



BREAKFAST

\$17 Breakfast Choices Included

– Including a selection of fresh fruits, tropical juices, breads, coffee & tea.

Costa Rican Breakfast

A delicious “dome” of local, caramelized plantain strips, stuffed with steaming Costa Rican “Gallo Pinto” (black beans & rice in a blend of sautéed onions, sweet peppers & cilantro). Includes 2 eggs any style served with sour cream & corn tortilla wedges

Breakfast Americano

Eggs prepared any style served with crisp bacon or ham, wild mushroom and onion potato hash and homemade toast

French Toast & Bacon

Croissants served French toast style with crispy bacon on the side

Fruit & Nuts Pancakes

A fresh stack of pancakes topped with fresh fruits & nuts

Huevos Rancheros

Prepared with poached eggs served on corn tortillas filled with beans, skinless tomatoes, chili, onions & topped with cheese

Healthy Menu

Granola & Yogurt Parfait

Homemade Granola gently tossed with a special selection of local fruits, served with your choice of Natural or Strawberry Yogurt

Kellogg’s Komplete® Cereal

Apple

Vegan Breakfast

Gallo Pinto wrap (black beans & rice in a blend of sautéed onions, sweet peppers & cilantro) served with picadillo & wild mushroom & onion hash

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Eggs Benedict with Jam or Bacon

Gently poached eggs served with ham on a toasted croissant with classic hollandaise sauce

Eggs Benedict Florentine

Gently poached eggs served over sautéed spinach on a toasted croissant with classic hollandaise sauce

Italian Frittata

A delicious & healthy dish with eggs, onion, spinach, Portobello mushrooms & Parmesan cheese

BREAKFAST

\$18 Breakfast Choices

*- Including a selection of fresh fruits, tropical juices, breads, coffee & tea.
Breakfast Choices Included

Eggs Benedict with Smoked Salmon

Gently poached eggs served over smoked salmon on a toasted croissant with classic hollandaise sauce

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LUNCH
11am – 4pm

SOUPS, ENTREES & SALADS

Sweet Roasted Squash and Papaya Soup

Made fresh daily with roasted, local squash, sweet papaya, honey & almonds

Gaia Salad

Red-leaf & frisee greens showered with roasted diced beets, Tico cheese shavings, papaya, almonds & homemade plantain “croutons” presented with rolled sliced cucumbers and accompanied by a fine vinaigrette composed with rosemary, mint & basil notes

Costa Rican Caribbean Ceviche

Local Mahi-Mahi served Costa Rican style, marinated (lemon juice, onion & garlic) in an avocado half, accompanied with fried yucca, & a chili pepper Caribbean aioli

Vegetarian Ceviche

Costa Rica style marinated lentils (lemon juice, onion & garlic) in an avocado half, accompanied with fried yucca, and a chili pepper Caribbean aioli

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MAIN COURSES

Costa Rican Casado

Moist, grilled chicken accompanied with black beans and white rice, mixed green salad, fried plantains and picadillo

-Casado with vegetables

-Casado with Chicken

-Casado with Fish

Club Sandwich

Grilled chicken, fresh tomatoes, caramelized onion, ham, crispy bacon, egg, cheddar cheese and lettuce, with fries or potato wedges & served on your choice of white bread or whole wheat bread

Ham and Cheese Sandwich

The classic with ham & cheddar cheese, fresh tomatoes, caramelized onions, lettuce, with fries or potato wedges & served on your choice of white or whole wheat bread -

Panini Caprese

Fresh tomato with mozzarella cheese, served inside a panini roll, accompanied with lettuce, tomato, cucumber & red onion, with fries or potato wedges & basil dressing on the side

B.B.Q Burger

Two four-ounce beef burgers, grilled with a B.B.Q flavored sauce and the usual accompaniments: lettuce, tomato, pickles, sweet onions, with fries or potato wedges

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Quesadilla

Flour tortillas stuffed with mozzarella cheese, refried beans, grilled, served with guacamole, pico de gallo and sour cream

Your choice:

- Cheese Quesadilla**
- Vegetarian Quesadilla**
- Quesadilla with Chicken**

Mango and Tuna Wrap

Local tuna marinated in soy sauce with mango, lettuce, fresh red onion, tomatoes & avocado, wrapped in a flour tortilla, accompanied with fries or potato wedges. Served with a chili pepper Caribbean aioli

Vegetable Wrap with Chicken

Flour tortilla stuffed with delicious grilled chicken, cherry tomatoes, lettuce, spinach, avocado, cucumber, & red onion, accompanied with fries or potato wedges & our delicious lemon vinaigrette

Vegetarian Wrap with Mushrooms

Flour tortilla stuffed with grilled mushrooms, cherry tomatoes, lettuce, spinach, cucumber, avocado, red onion & accompanied with fries or potato wedges & basil aioli

Nachos

Layered corn chip tortillas with refried beans, au gratin style with mozzarella cheese, served with our classic guacamole, pico de gallo & sour cream.

Your choice:

- Nacho Vegetarian**
- Nacho with Chicken**

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Tacos

Corn tortillas served with lettuce, pico de gallo & caramelized onion

Your choice:

- Chicken Tacos with Mustard Sauce**
- Fish Tacos with Tartar Sauce**
- Filet of Beef Tacos with Beef Demi-glace**

Chicken Fingers

Crispy Chicken Fingers on a bed of lettuce served with French Fries or potato wedges & tartar sauce

Fish Fingers

Crispy Golden Fish Fillet Fingers on a bed of lettuce served with Potato Wedges or French Fries & Tartar Sauce

Chips, Pico de Gallo & Guacamole

Our house Guacamole & Pico de Gallo with crisp Tortilla Chips

BEVERAGES

Fresh Fruit Juices, Coffee, or Tea

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DESSERTS

Ice Cream of the House

A choice of three scoops of our homemade pineapple, chocolate and vanilla ice creams

Sorbet Martini

Homemade sorbet, available in blackberry or passion fruit flavors, served Martini- style

Gaia Lime Pie

Lime pie in a chocolate crust topped with chocolate bits

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DINNER

SOUPS & SALADS

Your Choice of Costa Rican Vegetable Soup

A delicious blend of vegetables & pasta simmered slowly in a hearty chicken broth

Gaia House Salad

Red-leaf & frisee greens showered with roasted diced beets, parmesan cheese shavings, papaya, almonds & homemade plantain "croutons" presented with rolled sliced cucumbers and accompanied by a fine vinaigrette composed with rosemary, mint & basil notes Honey-Garlic Calamari Salad
Served in a rice paper basket with a bed of field greens & chopped local tomatoes

APPETIZERS

Your Choice of Gorgonzola & Sun-Dried Tomato Tart

Sautéed sun-dried tomatoes, & fresh gorgonzola cheese baked to perfection inside a house pastry topped off with caramelized red onions, served over a roasted mushroom ragout

Caribbean Mahi-Mahi Ceviche

Local Mahi-Mahi served Costa Rica style marinated (lemon juice, ginger, onion, garlic & celery) in an avocado half, accompanied with fried yucca, a chili pepper Caribbean aioli-\$13

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MAIN COURSES

Your Choice of Plantain & Coconut Crusted Mahi-Mahi*

Local Mahi-Mahi with a crispy fried plantain & baked coconut-crust accompanied with Yucca puree and rolled vegetables served with an anise mango sauce

Caribbean Curried Chicken or Fish

A typical dish from the Caribbean coast, prepared from chicken breast cubes cooked with fine aromatic herbs, coconut milk and Caribbean curry, all served on basmati rice or pureed yucca and sweet potatoes

Costa Rican Casados

Chicken or fish accompanied with black beans & basmati rice, mixed green salad, fried plantains and picadillo (chopped, sautéed, mixed vegetables)

B.B.Q Burgers

Two 4-oz hamburgers brushed with B.B.Q. sauce, topped with lettuce, tomato, pickles & sweet, glazed onion

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VEGETARIAN MENU

Vegetarian Ceviche

Costa Rica style marinated lentils (lemon juice, ginger, onion, garlic & celery) in an avocado half, accompanied with fried yucca, a chili pepper Caribbean aioli

MAIN COURSES

Rice Cake with Heart of Palm

This traditional recipe from the northern zone of the central plateau, is prepared with basmati rice, peas, hearts of palm, baked and grilled with Turrialba cheese, sweet cream and eggs, accompanied with honey and cinnamon carrots

Palm Fruit Pasta (contains lactose products)

A delicious traditional dish from the central region in Costa Rica, made with spaghetti & a sauce made from palm tree fruit and local cheese

VEGAN MENU

Grilled Vegetables with Chia & Mustard Dressing

A delicious blend of eggplant, sweet pepper & potato, prepared with olive oil and served with mustard dressing with chia

MAIN COURSES

Vegetable Pasta with Fresh Mushrooms and Portobello

This recipe has a lot of influence from different cultures, is prepared with portobello and fresh mushrooms, peas, carrots, broccoli, sweet pepper and red onion in a soy sauce

Vegan Eggplant Lasagna

This dish from the Cartago Area of Costa Rica is a delicious blend of pasta slices and vegetables; (thinly sliced mushrooms, red onions, zucchini, sweet peppers, eggplant, and carrots) composed with a vegan white sauce made with coconut milk and our seasoned tomato, garlic and basil sauce

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DESSERT

House Delights: Our homemade ice creams include
Chocolate, Vanilla 3 scoops.

Sorbet "Martini": House sorbet available in either Passion Fruit or
Blackberry flavors.

Cinnamon Scented Churros: Filled with blackberry, chocolate & dulce de leche sauces.

BEVERAGES

Your choice of:

Fresh Fruit Juices, Coffee, or Tea.

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Desayuno

(\$17 para nuestros clientes externos)

Su opción para el Desayuno Incluido

La Luna ofrece una selección de frutas frescas de temporada, jugos, panes, café y té.

El desayuno típico costarricense

Un delicioso "domo" elaborado con de tiras de plátano caramelizado y cosido al vapor, relleno con "Gallo Pinto" (frijoles negros y arroz en una mezcla de cebollas salteadas, pimientos dulces y cilantro), este plato. Incluye 2 huevos al gusto acompañado con natilla y tortillas de maíz

Desayuno Americano

Incluye dos huevos preparados a su gusto, acompañados con cebolla, setas, papa rayada, crujiente tocino o jamón y pan tostado hecho en casa.

Panqueques con frutas y nueces

Este delicioso plato para el desayuno, consiste en una pila de panqueques, frutas, nueces y sirope de mango y maple.

Huevos rancheros

Este desayuno se prepara con huevos escalfados, servidos sobre tortillas de maíz rellenas con frijoles, tomates sin piel, chile, cebolla y cubiertos con queso.

Menú Saludable

Granola y Yogurt Parfait

Este plato se prepara con granola hecha en casa, acompañada con frutas de temporada, servida con su elección de yogurt natural o de fresa

Cereal Komplete® de Kellogg's

Manzana

El desayuno vegano

Un delicioso burrito relleno con Gallo Pinto, acompañado con cebolla, hongos y papa rayada.

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Desayuno

(\$17 para nuestros clientes externos)

Su opción para el Desayuno Incluido

Incluye su selección de frutas tropicales frescas, jugos, panes, café y té.

Huevos Benedictinos estilo florentino

Este delicioso platillo se prepara con dos huevos cuidadosamente escalfados, servidos sobre espinacas salteadas, acompañado de salsa holandesa y pan de media luna.

Huevos Benedictinos con jamón o Tocineta

Este plato se prepara con dos huevos escalfados, acompañados de salsa holandesa, servidos sobre pan de media luna.

Media luna estilo tostada francesa, con tocino

Deliciosa media luna, estilo francés, acompañada con tocino.

Frittata italiana

Un plato delicioso y saludable, hecho con clara de huevo, cebolla, espinacas, hongos Portobello, y queso parmesano.

Desayuno

Incluye su selección de frutas tropicales frescas, jugos, panes, café y té.
(\$18 para nuestros clientes externos) Su opción para el Desayuno Incluido

Huevos Benedictinos con salmón ahumado:

Este desayuno consta de dos huevos cuidadosamente escalfados servidos sobre pan de media luna, cubierto con salmón ahumado.

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ALMUERZO INCLUIDO

El almuerzo es servido de 11am – 4pm

SOPAS, ENTRADAS Y ENSALADAS

La Tradicional Sopa Festiva de Ayote, Papaya y Miel

La receta de esta sopa se utiliza para celebraciones festivas en Costa Rica, está elaborada con ayote horneado, papaya dulce, miel y almendras en hojuelas

Ensalada Campestre Gaia

Lechuga, remolacha, shaving de queso tico, papaya, almendras, plátano verde, rulos de pepino, acompañados con un aderezo elaborado a base de romero, hierba buena y albahaca

Ceviche del Caribe Costarricense

Mahi mahi, y una mezcla preparada con jugo de limón, cebolla morada y ajo, servido en medio aguacate, con yuca y un alioli hecho a base chile picante del caribe sur -

Ceviche Vegetariano

Nuestra versión de una deliciosa receta de la tradición afrocaribeña costarricense, elaborada con lentejas, y una mezcla preparada con jugo de limón, cebolla morada y ajo, servido en medio aguacate, con yuca y un alioli hecho a base chile picante del caribe sur

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PLATOS FUERTES

Todos los sándwiches vienen acompañados con papas fritas, en Gajo o ensalada, y se sirven en su opción de pan blanco o de integral.

Casados costarricenses

Este platillo se elabora con pollo acompañado con frijoles negros y arroz blanco, ensalada verde mixta, plátanos fritos y picadillo

- Casado vegetariano
- Casado con pollo
- Casado con pescado

Club Sándwich

Pollo a la plancha, tomates frescos, cebolla caramelizada, Jamón, tocino crujiente, huevo, queso cheddar y lechuga, con papas Fritas o Gajos de Papas & servidos con pan cuadrado blanco o pan integral, a su escogencia

Sándwich de Jamón y Queso

El clásico con Queso Cheddar y Jamón, tomates frescos, cebolla caramelizada, lechuga, con papas Fritas o Gajos de Papas & servidos con pan cuadrado blanco o pan integral, a su escogencia

Pannini al Estilo Caprese

Tomate fresco con queso mozzarella, servido dentro de un Panini y Acompañado con Lechuga, Tomate, pepino, cebolla morada, con papas Fritas o Gajos de Papas & aderezo de albahaca al lado

Hamburguesa Tica al B.B.Q

Dos Hamburguesas de cuatro onzas de carne, a la plancha con una salsa con sabor a B.B.Q y los acompañamientos usuales: lechuga, tomate, pepinillos, cebollas dulces, con papas Fritas o Gajos de Papas y los complementos que usted desee

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Quesadilla

Tortillas de Harina rellenas con queso mozzarella, frijoles negros Molidos, a la parrilla, servida con guacamole, pico de gallo y natilla.

A su elección:

- Quesadilla con Queso
- Quesadilla vegetariana
- Quesadilla con Pollo

Wrap de Mango y Atún

Con nuestra versión tropical de esta receta, el atún es marinado en soya, además, se rellena con mangos, cebolla morada fresca, lechuga, tomate, aguacate, envueltos en tortilla de harina acompañado con Papas Fritas o Gajos de Papas & nuestro delicioso alioli de pimienta roja

Wrap de Vegetales con Pollo

Tortillas de Harina rellena un delicioso Pollo a la parrilla, Tomates Cherry, lechuga, espinaca, pepino aguacate, cebolla Morada y acompañada con papas Fritas o Gajos de Papas y nuestra deliciosa vinagreta de limón

Wrap Vegetariano con Hongos

Tortillas de Harina rellena con Hongos a la parrilla, Tomates Cherry, lechuga, espinaca, pepino, aguacate, cebolla Morada, Papas Fritas o Gajos de Papas & acompañada con un alioli de albahaca

Nachos

Tortillas chips en capas con frijoles molidos, gratinados con queso mozzarella, servido con nuestro clásico guacamole, pico de gallo y natilla.

A su elección:

- Nacho Vegetariano
- Nacho con Pollo

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Tacos

Tortillas de maíz, lechuga, pico de gallo, cebolla caramelizada

A su elección:

- Tacos de pollo (salsa Mostaza)
- Tacos de pescado (salsa tártara)
- Tacos de lomito (salsa demiglace)

Dedos de Pollo

Dedos crujientes de Pollo sobre una cama de lechuga servidos con papas fritas o Gajos de Papas y salsa tártara

Dedos de Pescado

Dedos crujientes de Filete Dorado sobre una cama de lechuga servidos con papas fritas o Gajos de Papas y salsa tártara

Chips, Pico de Gallo y Guacamole

Guacamole y Pico de Gallo de la Casa con tortillas Chips

POSTRES

Helados de la Casa

Una selección de tres cucharadas de nuestros helados hechos en casa de Piña, chocolate y vainilla

Sorbete

Sorbete hecho en casa, disponible en sabores de mora o maracuyá, servido en una copa de Martini

Tarta Gaia de Limón

Tarta de limón con base galleta de chocolate y escarcha de chocolate

JUGO NATURAL, CAFÉ O TEA

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CENA

SOPAS & ENSALADAS

Sopa de Vegetales Costarricense

Esta deliciosa sopa tiene una combinación perfecta de vegetales cultivados en las faldas Volcán Irazú, en Cartago, y fideos cocinados suavemente en un caldo de pollo

Ensalada Campestre Gaia

Lechuga, remolacha, shaving de queso parmesano, papaya, almendras, plátano verde, rulos de pepino, acompañados con un aderezo elaborado a base de romero, hierba buena y albahaca

Calamares al Estilo del Pacífico Costarricense

Deliciosos aros de calamar, rebosados con especias aromáticas de la zona, mantequilla con limón y miel de abeja, servidos en una canasta de papel de arroz con lechuga y tomate

ENTRADAS

Tartaleta de Queso Gorgonzola y Tomate seco *

Nuestra versión de esta receta, proviene de la tradición Italiana, de la zona sur de Costa Rica, se elabora con pasta de hojaldre, rellena de tomates secos y queso gorgonzola, horneadas a perfección coronada con cebolla caramelizada, y servida sobre una cama de hongos

Ceviche del Caribe Costarricense

Mahi mahi, y una mezcla preparada con jugo de limón, jengibre fresco, cebolla morada, ajo y apio, servido en medio aguacate, con yuca y un alioli hecho a base chile picante del caribe sur

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PLATOS FUERTES

Filete de Dorado al Estilo Caribeño*

Delicioso y fresco filete de dorado local, frito y horneado, con una cobertura de plátano tostado y coco, acompañado de puré de yuca, rulos de vegetales en una salsa de mango con anís

Pollo o Pescado al Curry Caribeño

Un plato al estilo del caribe sur costarricense, preparado con jugosos trozos de pechuga de pollo, cocido con frescas hierbas aromáticas, leche de coco y curry caribeño, servido con una base de arroz basmati o majado de yuca con camote

Casados Costarricenses

Este platillo se elabora con pollo o pescado acompañado con frijoles negros y arroz basmati, ensalada verde mixta, plátanos fritos y picadillo

Hamburguesa Tica al B.B.Q

Dos Hamburguesas de cuatro onzas de carne, a la plancha con una salsa con sabor a B.B.Q y los acompañamientos usuales: lechuga, tomate, pepinillos, cebollas dulces.

MENU VEGETARIANO

Ceviche Vegetariano

Nuestra versión de una deliciosa receta de la tradición afrocaribeña costarricense, elaborada con lentejas, marinadas con jugo de limón y cebolla morada, servido en medio aguacate y yuca frita con una vinagreta hecha a base pimienta cayena del caribe sur

PLATO FUERTE

Pastel de Arroz con Palmito

Esta receta tradicional de la zona norte de la meseta central, es preparada con arroz basmati, arvejas, palmito, horneados y gratinado con queso Turrialba, natilla y huevo, acompañado papas fosforo y zanahorias dulces con miel y canela

Pasta con salsa de pejibaye

Nuestra versión de un delicioso plato tradicional de la zona central de Costa Rica, elaborado con pasta, bañada con una salsa elaborada a base de pejibaye y queso Turrialba

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MENU VEGANO

Antipasto de Vegetales Asados con Aderezo de Chía y Mostaza Una deliciosa mezcla de berenjena, chile dulce, papa, zanahoria y zucchini, preparados con aceite de oliva y acompañado con un aderezo de mostaza con semillas de chía

PLATO FUERTE

Pasta de Vegetales con Hongos Champiñón y Portobello

Esta receta tiene mucha influencia de diversas culturas, es preparada con hongos portobello, champiñón, alverjas, zanahoria, brócoli, chile dulce y cebolla morada en una salsa a base de soya

Lasagna de Vegetales – Vegana

La versión de esta receta proviene de la zona de Cartago, es una mezcla de láminas de pasta y de vegetales (cebolla, chile dulce, zucchini, berenjena, zanahoria, espinacas y hongos) bañados en salsa bechamel con leche de coco y nuestra salsa de tomate pomodoro sazonada con ajo y albahaca

POSTRES

- Helados de la Casa, una selección de tres cucharadas de nuestros helados hechos en casa de chocolate y vainilla
- Sorbete -Sorbete hecho en casa, disponible en sabores de mora o maracuyá, servido en una copa de Martini
- Churros perfumados con Canela -Churros con canela rellenos de salsa de mora, chocolate y dulce de leche

BEBIDAS

Jugo Natural, Café o Tea

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