



**PLANT-BASED**

*Menu*

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Pacuare Lodge

# DRINKS

## Menu

### Non alcoholic

FRESH FRUIT SMOOTHIES _____	€ 2.750
SPARKLING WATER 750ML _____	€ 4.400
STILL WATER 750ML _____	€ 3.300
SODAS _____	€ 2.205
MOCKTAILS _____	€ 3.600
MILKSHAKES _____	€ 3.300

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### Beer

NATIONAL BEER _____	€ 2.750
CRAFT BEER _____	€ 4.950


*Prices include 13% VAT and 10% service tax.*

# PLANT-BASED

## Lunch

Served daily from 12:00pm to 3:00pm

### APPETIZERS

**GARDEN SALAD**  \_\_\_\_\_ ₡ 7.000

A mix of fresh lettuce leaves, cherry tomatoes, cucumber, ciabatta croutons, and olive crumbs.

**BEET TARTARE** \_\_\_\_\_ ₡ 8.000

Roasted and served with Dijon mustard and baby lettuce salad.

**PEJIBAYE SOUP** \_\_\_\_\_ ₡ 8.000

Made with vegetable broth, roasted *pejibayes*. Served with grilled heart of palm and *pejibaye* chips.

**POZOL** \_\_\_\_\_ ₡ 7.000

Traditional Costa Rican soup made with hominy, baby corn and kale.

### MAIN COURSE

**PACUARE SALAD**  \_\_\_\_\_ ₡ 10.500

An assortment of lettuce varieties, along with kale, spinach, and arugula. Includes confit beetroot, roasted potatoes, mushrooms, asparagus, avocado, and cherry tomatoes. Served with homemade pita bread and balsamic vinegar dressing or Dijon mustard.

**VEGGIE TACOS** \_\_\_\_\_ ₡ 8.000

Grilled portobello, spicy avocado cream, pickled cabbage, and toasted corn.

**RICE AND BEANS**  \_\_\_\_\_ ₡ 10.500

Traditional Caribbean dish prepared with rice and beans cooked in coconut milk and Panamanian pepper. Served with cauliflower fillet in Caribbean sauce and fried plantains and cabbage salad on the side.

**VEGAN PASTA**  \_\_\_\_\_ ₡ 10.000

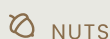
Made with natural tomato sauce, a variety of vegetables, and fresh basil.

**CASADO** \_\_\_\_\_ ₡ 12.000

Rice, beans, heart of palm hash, and ripe plantains. Served with homemade corn tortillas and sauteed vegetables.



GLUTEN



NUTS



SPICY

# PLANT-BASED

## Dinner

Served daily from 6:30pm to 8:30pm

### APPETIZERS

#### PUMPKIN SOUP \_\_\_\_\_ ₪ 8.000

Made with vegetable broth and flavored with cinnamon, orange, and ginger.

#### GREEN SALAD 🌱 \_\_\_\_\_ ₪ 8.000

Spinach leaves, arugula, lentils, pine nuts, dried cranberries, candied pumpkin, and a ginger and sesame balsamic dressing.

#### STUFFED TOMATO 🌱 \_\_\_\_\_ ₪ 8.000

Filled with 'Beyond Meat', cashews, turmeric, and tahini. Served on a bed of onion jam.

#### BROCCOLI BOWL 🌱 🌶️ \_\_\_\_\_ ₪ 8.000

Roasted broccoli with almonds, lemon tahini dressing, chili flakes, and spicy oil.

### MAIN COURSE

#### BEET RISOTTO 🌱 \_\_\_\_\_ ₪ 10.000

Made with vegetable broth, candied beetroot, vegan cheese, and cashews.

#### COCONUT CURRY 🌱 \_\_\_\_\_ ₪ 10.000

Made with vegetable broth, Madras curry, natural coconut milk, vegetables, wild rice mix, and chard with lemon.

#### ORZO PASTA 🌱 \_\_\_\_\_ ₪ 10.000

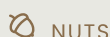
Prepared with tomato sauce, a variety of mushrooms, and green salad.

#### FALAFEL BOWL 🌱 \_\_\_\_\_ ₪ 10.000

Chickpea falafel with natural tomato sauce and vegetables. Served with roasted lettuce and a wild rice mix.



GLUTEN



NUTS



SPICY

# PLANT-BASED Ice Cream

**OSA VANILLA** \_\_\_\_\_ ₡ 5.000

Made with natural vanilla from the Osa Peninsula.

**CHOCOLATE** \_\_\_\_\_ ₡ 5.000

Made with local organic chocolate and cacao nibs.

**PUMPKIN HONEY** \_\_\_\_\_ ₡ 5.000

Traditional Costa Rican recipe turned into ice cream. Flavored with cinnamon and cloves.

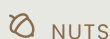
**SEASONAL FLAVORED SORBETS** \_\_\_\_\_ ₡ 5.000

Ask about the available options.

*The ice cream and sorbet crumble ingredients may contain gluten and nuts!*



GLUTEN



NUTS



SPICY