



RESTAURANT AT GAIA HOTEL AND NATURE RESERVE

SPECIAL THREE COURSE MENU

SOUPS & SALADS

Your Choice Of:

Costa Rican Vegetable Soup

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

Chilled Cucumber Soup

Our Costa Rican version of this refreshing cold soup is made of a cucumber reduction, cream, milk and fine local herbs, accompanied by homemade croutons

Mixed Green Salad

Red-leaf & frisee greens with tomatoes, cucumber, fresh local Turrialba cheese, avocado, raisins, accompanied by homemade croutons and a vinaigrette of extra virgin olive oil, onions, garlic, honey and balsamic vinegar

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 Blackened Tuna

Seared, blackened tuna medallions, served with a horseradish, sweet chili and coconut escabeche on a bed of toasted plantains

Costa Rica Sampler Hash Trio

These three versions presented to you are accompanied by homemade tortilla chips & hot sauce, sausage with potatoes, green plantain & cabbage with chicken & squash

Sweet Plantain Pie

This traditional recipe is prepared with sweet plantain puree, black beans, cilantro and cheese, served over a spinach and cucumber bed, accompanied by garlic cream

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

Your Choice Of:

Costa Rican Fish Papillote

Local Mahi-Mahi, baked with a light coating of olive oil, herbs, chopped fresh tomatoes & mushrooms, wrapped in a banana leaf, accompanied by green banana patacones (tostones), black bean puree, served with a sauce from chili, tomatoes and coconut milk

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

Ginger and Panko Crusted Tuna

Fresh filet of Costa Rican Tuna, pan seared rare, crusted with fresh ginger & panko with a toasted sesame vinaigrette, accompanied with mashed potatoes with carrot & vegetables

Palm Fruit Pasta

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

Grilled Ginger Chicken

Influenced by the long-time Chinese presence in Costa Rica, a chicken breast is prepared with ginger, honey and soy sauce, then cooked to perfection on the grill, accompanied with spinach and a mashed potato with broccoli

Tamarind Pork Ribs

Succulent Costa Rican Baby Back Ribs, cooked to perfection in our secret barbeque made with tamarind sauce, served with mashed potatoes, fried yucca and rolled vegetables

VEGETARIAN OPTIONS

APPETIZERS

Your Choice Of:

Gorgonzola & Sun-Dried Tomato Tart

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

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

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

Your Choice Of:

Gaia Mushroom Risotto (not lactose free)

Portobello & white mushrooms & rice, prepared with a vegetable consommé with cream and local cheese

Sweet Plantain Pie

This traditional recipe is prepared with sweet plantain puree, black beans, cilantro and cheese, served over a spinach and cucumber bed, accompanied by garlic cream

VEGAN OPTIONS

APPETIZERS

Your Choice Of:

Vegetable Soup with Curry and Ginger

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

Grilled Vegetable 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

Mango Tartar with Avocado

A delicious recipe made with finely chopped ripe mango with avocado, tomato and spices

MAIN COURSES

Your Choice Of:

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

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

Mango Chutney

A delicious ripe mango chutney with onions and white wine, served over basmati rice and accompanied with fried spinach

DESSERT

Your Choice Of:

Gaia Lime Pie

Lime pie in a chocolate crust topped with chocolate bits

Cinnamon Scented Churros

Filled with dulce de leche, strawberry coulis & chocolate dipping sauces

Sorbet "Martini"

House sorbet available in either Passion Fruit or Blackberry flavors

House Delights

Our homemade ice creams include:
Chocolate, Vanilla, Pineapple or Mango, 3 scoops

BEVERAGES

Your Choice Of:

Fresh Fruit Juices, Coffee or Tea