



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

Kani Salad

A delicious salad preper with kanikama, wakame, wasabi, mango, avocado, mayonnaise, salmon and rice paper - \$16

All dishes are Gaia's version of Costa Rican Cuisine

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***Vegetarian Food**

****Vegan Food**

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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Sashimi

Tuna - \$12
Salmon - \$15
Tuna y Salmon - \$14
Mahi Mahi - \$17

Nigiri 2 pieces

Tuna - \$8
Salmon - \$8

Edamame \$9

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-\$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

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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

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

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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

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

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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**

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

POKE

Pacific Paradise Poke

Featuring tender salmon, rice, creamy avocado, exotic mango, and a crunchy hint of almonds, every bite is a fresh and flavorful escape - \$ 14

Sunny Island Poke

A fresh and vibrant poke bowl with tuna, rice, avocado, watermelon infusion with gluten-free soy, sesame oil and mango. Creamy, crunchy, and tropical-\$ 14

Kiwi Breeze Poke

A light and refreshing poke with shrimp a dash of lemon and special sauce, rice, avocado, edamame, cucumber, and a tropical twist of kiwi - \$ 14

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SUSHI ROLLS

Samurai Sunrise Roll

Roll with crispy panko kanikama and shrimp, cream cheese, chives, topped with tuna, hints of orange, eel sauce, and sesame seeds. -\$17

Tropical Plantation Roll

Based on the rich and creative fusion of sweet (ripe plantain), savory (tuna tartare with mayonnaise capers and pickles), creamy (cream cheese), and umami (eel sauce). -\$19

Ocean Harmony Roll

This roll features a rich trio of seafood (tuna, salmon, kanikama), creamy avocado and chive elements, and a fresh umami ocean topping (wakame and masago), making it a luxurious, ocean-inspired creation. -\$19

Zen Crunch Roll

This hearty, crunchy, and rich roll combines panko shrimp, tempura vegetables, an avocado topping, and eel sauce for a satisfying umami experience with creamy and crispy textures. -\$19

Red Tempest Roll

This roll is bold, rich, and colorful, featuring fresh tuna, crispy shrimp, avocado, cream cheese, spicy mayo, eel sauce, and masago or tobiko for a vibrant pop. -\$22

Imperial Surf Roll

A crunchy explosion of seafood, a roll where every bite is a adventure. With a smooth interior of cheese and scallions, this roll overflows with a topping of poached shrimp, salmon, and crispy panko-crusted kanikama. Drizzled with eel sauce and sprinkled with sesame seeds. It's a symphony of textures and marine flavors. -\$20

Royal Coral Roll

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RESTAURANT BY GAIA HOTEL AND NATURE RESERVE

This roll is luxurious and deeply umami-rich—combining fresh tuna, salmon, crispy shrimp, cream cheese, avocado, and a touch of truffle oil for gourmet flair.

-\$20

Alaska Roll

Rich combination of tuna and salmon, cream cheese, avocado, and chives, topped with wakame for a fresh, vibrant touch. -\$20

Emerald Crunch Roll

This roll is creamy, crunchy, and rich, combining tempura shrimp, kani with mayo, an avocado topping, eel sauce, and sesame for a classic Japanese Latin fusion experience. -\$19

Truffle Tango Roll

This roll is indulgent and sophisticated—featuring fresh tuna, a tempura shrimp topping, cream cheese, avocado, truffle oil, and a sweet-savory honey mustard mayo + eel sauce combo, with a final touch of crispy scallions. -\$19

Maguro Roll

This roll is a fresh and tropical fusion with fresh tuna, avocado, chives and sesame seeds. - \$13

Philadelphia Roll

Savor the timeless perfection of our Classic Philadelphia Roll. Generously filled with fresh salmon, creamy cream cheese, and smooth avocado, with a hint of chives. Finished with a blend of black and white sesame seeds for unbeatable texture and flavor. -\$19

Dragon Roll

Crispy panko shrimp roll with cucumber and avocado. Topped with eel sauce, spicy mayo, masago, chives, and sesame. -\$19

California Roll

Experience freshness in every bite of our Fresh California Roll. Filled with kanikama, smooth avocado, and crisp cucumber, each piece is delicately rolled in masago and a sprinkle of sesame for a light and satisfying experience.

-\$15

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RESTAURANT BY GAIA HOTEL AND NATURE RESERVE

Spicy Tuna Roll

Get ready for the Spicy Tuna Explosion, a bold and flavorful roll. Filled with generous fresh tuna, creamy avocado, and crisp cucumber, all enhanced by aromatic sesame oil and a vibrant touch of chives. Sriracha sauce provides the perfect kick, complemented by black and white sesame seeds. -\$15

Rainbow Roll

Vibrant roll with kanikama, avocado, and cucumber. Topped with mango, salmon, tuna, masago, and sesame. -\$18

Quepos Roll

This roll is a fresh fusion, creamy and tropical. Combines kanikama, avocado, cucumber, sweet plantain, eel sauce, cream cheese and sesame seeds for extra-richness and texture -\$15

Salmon Crunchy Roll

Fresh salmon, avocado, cream cheese, and chives, with eel sauce and sesame for the perfect crunch.) -\$18

Shrimp Crunchy Roll

Crispy panko shrimp roll, with avocado, cream cheese, chives, and a topping of kanikama with mayo, eel sauce, and sesame. -\$19

Honey Blaze Roll

Crunchy and creamy roll with panko chicken, avocado, cream cheese, and a sweet-savory honey, mustard, and eel sauce blend. -\$17

Fruit Blossom Roll *

Discover the Creamy Tropical Paradise, a roll where sweetness meets smoothness. Filled with mango, strawberry, and peach, balanced with kanikama, creamy cream cheese, and a hint of chives. Sesame seeds add the perfect texture to this deliciously fresh and fruity experience. -\$17

Crunch Garden Roll *

Enjoy the freshness and crunch in every bite of our Vegie Crunch. A roll filled with perfectly golden tempura vegetables, creamy avocado, and the toasted hint of sesame seeds. A light and delicious option for veggie lovers -\$17

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Daily fresh vegetables in tempura such as carrot, onion, bell pepper and zucchini with special sauce -\$11

Tempura Shimp Veggies

Large tempura shrimp and daily fresh vegetables in tempura such as carrot, onion, bell pepper and zucchini with special sauce - \$16

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

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

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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

Caramel Panna Cota

Delicious Italian dessert served with wafer rolls- \$10
(Enjoy it with ice cream for \$2)

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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