



## **LUNCH**

**11am – 4pm**

### **SOUPS, ENTREES & SALADS**

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

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

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

Red-leaf & frisee 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

#### **Costa Rican Caribbean Ceviche**

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

#### **Vegetarian Ceviche\***

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

**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



## **MAIN COURSES**

### **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

### **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 - \$14

### **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 - \$9

### **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 - \$10

### **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 - \$13

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

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### **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 - \$12
- Quesadilla with filet of Beef - \$18

### **Mango and Tuna Wrap**

Local tuna marinated in soy sauce with mango, lettuce, fresh red onion, tomatoes & avocado, wrapped in a flour tortilla, accompanied with fries or potato wedges. 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 - \$12

### **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 -\$18

### **Vegetarian Wrap with Mushrooms**

Flour tortilla stuffed with grilled mushrooms, cherry tomatoes, lettuce, spinach, cucumber, avocado, red onion & accompanied with fries or potato wedges & basil aioli -\$11

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### **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 Ground Tenderloin-\$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 - \$12  
Filet of Beef Tacos with Beef Demi-glace - \$15

### **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 -\$9

### **Fish Fingers**

Crispy Golden Fish Fillet Fingers on a bed of lettuce served with Potato Wedges or French Fries & Tartar Sauce \$12

### **Chips, Pico de Gallo & Guacamole**

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

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## **DESSERTS**

### **Ice Cream of the House**

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

### **Sorbet Martini**

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

### **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 - \$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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