



DINNER

SOUPS & SALADS

Costa Rican Vegetable Soup

A delicious blend of vegetables & pasta simmered slowly in a hearty chicken broth-\$10

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

Banana Curry Soup*

Unique Tropical Blend of Banana, Sweet Chili, Almonds & Curry \$8

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-\$10

Quinoa & Heart of Palm Salad **

Lettuce, quinoa, cherry tomatoes, red onion, cucumber, fresh mushrooms & heart of palm accompanied with a dressing made with passion fruit, mint and basil-\$11

Apple Salad with Spinach & Blackberry Vinaigrette **

Lettuce, fried spinach, basil, apple, caramelized almonds, cherry tomatoes and cucumber with apple with blackberry vinaigrette - \$11

***Vegetarian Food**

****Vegan Food**

All dishes are Gaia's version of Costa Rican Cuisine

All Prices are in Dollars

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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-\$13

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-\$16

Tuna Tartar with Avocado

A delicious recipe prepared with finely sliced fresh tuna, seasoned with avocado, tomato, cucumber, spices marinated in a sesame vinaigrette & accompanied with green plantain chips-\$16

Honey-Garlic Calamari Salad

Served in a rice paper basket with a bed of field greens & chopped local tomatoes-\$12

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-\$13

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 - \$11

Mango Tartar With Avocado

A delicious recipe made with finely chopped ripe mango with avocado, tomato and spices -\$13

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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-\$23

Garlic Dorado 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-\$23

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 - \$23

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 - \$26

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- \$25

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 - \$30

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RESTAURANT BY GAIA HOTEL AND NATURE RESERVE

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 - \$18

(Substitute Fish for an additional \$3)

Breaded Chicken Breast

Chicken filet tenderized, battered & breaded with parsley & Parmesan cheese then fried to a golden brown and served with our house Pomodoro sauce, accompanied with mashed potatoes and rolled vegetables - \$20

Grilled Chicken with Ginger, Honey & Soy

In this delicious recipe from the Costa Rican Chinese Caribbean tradition, the chicken is prepared with ginger, honey, pineapple and soy, then it is grilled, accompanied by fried spinach and mashed potatoes-\$18

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

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-\$28

Beef Tenderloin

Grilled beef tenderloin from the North of Costa Rica served with meat reduction sauce, Lizano Sauce, rice and corn, cheese & tortillas - \$34

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 sautéed Pacific shrimp - \$41

Traditional Churrasco

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The Guanacaste recipe for Grilled Churrasco, rosemary potato wedges, chimichurri, sautéed vegetables, accompanied by a beef broth & honey mustard sauce-\$45

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 - \$28

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 - \$26

Pasticcio Di Lasagne Al Ragù

Home style recipe, with fresh tomato sauce, homemade pasta, mozzarella, parmesan cheese, and ground lean Beef \$24

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 -\$17

Gaia Mushroom Risotto (contains lactose products) *

Portobello & white mushrooms & rice, prepared with a vegetable consommé with cream and local cheese - \$20

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-\$16

Vegetable Pasta with Fresh Mushrooms and Portobello**

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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-\$15

Pineapple Curry*

A recipe from the South Caribbean, made with pineapple and curry, accompanied by vegetable rolls and white rice-\$16

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-\$20

SIDE DISHES

Fresh Vegetable Skewer-\$6

"Spicy" Mushrooms-\$8

DESSERT

House Delights:

Our homemade ice creams included.
Chocolate, Vanilla 3 scoops -\$9

Sorbet "Martini"

House sorbet available in either Passion Fruit or Blackberry flavors - \$8

Cinnamon Scented Churros

Filled with blackberry, chocolate & dulce de leche sauces - \$10

Chocolate Lava Flow

Served with homemade vanilla ice cream (20 minutes preparation time) - \$13

Gaia Lime Pie

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

Old Fashion Cake

Delicious old fashioned cake with cranberries and orange - \$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

COFFEE & HOT BEVERAGES

Affogato

Cappuccino – Baileys – Amaretto – Vanilla Ice Cream - \$10

Caribbean Coffee

Espresso – Malibu – Kahlua – Whipped Cream - \$10

Irish Coffee

Whiskey – Cappuccino - \$9

Luna's Coffee

Espresso - Sheridan's Liqueur – Whipped Cream - \$11

Gaia Café

Cappuccino – Amaretto – Cognac – Creme de Cacao - \$12

Nutty Dream

Espresso – Amaretto – Whipped Cream - \$10

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