No dairy added, blended with spinach and served with baked onion.	\$9
<b>Baked Vegetable Napoleon</b> - Eggplant, tomato and zucchini with local goat cheese and a drizzle of cilantro and macadamia pesto.	\$10
<b>Tuna Tartar</b> - Yellow fin tuna with mango, avocado, red onions and arugula, marinated with lemon juice, soy sauce and served with a bread toast.	\$11
<b>Sour sweet &amp; Spicy Chicken Soup</b> - Prepared with hot pepper, tamarind and lemon, served with chicken breast, spinach and corn dumplings.	\$10
<b>Monteverde Green Salad</b> - American lettuce, mandarins, red onions, cherry tomatoes, carrots and papaya with balsamic vinegar and passion fruit dressing.	\$9
<b>Monteverde Rolls</b> - Minced pork meat, shrimp and escabeche*, rolled and fried.	\$10
<b>Charcuterie Board</b> - Local artisan production of cured meat using Italian technique. Served with homemade bread, a small salad and cheese from Monteverde.	\$13

## | Land & Sea

- Tenderloin Steak** - Grilled and served in our blackberry and coffee sauce, accompanied with a creamy mashed cassava 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
- Flat Iron Steak** - Costa Rica premium beef marinated for 5 hours in a café rica liquor flavored broth. Served with cashew butter sauce with grilled broccoli and mashed cassava root. \$23
- Sugar Cane Kebab Beef** - Skirt steak marinated with soy sauce, honey, ginger, and garlic, cooked skewered on a sugar cane, served with watermelon coconut milk salad and potato picadillo\*. \$23
- Yellowfin Tuna Loin** - Seared on the grill, crusted with roasted garlic and macadamia flakes and topped with vegetables pickled in tamarind served with lemon grass infused white rice. \$21
- Tagliatelle Pasta with Mussels and Shrimps** - Seafood from the Costa Rican oceans cooked with white wine and cherry tomato, garlic and capers paste. \$17
- Grilled Octopus** - With arborio rice with vegetables, grilled carrots and drizzled with a cherry vinegar mojo with garlic, olive oil, parsley and lemon juice. \$21
- Citrus Sauce Fish Fillet** - Pan fried and served with a citrus caramelized onion and Panamanian pepper sauce, accompanied with vegetables and roasted sweet potatoes slices. \$23
- Poached Fish** - Fish filet from the pacific, poached in a passion flavored court bouillon and served in a yellow cherry wine and annatto sauce. Served with sautéed potatoes, spinach and orange scented carrot. \$22

## | Vegetarian Dishes

- Grilled Vegetables** - With fresh buffalo 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. **\$17**
- Gnocchi 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. **\$15**
- Spinach Cannelloni**- Homemade pasta stuffed with a roasted tomato, with sunflower seed and nutritional yeast pate, served with your choice of vegan arugula pesto or local goat blue cheese sauce. **\$17**
- Stir Fry Coconut Curry Brown Rice** - With soy meat, carrots, broccoli, green beans, red cabbage, sweet pepper and onions. **\$15**
- Lentils & Mushrooms Cassoulet** - Cooked with coconut milk and a house blend of spices. Served with a pineapple and carrot puree and charred sweet potatoes, dressed with a Panamanian chilies paste sauce. **\$14**

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.

We use the catch of the day fish, since fishing is seasonal in Costa Rica and we want to support sustainability, thus we buy from traditional fishermen that catch and sell what they got from the ocean. The fish comes from an eco-project in Costa de Pájaros, Puntarenas.

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



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