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# VEGAN MENU

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## Salads, Soups & Appetizers

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### Apple Salad with Spinach & Blackberry Vinaigrette

Lettuce, fried spinach, basil, apple, caramelized almonds, cherry tomatoes and cucumber with blackberry dressing - \$8

### Vegetable Soup With Curry and Ginger

This is the result of a traditional Caribbean recipe, made with curry, ginger, coconut milk and rice noodles - \$7

### Grilled Vegetables With Chia & Mustard Dressing

A delicious blend of broccoli, eggplant, sweet pepper, onion & potato, prepared with olive oil and served with mustard dressing with chia - \$8

### Mango Tartar With Avocado

A delicious recipe made with finely chopped ripe mango with avocado, tomato and spices - \$7

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## MAIN COURSES

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### Pineapple Curry

South Caribbean recipe, made with pineapple & curry, accompanied by beet salad & Basmati Rice - \$10

### Mango Chutney

A delicious ripe mango chutney Prepared with onions and white wine, served over basmati rice and accompanied with fried spinach - \$12

**\*All dishes with an asterisk are Gaia's version of Costa Rican Cuisine**

All Prices are in United States Dollars

13% Sales Tax & 10% Service Charge will be added to your bill.

### Tico Sweet Potato Cannelloni

Rice paper stuffed with sweet potato on a bed of antipasto of vegetables accompanied by a soy sauce with ginger and herbs - \$12

### 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 - \$12

### 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 soy milk and our seasoned tomato, garlic and basil sauce - \$16

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## DESSERT

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### Vegan House Ice Creams

Chocolate or Coconut

\$6

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