

# PLANT-BASED & VEGETARIAN MENU

Monteverde Lodge






# PLANT-BASED & VEGETARIAN LUNCH

Served Daily 11:30 am to 3:30 pm

## APPETIZER

-  **BEETROOT SALAD** ₡ 8.800  
 Tender spinach tossed with savory diced beets & crunchy honey-caramelized pecans. Served with house Balsamic dressing.
-  **CHICKPEAS SALAD** ₡ 8.800  
 Tender curried chickpeas with crunchy cucumber, carrots, and corn, served on a bed of baby arugula with a refreshing tahini-lemon dressing.
-  **BRUSCHETTA** ₡ 8.250  
 Homemade toasted Focaccia topped with diced ripe cherry tomatoes, fresh basil, & local mozzarella *Burrata*.
-  **AVOCADO SALAD** ₡ 8.250  
A bright and savory blend of fresh avocado, mixed beans, tender chickpeas, cucumber, diced mango, scallions & crunchy cilantro stems.
-  **SMOKED TOMATO SOUP** ₡ 8.250  
 A savory soup of vegetable broth with roasted tomato & pumpkins. Served with cherry tomato confit & marmalade crostini.  
*\*Gluten-free option available.*



GLUTEN



DAIRY

Monteverde Lodge



SEEDS



PLANT-BASED







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



# PLANT-BASED & VEGETARIAN LUNCH

Served Daily 11:30 am to 3:30 pm

## MAIN COURSE

-  **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 available.*
-  **VEGGIE – FRIJO** \_\_\_\_\_ ₡ 11.550  
A veggie spin on the classic! Simmered beans and rice topped with roasted mushrooms & eggplant, *Pico de Gallo salsa*, fresh avocado, and kale chips.
-  **CASADO BOWL** \_\_\_\_\_ ₡ 9.350  
Simmered beans & rice, *Picadillo* & green salad. Served with a corn tortilla & grilled vegetables.
-  **RISOTTO VERDE** \_\_\_\_\_ ₡ 10.450  
Tender risotto simmered in a savory vegetable broth with fresh spinach pesto and sauteed green vegetables.  
*\*Gluten-free option available.*
-  **PASTA EL JARDÍN** \_\_\_\_\_ ₡ 14.850  
 homemade pasta tossed in a delightful medley of fresh mushrooms, asparagus, spinach & a light cheese sauce.



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# PLANT-BASED & VEGETARIAN DINNER

Served Daily 6:00 pm to 8:45 pm

## APPETIZER

-  **MUSHROOM SOUP** \_\_\_\_\_ ₡ 12.100  
 A warm & savory fusion of vegetable broth and coconut milk blended with mixed mushrooms & pine nuts.
-  **SPICY RED CURRY SOUP** \_\_\_\_\_ ₡ 7.150  
 Local root vegetables and crunchy corn simmered in a spicy red curry & tomato broth. Topped with fresh avocado.
-  **PUMPKIN SALAD** \_\_\_\_\_ ₡ 7.150  
 Fresh kale and spinach greens topped with savory pumpkin confit, goat cheese, toasted cashews & pumpkin seeds. Served with white balsamic vinaigrette.
-  **MOZZARELLA BURRATA** \_\_\_\_\_ ₡ 12.100  
Locally produced Burrata Mozzarella served over a beetroot confit with Balsamic & red fruit vinaigrette.
-  **BOK CHOY** \_\_\_\_\_ ₡ 7.150  
 Tender Bok Choy seared in sesame oil and tossed in a savory soy, lemon, & scallion vinaigrette with sesame seeds.  
*\*Gluten-free option available.*

 MEDIUM SPICY

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# PLANT-BASED & VEGETARIAN DINNER

Served Daily 6:00 pm to 8:45 pm

## MAIN COURSE

-  **EGGPLANT** ¢ 12.650  
 Red miso-glazed Eggplant, fire-roasted & served with a  
 quinoa, cranberry, and olive salad & smooth chickpea hummus.
  
-  **PUMPKIN AGNOLOTTI** ¢ 13.750  
 Homemade roasted pumpkin agnolotti in savory butter, Parmesan & sage sauce. Topped with a Parmesan crisp.
  
-  **ROASTED CABBAGE STEAK** ¢ 11.550  
 Roasted sweet young cabbage brushed with a rich soy-tomato glaze. Served with roasted red peppers & a dill potato cream.  
 *\*Gluten-free option available.*
  
-  **PUMPKIN RISOTTO** ¢ 9.350  
 Tender risotto simmered in a creamy pumpkin vegetable broth. Served with pumpkin confit, toasted pumpkin seeds & a hint of brown butter.
  
-  **BEANS STEW** ¢ 12.650  
 Local bean medley slow cooked in a savory tomato & vegetable sauce. Served with homemade chickpea gnocchi and Swiss chard.  
*\*Gluten-free option available.*

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# DESSERTS

-  **TRES LECHES** \_\_\_\_\_ ₡ 6.600  
 A decadent Costa Rican favorite. Vanilla cake drenched in a trio of sweet creams & a delicate passion fruit sauce. Topped with white chocolate mousse & tropical fruit.
-  **BROWNIE** \_\_\_\_\_ ₡ 6.600  
  Warm chocolate brownie topped with mora blackberry sauce, caramelized macadamias & vanilla ice cream.
-  **ARROZ CON LECHE** \_\_\_\_\_ ₡ 5.500  
 Traditional rice pudding with coconut milk & fresh berry compote.
-  **LAVA CAKE** \_\_\_\_\_ ₡ 7.700  
  Moist and decadent dark chocolate cake drizzled in salted-rum caramel sauce. Topped with caramelized banana & Osa vanilla ice cream.
-  **COFFEE FLAN** \_\_\_\_\_ ₡ 5.500  
  Homemade flan over a base of moist chocolate cake. Drizzled in *Caférica* syrup & caramelized pecans.
-  **HAM & CHEESE PLATTER** \_\_\_\_\_ ₡ 13.750  

-  **CHOCOLATE LAYERS** \_\_\_\_\_ ₡ 5.500  
 Homemade strips of crunchy chocolate & mixed nuts served with a decadent chocolate and avocado mousse topped with red fruit & blackberries.
-  **REGULAR ICE CREAM** \_\_\_\_\_ ₡ 6.600
-  **VEGAN ICE CREAM** \_\_\_\_\_ ₡ 6.600
-  **DAIRY-FREE SORBET** \_\_\_\_\_ ₡ 5.500



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# HOMEMADE ICE CREAM

## **VANILLA** \_\_\_\_\_

Rich cream infused with natural vanilla.

## **MATCHA** \_\_\_\_\_

Rich cream infused with homemade Matcha tea.

## **YOGURT AND RED FRUITS** \_\_\_\_\_

Homemade frozen yogurt with tropical fruit.

## **GOLDEN BERRIES** \_\_\_\_\_

Rich cream infused with golden berries and fruit liquor.

## **BROWNIE** \_\_\_\_\_

Sourced organic chocolate brownie & cashew nuts.

## **HAZELNUT PRALINE** \_\_\_\_\_

Rich hazelnut cream with caramel & pralines.

## **APPLE STRUDEL** \_\_\_\_\_

Rich *tapa dulce* cream with apple compote, cinnamon, raisins & a hint of rum.

## **COFFEE** \_\_\_\_\_

Rich cream infused with local organic coffee & fresh seasonal flowers.

*\*Ice creams contains lactose. Some ice cream toppings may contain seeds and gluten.*

*Please consult our staff if you have any dietary restrictions.*





# VEGAN ICE CREAM

## **BEET** \_\_\_\_\_

Slow-cooked maple-caramelized beets.

## **AVOCADO** \_\_\_\_\_

A smooth blend of coconut milk and fresh avocado.

## **VAINILLA** \_\_\_\_\_

Infused with natural vanilla.

## **CHOCOLATE** \_\_\_\_\_

Made with locally sourced organic chocolate.

## **GOLDEN BERRIES** \_\_\_\_\_

Rich cream infused with golden berries and fruit liquor.

## **APPLE STRUDEL** \_\_\_\_\_

Rich *tapa dulce* cream with apple compote, cinnamon, raisins & a hint of rum.

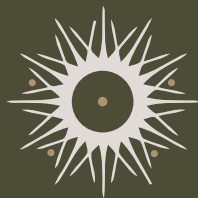
## **PINEAPPLE AND TURMERIC** \_\_\_\_\_

Infusion of turmeric and caramelized pineapple made into an ice cream

## **HAZELNUT PRALINE** \_\_\_\_\_

Rich hazelnut cream with caramel & pralines.

*\*For a gluten-free option, please request it to your waiter.*



BOENA

Monteverde Lodge

[www.boena.com](http://www.boena.com)