



# PLANT-BASED *Menu*

Monteverde Lodge



*Prices include 13% VAT and 10% service tax.*

# DRINKS

## Menu

### Non alcoholic

FRESH FRUIT SMOOTHIES _____	Ⱶ 2.750
SPARKLING WATER 750ML _____	Ⱶ 4.400
STILL WATER 750ML _____	Ⱶ 3.300
SODAS _____	Ⱶ 2.205
MOCKTAILS _____	Ⱶ 3.600
MILKSHAKES _____	Ⱶ 3.300

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### Beer


NATIONAL BEER _____	Ⱶ 2.750
CRAFT BEER _____	Ⱶ 4.950

# PLANT-BASED

## Lunch





### APPETIZERS

**PUMPKIN TOMATO SOUP**  \_\_\_\_\_ ₱ 9.000


Made with vegetable broth and served with a potato croquette and fig jam.

**BEETROOT SALAD**  \_\_\_\_\_ ₱ 9.000

Fresh spinach leaves, beet textures, honeyed nuts, and balsamic vinegar dressing.

**CHICKPEA SALAD**   \_\_\_\_\_ ₱ 8.800

Fresh arugula leaves, curried chickpeas, cucumber, carrot, corn, and lemon tahini dressing.

**BRUSCHETTA**  \_\_\_\_\_ ₱ 8.800

Homemade focaccia bread topped with cherry tomatoes, salad greens and roasted vegan cheese.



**STUFFED AVOCADO** \_\_\_\_\_ ₱ 8.800

Made with mixed beans, avocado, mango, cucumber, chickpeas, chives, and cilantro.


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## Lunch

### MAIN COURSE

**GARDEN SALAD**   \_\_\_\_\_ ₡ 10.500

An assortment of lettuce varieties, along with kale, spinach, and arugula. Includes confit beetroot, roasted potatoes, mushrooms, asparagus, avocado, and cherry tomatoes. Served with homemade pita bread and balsamic vinegar dressing or Dijon mustard.

**GARDEN PASTA**  \_\_\_\_\_ ₡ 12.000



Penne served with a variety of mushrooms, asparagus, spinach, and basil sauce.

**VEGGIEFRIJO**  \_\_\_\_\_ ₡ 10.000


Rice with tender beans, roasted eggplant and mushrooms, *Pico de Gallo*, avocado, and kale chips.

**VEGETARIAN CASADO** \_\_\_\_\_ ₡ 10.000


Rice, beans, arracache hash, ripe plantain, homemade corn tortillas, and sautéed vegetables.

**GREEN RISOTTO**   \_\_\_\_\_ ₡ 12.000

Prepared with an assortment of green vegetables and spinach pesto.

**VEGAN PIZZA**  \_\_\_\_\_ ₡ 8.500

With homemade tomato sauce, fresh herbs, and vegan cheese.

**VEGAN TACOS**  \_\_\_\_\_ ₡ 8.500


Corn tortillas filled with crispy falafel, guacamole, homemade hot sauce, *Pico de Gallo*, and lettuce.

# PLANT-BASED

## Dinner



### APPETIZERS

**SPICY RED CURRY SOUP**  \_\_\_\_\_ ₱ 8.000

Made with vegetable and tomato broth. Served with local vegetables, crispy corn, and avocado.

**PUMPKIN AND PEJIBAYE SOUP**  \_\_\_\_\_ ₱ 8.000

Made with vegetable broth, roasted pumpkin, *pejibaye* and mushroom crostino.

**PUMPKIN SALAD**  \_\_\_\_\_ ₱ 8.000

With fresh kale and spinach leaves, roasted pumpkin, toasted cashews, pumpkin seeds, and white balsamic dressing.

**MUSHROOM TOAST** \_\_\_\_\_ ₱ 8.000


Crispy toast topped with sautéed mushrooms, fresh guacamole, and cherry tomato salad.

# PLANT-BASED



## Dinner



### MAIN COURSE

**EGGPLANT**   \_\_\_\_\_ € 10.000

Grilled and glazed with red miso sauce, served with hummus, quinoa salad with olives, dried cranberries, almonds, and capers.

**CABBAGE FILLET**   \_\_\_\_\_ € 12.000

Roasted and marinated in soy sauce, served with tomato paste and roasted peppers, potato cream, and dill.

**PUMPKIN RISOTTO**  \_\_\_\_\_ € 12.000

Made with roasted pumpkin purée and vegetable broth. Served with pumpkin seeds and candied pumpkin.

**BEAN STEW** \_\_\_\_\_ € 12.000

*Cubaces* with tomato sauce with vegetables. Served with chickpea and chard gnocchi.



**BÖENA**  
— Lodges —

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