



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.



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.*

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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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SEEDS



MEDIUM SPICY

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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.*



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SEEDS



PLANT-BASED





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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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