



LUNCH

11am – 4pm

SOUPS, ENTREES & SALADS

Sweet Roasted Squash and Papaya Soup

Made fresh daily with roasted, local squash, sweet papaya, honey & almonds - \$10

Creamed Corn Soup*

Fresh cooked corn creamed & seasoned with aromatic fine herbs and topped with local cheese gratin-\$10

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- \$10

Quinoa & Hearts of Palm Salad**

Lettuce, quinoa, cherry tomatoes, red onion, cucumber, fresh mushrooms & hearts of palm, dressed in passion fruit, green herbs and basil-\$11

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- \$16

Tuna Tartare with Avocado

A delicious recipe prepared with fresh tuna, finely cut, topped with avocado, tomatoes, pepper, marinated in a garlic vinaigrette & accompanied with green plantain chips-\$16

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 - \$13

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

All Sandwiches are accompanied with chips, French Fries, potato wedges or side salad, and are served on your choice of white or multi-grain bread.

Costa Rican Casado

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

- Casado with vegetables-\$13
- Casado with Chicken-\$15
- Casado with Fish-\$19
- Casado with Beef-\$20

Beef Milanese

This traditional recipe from the central plateau of Costa Rica is made from hand-mashed sirloin, dipped in beaten egg, parsley and cheese, coated with homemade breadcrumbs, accompanied with mashed potatoes, vegetable rolls, and a tomato sauce with oregano and basil-\$26

Garlic Mahi-Mahi Fillet

Delicious and fresh grilled local dorado fillet with a garlic, parsley, sweet cream and white wine sauce, accompanied by mashed potatoes and sautéed vegetables-\$26

Indigenous Tamale

With our version of this recipe of Mesoamerican origin, the tamale is prepared with rice, stuffed with bacon, meat marinated with red wine, chicken, plums, capers, potatoes & carrots, accompanied with a delicious Chorizo minced with potato & cabbage in vinegar-\$16

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 - \$18

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 - \$10

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Panini Caprese

Fresh tomato with mozzarella cheese, served inside a panini roll, accompanied with lettuce, tomato & red onion, with fries or potato wedges & basil dressing on the side - \$13

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 - \$16

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

Quesadilla

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

Your choice:

- Cheese Quesadilla - \$12
- Vegetarian Quesadilla - \$13
- Quesadilla with Chicken - \$17
- Quesadilla with filet of Beef - \$22

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 - \$19

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 bbq sauce - \$16

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 demi-glace sauce -\$22

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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 -\$13

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 -\$13
- Nacho with Chicken -\$17
- Nacho with Ground Tenderloin-\$22

Chicken Fingers

Crispy Chicken Fingers on a bed of lettuce served with French Fries or potato wedges & tartar sauce -\$13

Fish Fingers

Crispy Golden Fish Fillet Fingers on a bed of lettuce served with Potato Wedges or French Fries & Tartar Sauce \$15

Chips, Pico de Gallo & Guacamole

Our house Guacamole & Pico de Gallo with crisp Tortilla Chips -\$9

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DESSERTS

Ice Cream of the House

A choice of three scoops of our homemade pineapple, chocolate and vanilla ice creams - \$9

Sorbet Martini

Homemade sorbet, available in blackberry or passion fruit flavors, served Martini-style - \$8

Churros scented with Cinnamon

Churros dusted with cinnamon filled with blackberry, chocolate and dulce de leche sauces - \$10

Chocolate Lava Flow

Served with homemade vanilla ice cream
(Preparation takes 20 minutes) - \$13

Gaia Lime Pie

Lime pie in a chocolate crust topped with chocolate bits - \$10

Costa Rican Cake

Old-fashioned Costa Rican cake, moist & orange-scented vanilla cake with fresh berries - \$11

Pecan Nut Flan

This subtle dessert is prepared with a mixture of milk, pecans, cinnamon & caramel, accompanied with nutella - \$10

Gaia's Secret Sin

Local pineapple sliced paper thin & formed into "raviolis" & stuffed with cream cheese & "dulce de leche", drizzled with a wild berry coulis-\$10

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