



## **DINNER**

### **SOUPS & SALADS**

#### **Costa Rican Vegetable Soup**

A delicious blend of vegetables & pasta simmered slowly in a hearty chicken broth-\$7

#### **Sweet Roasted Squash and Papaya Soup**

Made fresh daily with roasted, local squash, sweet papaya, honey & almonds - \$7

#### **Banana Curry Soup\***

Unique Tropical Blend of Banana, Sweet Chili, Almonds & Curry \$6

#### **Gaia House Salad\***

Red-leaf & frisée 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-\$7

#### **Apple Salad with Spinach & Blackberry Vinaigrette \*\***

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

**\*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



## **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

### **Caribbean Mahi-Mahi Ceviche**

Local Mahi-Mahi served Costa Rica style marinated (lemon juice, onion & garlic) in an avocado half, accompanied with fried yucca, a chili pepper Caribbean aioli-\$12

### **Honey-Garlic Calamari Salad**

Served in a rice paper basket with a bed of field greens & chopped local tomatoes-\$9

### **Vegetarian Ceviche\***

Costa Rica style marinated lentils (lemon juice, ginger, onion & garlic) in an avocado half, accompanied with fried yucca, a chili pepper Caribbean aioli-\$10

### **Grilled Vegetables with Chia & Mustard Dressing\*\***

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

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## 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

### **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 - \$19

### **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 - \$22

### **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- \$21

### **Shrimp Tagliatelle**

Costa Rican shrimp sautéed in garlic with green onions, sun dried tomatoes, capers and tagliatelle pasta tossed with cheese and cream sauce. Your choice to substitute a roasted tomato broth for the Parmesan cream - \$26

### **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 rice or pureed yucca and sweet potatoes - \$14

**(Substitute Fish for an additional \$3)**

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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 - \$16

### **Beef Tenderloin**

Grilled beef tenderloin from the North of Costa Rica served with meat reduction sauce, Lizano Sauce, rice and corn, cheese & tortillas - \$30

### **Surf & Turf**

Grilled beef tenderloin from the North Pacific of Costa Rica served with meat reduction sauce, Lizano Sauce, rice and corn, cheese and tortillas and accompanied with 3 sautéed jumbo Pacific shrimp - \$36

### **Costa Rican Home Casserole**

A typical Costa Rica Casserole made from beef tenderloin tips prepared with potatoes, onions & carrots, seasoned with garlic and spices, accompanied with a sweet pea rice blend - \$24

### **Barbeque Pork Ribs Tamarindo**

Succulent Costa Rican Baby Back Ribs, cooked to perfection in our secret barbeque sauce made with tamarind, served with mashed potatoes, fried yucca and rolled vegetables - \$22

### **Costa Rican Casado**

Moist, grilled chicken accompanied with black beans and white rice, mixed green salad, fried plantains and picadillo - \$12

- Substitute fish - \$2 additional
- Substitute beef - \$5 additional

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Two 4-oz hamburgers brushed with B.B.Q. sauce, topped with lettuce, tomato, pickles & sweet glazed onion - \$13  
**Add Cheese or Bacon - \$1.50 for each item**

### **Pasticcio Di Lasagne Al Ragù**

Home style recipe, with fresh tomato sauce, homemade pasta, mozzarella, parmesan cheese, and ground lean Beef \$20

### **Rice Cake with Heart of Palm \***

This traditional recipe from the northern zone of the central plateau, is prepared with rice, peas, hearts of palm, baked and grilled with Turrialba cheese, sweet cream and eggs, accompanied with honey and cinnamon carrots -\$14

### **Gaia Mushroom Risotto (contains lactose products) \***

Portobello & white mushrooms & rice, prepared with a vegetable consommé with cream and local cheese - \$17

### **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-\$12

### **Vegan Lasagna\*\***

This dish from the Cartago Area of Costa Rica is a delicious blend of pasta slices, chickpea, lentils and herbs; composed with a vegan white sauce made with soy milk seasoned tomato, garlic and basil sauce-\$18

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## **DESSERT**

### **House Delights:**

Our homemade ice creams included.  
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 - \$7

### **Old Fashion Cake**

Delicious old fashioned cake with cranberries and orange - \$8

### **Pecan Nut Flan\***

This subtle dessert is prepared with a mixture of milk, pecans, cinnamon & caramel, accompanied with nutella- \$7

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## **COFFEE & HOT BEVERAGES**

### **Affogato**

Cappuccino – Baileys – Amaretto – Vanilla Ice Cream - \$8

### **Caribbean Coffee**

Espresso – Malibu – Kahlua – Whipped Cream - \$8

### **Irish Coffee**

Whiskey – Cappuccino - \$7

### **Luna's Coffee**

Espresso - Sheridan's Liqueur – Whipped Cream - \$9

### **Gaia Café**

Cappuccino – Amaretto – Cognac – Creme de Cacao - \$10

### **Nutty Dream**

Espresso – Amaretto – Whipped Cream - \$8

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