



# LUNCH

Served Daily 11:30 am to 3:30 pm

## APPETIZER

-  **BEETROOT SALAD** ₡ 8.800  
 Tender spinach tossed with savory diced beets, local goat cheese & crunchy honey-caramelized pecans. Served with house Balsamic dressing.
-  **SEABASS CEVICHE** ₡ 8.800  
Citrus-marinated seabass with a spicy tomato, capers, green olives & red pepper salsa. Served with homemade plantain chips.
-  **TROUT SALAD** ₡ 8.250  
Tender trout served on a bed of baby arugula with curried chickpeas and a refreshing yogurt & dill dressing.
-  **BRUSCHETTA** ₡ 8.250  
 Homemade toasted Focaccia topped with diced ripe cherry tomatoes, anchovies, fresh basil, & roasted mozzarella.



GLUTEN



DAIRY

Monteverde Lodge



SEEDS



MEDIUM SPICY

Prices in colones (CRC). 13% sales tax and 10% service tax included in price.



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## MAIN COURSE

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**BOWLS SALAD** \_\_\_\_\_ ₡ 9.900  
 Variety of fresh lettuces with crispy egg, vegetables, avocado, and parmesan cheese, your choice of: chicken breast or tuna tataki protein. Served with handmade pita bread and balsamic vinegar or apple cider vinegar and Dijon mustard dressings.  
*\*Gluten-free and dairy-free options availables.*
  
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**CHICKEN SKEWERS** \_\_\_\_\_ ₡ 9.900  
 Savory chicken breast skewers and warm quinoa & herb salad with homemade pita bread & garlic aioli.
  
- CASADO** \_\_\_\_\_ ₡ 14.850  
 Traditional *Tico* lunch of simmered black beans, rice, picadillo & a mixed green salad. Served with your choice of grilled vegetables, grilled chicken, fresh fish, or savory stewed beef.
  
- VEGGIE – FRIJO** \_\_\_\_\_ ₡ 13.200  
 A veggie spin on the classic! Simmered beans and rice topped with roasted mushrooms & eggplant, *pico de gallo salsa*, fresh avocado, and kale chips.
  
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**PASTA FATTA IN CASA** \_\_\_\_\_ ₡ 10.450  
 Homemade pasta with grilled octopus, shrimp, and calamari simmered in a fire-roasted tomato and vegetable ragu.
  
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**RISOTTO VERDE** \_\_\_\_\_ ₡ 8.800  
 Tender risotto simmered in a savory vegetable broth with fresh spinach pesto and sauteed green vegetables.
  
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**SKIRT STEAK ENTRAÑA** \_\_\_\_\_ ₡ 15.950  
 Fire-grilled & served with local root vegetables with spicy *pico de gallo*, *Chimichurri salsa*, and homemade pickles.
  
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**WILD ROBALO** \_\_\_\_\_ ₡ 15.950  
 Snook poached in a white wine Nage sauce. Served with glazed green vegetables & swiss chard.  
*\*Gluten-free option available.*



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# COMFORT FOOD

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## HANDMADE SOURDOUGH PIZZA

 <b>MARGHERITA</b>	_____	₡ 7.150
 Tomato sauce, fresh basil & local mozzarella cheese.		
 <b>PEPPERONI</b>	_____	₡ 8.250
 Spicy pepperoni salami, tomato sauce & local mozzarella cheese.		
		
 <b>VEGGIE</b>	_____	₡ 7.700
 Mixed vegetables, tomato sauce & local mozzarella cheese.		
 <b>VEGAN</b>	_____	₡ 8.800
 Tomato sauce and fresh herbs.		
 <b>SPICY CHICKEN</b>	_____	₡ 11.500
 Grilled chicken, crispy bacon, spicy chilis, tomato sauce & local mozzarella cheese.		
		
 <b>SUPREME</b>	_____	₡ 8.250
 A classic blend of ham, onions, red peppers, mushrooms, tomato sauce & local mozzarella cheese.		
 <b>WITH CHEESE</b>	_____	₡ 5.500
 Local mozzarella cheese.		

*\*For a dairy-free and gluten-free options, ask your server.*

*We offer dairy-free and gluten-free for all pizzas.*



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# COMFORT FOOD

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## BURGERS & SANDWICHES

-  **CHEESEBURGER** \_\_\_\_\_ ₡ 10.450  
 Premium ground beef patty topped with local Monteverde cheese, crispy bacon, pickles, & Dijon aioli.
-  **VEGAN BURGER** \_\_\_\_\_ ₡ 8.800  
 Homemade brioche bread, Beyond Meat\* (*plant-based vegan meat*) with spicy tomato sauce, lettuce & tomato.
-  **THE COSTA RICAN SANDWICH** \_\_\_\_\_ ₡ 7.700  
Savory stewed beef sandwich with refried beans, avocado, lettuce & tomato fresh green salad.

*\*All the buns are homemade and served with your choice between fried potatoes, chips or fresh salad.*

## HOMEMADE TACOS

Homemade tacos made with flour or corn tortillas and topped with fresh avocado, *pico de gallo* & lettuce. Served with your choice of fried potatoes, plantain chips or house salad.

-  **CHICKEN TACOS** \_\_\_\_\_ ₡ 13.750
-  **FISH TACOS** \_\_\_\_\_ ₡ 18.150
-  **PORK TACOS** \_\_\_\_\_ ₡ 11.000
-  **VEGETARIAN TACOS** \_\_\_\_\_ ₡ 9.350



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# CHILDREN'S MENU

## HOMEMADE PASTA

-  **PASTA BOLOGNESE** \_\_\_\_\_ ₡ 7.150  
 Homemade pasta in a savory tomato and meat ragu. Served with grated parmesan.
-  **PESTO PASTA** \_\_\_\_\_ ₡ 8.800  
 Homemade pasta tossed in a garlicky spinach pesto with pine nuts. Served with grated parmesan.
-  **PASTA POMODORO** \_\_\_\_\_ ₡ 6.600  
 Homemade pasta with a natural tomato sauce. Served with grated parmesan.
-  **BUTTER & CHEESE PASTA** \_\_\_\_\_ ₡ 6.050  
 Homemade pasta with butter & grated parmesan.

*\*For a gluten-free and dairy-free option, please request it from your server.*

-  **CHICKEN FINGERS** \_\_\_\_\_ ₡ 7.150  
Crunchy panko-breaded chicken breast & fried potatoes  
*\*Gluten-free option available.*
-  **FISH FINGERS** \_\_\_\_\_ ₡ 14.850  
Crunchy panko-breaded fish filet & fried potatoes  
*\*Gluten-free option available.*
-  **CHEESE BURGER** \_\_\_\_\_ ₡ 6.050  
 Homemade bun, premium beef patty & melted cheese. Served with fried potatoes

