
DINNER

SOUPS & SALADS

Costa Rican Vegetable Soup

A delicious blend of vegetables & pasta simmered slowly in a hearty chicken broth-\$9

Sweet Roasted Squash and Papaya Soup

Made fresh daily with roasted, local squash, sweet papaya, honey & almonds - \$8

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-\$9

Apple Salad with Spinach & Blackberry Vinaigrette **

Lettuce, fried spinach, basil, apple, caramelized almonds, cherry tomatoes and cucumber with apple with blackberry vinaigrette - \$9

APPETIZERS

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-\$10

*Vegetarian Food

**Vegan Food

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

All Prices are in Dollars

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

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

Honey-Garlic Calamari Salad

Served in a rice paper basket with a bed of field greens & chopped local tomatoes-\$ 10

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-\$ 11

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 - \$9

MAIN COURSES

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-\$ 19

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Tropical Tuna

Filet of local tuna, encrusted with cilantro, dipped in mango sauce with avocado, cherry tomato, onion and pieces of mango, accompanied with mashed potatoes and rolled vegetables - \$22

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 - \$17
(Substitute Fish for an additional \$2)

Seafood Casserole

This South Caribbean preparation is made with Mussels, local shrimp, clams & calamari cooked in a tomato sauce & fish stock, served with a choice of garlic jalapeño pepper yucca puree or pasta spiced to your taste- \$25

Breaded Chicken Breast

Chicken filet strips tenderized, battered & breaded with parsley & Parmesan cheese then fried to a golden brown and served with our house Pomodoro sauce, accompanied with potatoes, sweet potatoes, yucca puree and rolled vegetables - \$18

Beef Tenderloin

Grilled beef tenderloin from the North of Costa Rica served with meat reduction sauce, Lizano Sauce, rice and corn, cheese & tortillas - \$25

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Costarican Casados

Chicken accompanied with black beans & basmati rice, mixed green salad, fried plantains and picadillo (chopped, sautéed, mixed vegetables) - \$ 11
(Substitute Fish for an additional \$2)

B.B.Q Burgers

Two 4-oz hamburgers brushed with B.B.Q. sauce, topped with lettuce, tomato, pickles & sweet glazed onion - \$ 11
Add Cheese or Bacon - \$ 1.50 for each item

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 - \$ 11

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-\$ 13

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-\$ 13

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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-

\$18

DESSERT

House Delights: Our homemade ice creams include

Chocolate, Vanilla 3 scoops -\$7

Sorbet "Martini" - House sorbet available in either Passion Fruit or Blackberry flavors - \$6

Cinnamon Scented Churros - Filled with blackberry, chocolate & dulce de leche sauces - \$7

Chocolate Lava Flow - Served with homemade vanilla ice cream (20 minutes preparation time) - \$10

Gaia Lime Pie - Lime pie in a chocolate crust topped with chocolate bits -

\$8

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