



LUNCH
11am – 4pm

SOUPS, ENTREES & SALADS

Sweet Roasted Squash and Papaya Soup

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

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- \$8

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- \$14

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 - \$12

All dishes 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

-Casado with Chicken-\$13

-Casado with Fish-\$15

-Casado with Beef-\$18

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 - \$17

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 -\$12

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 - \$15

Add Cheddar Cheese- \$2 / Add Bacon - \$2

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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 - \$10**
- Vegetarian Quesadilla - \$12**
- Quesadilla with Chicken - \$15**
- Quesadilla with filet of Beef - \$20**

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 - \$17

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 - \$14

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 -\$20

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 -\$12

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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 -\$12**
- Nacho with Chicken -\$15**
- Nacho with Ground Tenderloin-\$20**

Tacos

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

Your choice:

- Chicken Tacos with Mustard Sauce - \$11**
- Fish Tacos with Tartar Sauce - \$14**
- Filet of Beef Tacos with Beef Demi-glace - \$17**

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 -\$16

Chicken Fingers

Crispy Chicken Fingers on a bed of lettuce served with French Fries or potato wedges & tartar sauce -\$12

Fish Fingers

Crispy Golden Fish Fillet Fingers on a bed of lettuce served with Potato Wedges or French Fries & Tartar Sauce \$14

Chips, Pico de Gallo & Guacamole

Our house Guacamole & Pico de Gallo with crisp Tortilla Chips -\$8

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DESSERTS

Ice Cream of the House

A choice of three scoops of our homemade pineapple, chocolate and vanilla ice creams - \$8

Sorbet Martini

Homemade sorbet, available in blackberry or passion fruit flavors, served Martini-style - \$7

Churros scented with Cinnamon

Churros dusted with cinnamon filled with blackberry, chocolate and dulce de leche sauces - \$9

Chocolate Lava Flow

Served with homemade vanilla ice cream
(Preparation takes 20 minutes) - \$12

Gaia Lime Pie

Lime pie in a chocolate crust topped with chocolate bits - \$9

Costa Rican Cake

Old-fashioned Costa Rican cake, moist & orange-scented vanilla cake with fresh berries - \$10

Pecan Nut Flan

This subtle dessert is prepared with a mixture of milk, pecans, cinnamon & caramel, accompanied with nutella - \$9

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