



## **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-\$14**
- Casado with Fish-\$17**
- Casado with Beef-\$20**

### **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

### **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

### **Breaded Chicken Breast**

Chicken fillet 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

### **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**

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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

### **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 - \$15

### **Vegetable Wrap with Filet of Beef**

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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

### **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 -\$16**

**-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

## **DESSERTS**

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

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

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### **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

### **Caramel Panna Cota**

Delicious Italian dessert served with wafer rolls- \$10

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