LA LUNA

RESTAURANT BY GAIA HOTEL AND NATURE RESERVE

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

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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

Garlic Dorado Fillet

Delicious and fresh grilled local dorado filet 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 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

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

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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

Caramel Panna Cota

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

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