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# LUNCH

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11 am ~ 4pm

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## SOUPS, ENTREES & SALADS

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### Sweet Roasted Squash and Papaya Soup\*

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

### Vegan Green Tomato Gazpacho

A refreshing, cold soup based on green tomatoes & zucchinis, accompanied by  
delicious, toasted croutons with olive oil & garlic -\$7

### Gaia 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

### Costa Rican Caribbean Ceviche

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

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

Prices in dollars

13% Sales Tax & 10% Sema service charge charged to your account.

### Vegetarian Ceviche\*

Costa Rica style marinated lentils (lemon juice, ginger, onion, garlic & celery) in an avocado half, accompanied with fried yucca, and a chili pepper Caribbean aioli - \$ 11

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## MAIN COURSES

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### Costa Rican Casado

Moist, grilled chicken accompanied with black beans and white rice, mixed green salad, fried plantains and picadillo - \$ 11

- Substitute fish - \$2 additional
- Substitute beef - \$4 additional

### 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 - \$ 12

### 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 - \$7

### 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 - \$ 14

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### 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 - \$ 11

Add Cheddar Cheese- \$ 1.50 / Add Bacon - \$ 1.50

### Quesadilla

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

Your choice:

Cheese Quesadilla - \$ 7

Vegetarian Quesadilla - \$ 7

Quesadilla with Chicken - \$ 9

Quesadilla with filet of Beef - \$ 16

### Mango and Tuna Wrap

Local tuna marinated in soy sauce with mango, lettuce, fresh red onion, tomatoes & avocado, wrapped in a flour tortilla. Served with a chili pepper

Caribbean aioli - \$ 15

### 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 - \$ 10

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### Vegetable Wrap with Filet of Beef

Flour tortilla stuffed with delicious grilled beef tenderloin, cherry tomatoes, lettuce, spinach, avocado, cucumber, red onion and accompanied with fries or potato wedges & a lemon vinaigrette ~\$15

### Vegetarian Wrap with Mushrooms

Flour tortilla stuffed with grilled mushrooms, cherry tomatoes, lettuce, spinach, cucumber, avocado, red onion & accompanied with fries or potato wedges & a lemon vinaigrette ~\$11

### 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 ~\$10

Nacho with Chicken ~\$12

Nacho with Filet of Beef ~\$18

### Tacos

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

Your choice:

Chicken Tacos with Mustard Sauce ~\$9

Fish Tacos with Tartar Sauce ~\$10

Filet of Beef Tacos with Beef Demi-glacé ~\$14

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### Panini Hot Dogs

Hebrew National Beef Franks made with 100% premium cut beef, caramelized onion, topped with potato crisps & melted cheese with beef chili sauce on the side, accompanied by potato wedges - \$14

### Chicken Fingers

Crispy Chicken Fingers on a bed of lettuce served with French Fries or potato wedges & tartar sauce - \$8

### Fish Fingers

Crispy Golden Fish Fillet Fingers on a bed of lettuce served with Potato Wedges or French Fries & Tartar Sauce - \$9

### Chips, Pico de Gallo & Guacamole

Our house Guacamole & Pico de Gallo with crisp Tortilla Chips - \$6

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## DESSERTS

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### Ice Cream of the House

A choice of three scoops of our homemade pineapple, chocolate and vanilla ice creams - \$7

### Sherbet

Homemade sorbet, available in blackberry or passion fruit flavors, served Martini-style - \$6

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Churros scented with Cinnamon

Churros dusted with cinnamon filled with blackberry, chocolate and dulce de leche sauces - \$7

Chocolate Lava Flow

Served with homemade vanilla ice cream  
(Preparation takes 20 minutes) - \$10

Gaia Lime Pie

Lime pie in a chocolate crust topped with chocolate bits - \$7

Costa Rican Cake

Old-fashioned Costa Rican cake, moist & orange-scented vanilla cake with fresh berries - \$7

Pecan Nut Flan\*

This subtle dessert is prepared with a mixture of milk, pecans, cinnamon & caramel, accompanied with sweet figs - \$8

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