

Lunch & Dinner

SERVED FROM 11AM - 9 PM

SOUPS & STARTERS

Costa Rican Black Bean Soup **V GF VG***

Typical black bean soup served with rice, avocado, sour cream & a hard boiled egg

3500

Gazpacho Andaluz **VG GF***

Tomato, cucumber, sweet pepper & olive oil chilled soup

3600

Namaste Spring Rolls **VG GF***

Rice paper rolls with avocado, lettuce, vegetables & sesame dressing

6000

Ceviche Tico **GF***

Fresh fish marinated in lemon juice, onion, cilantro & bell pepper.

5500

Served with Patacones

Montezuma Ceviche **GF***

Fresh fish marinated in lemon juice, mildly spicy ranchera sauce, onion, bell pepper, garlic & cilantro. Served with Patacones

5500

STARTERS & SIDES

French Fries

2500

Fried Yuca

2500

Patacones

2500

Fish or Chicken Nuggets

3000

Chips & Pico de Gallo

2000

Chips & Guacamole

2500

Garlic Bread

1600

WRAPS

Served with homemade tortilla chips and pico de gallo (Gluten free option available with rice paper)

Chicken Wrap **GF***

6000

Grilled chicken, vegetables, lettuce & caesar dressing

Fresh Fish Wrap **GF***

6000

Fresh fish, vegetables, lettuce & caesar dressing

Veggie Wrap **V GF***

6000

Sautéed vegetables, lettuce & pesto dressing

Spicy Wrap **V GF***

6000

Rice, refried beans, pico de gallo, cheese, jalapeño pepper & ranchera sauce

SALADS

Made with organic greens when available

Add: fresh fish, chicken, shrimp or tofu 2000

Caesar Salad **V GF***

Large 4000

Lettuce, homemade croutons, Small 2000
parmesan & homemade caesar dressing

Rainbow Salad **VG GF***

5500

Lettuce, tomato, carrot, beets, olives, guacamole, homemade croutons, garlic bread
toasted sunflower seeds & fresh basil dressing

Happy Belly **VG GF***

5500

Lettuce, cucumber, tomato, carrot, purple cabbage, guacamole, bell pepper, toasted sunflower seeds & fresh balsamic vinaigrette

Chipotle Salad **VG**

5500

Lettuce, cucumber, beans, carrot, avocado, cilantro, pico de gallo, purple cabbage, bell pepper, tortillas chip & chipotle-tahini dressing

SANDWICHES

Vegan Patacon Sandwich **VG GF***

5000

Lettuce, tomato, cucumber & guacamole served on patacones

Veggie Patacon Sandwich **V GF***

6000

Lettuce, tomato, cucumber, cheese & guacamole. served on patacones with your choice of chipotle-mayo sauce, garlic aioli or BBQ sauce

Chicken Patacon Sandwich **GF***

6500

Chicken, lettuce, tomato, cucumber & cheese, served on patacones with your choice of chipotle-mayo sauce, garlic aioli or BBQ sauce

Chicken Sandwich

5500

Grilled chicken on homemade whole wheat bread with avocado, lettuce, tomato, cucumber & dijon-mayo

Veggie Burger Sandwich **V**

5500

Homemade lentil patty served on homemade whole wheat bread with guacamole, lettuce, tomato, cucumber & ranchera sauce

VG=Vegan V=Vegetarian GF=Gluten free GF*/ VG*= Gluten free /Vegan option available

We are not a gluten free kitchen. We take special care but cross contamination could occur.

Rates do not include 13% Tax

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TYPICAL COSTA RICAN

Chicken or Fish Casado GF*	6000	Rice With Chicken GF*	6500
Chicken or Fish, rice (white or brown), beans vegetables, cheese, lettuce, plantains & salad			
Vegetarian Casado VG* GF*	6000	Rice With Shrimp GF*	7500
Avocado, rice (white or brown), beans vegetables, cheese, lettuce, plantains & salad			

SANO BANANO CLASSICS

Enchilada Mexicana		Patacones Sano Banano VG GF*	
Tortilla stuffed with cheese, refried beans & vegetables, topped with cheese and ranchera sauce			
Chicken or fish	8500	Chicken	6800
Vegetarian	7000	Vegetarian	5000
Mexican Tostadas V GF*		Zuma Bowl VG*	
Two crispy corn tortillas topped with avocado, refried beans, lettuce, pico de gallo, cheese & sour cream			
Chicken	6000	Chicken / Fish/ Shrimp/ Tofu	7500
Vegetarian	4500	Vegetarian	6000
Nachos V GF*		Nuggets	6500
Corn tortilla chips, guacamole, pico de gallo, cheese, refried beans & sour cream			
Chicken/ Fish/ Shrimp	L 8500 S 6000	Chicken or fish, chipotle sauce with patacones or french fries	
Vegetarian	L 7000 S 4500		
Burrito V		Fajitas V VG* GF*	
Wheat tortilla, avocado, refried beans, pico de gallo, lettuce, cheese, sour cream & ranchera sauce			
Chicken or Fish	7500	Corn tortillas, guacamole, refried beans & pico de Gallo	
Vegetarian	6000	Chicken or Fish	8000
		Vegetarian	6500
		Quesadillas V	
		Large wheat tortilla, vegetables & cheese served with pico de gallo	
		Chicken / Fish / Shrimp	8000
		Vegetarian	6500

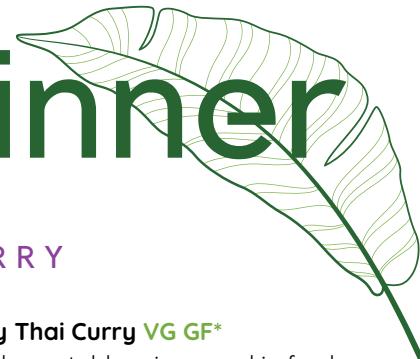
WHAT IS A PATACON?

A crispy, golden disc of pure green plantain power—fried, smashed, and ready to carry all your favorite toppings

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FRESH FISH

Fresh Fish a la Parisienne GF*
Fresh fish filet with white wine and minced garlic & parsley sauce, complimented by mashed potatoes and vegetables

9000

Fresh Fish a la Passion Fruit GF*
Fresh fish filet with a delicious passion fruit sauce served with mashed potatoes and vegetables

9000

Fresh Fish a la Jalapeño GF*
Fresh fish filet with a spicy jalapeño-ranchera sauce accompanied by mashed potatoes and vegetables

9000

Fresh Fish a la Costa Sol GF*
Fresh fish filet with a creamy white wine shrimp sauce served with mashed potatoes and vegetables

10000

FARM RAISED CHICKEN

Chicken with Pineapple Rum Sauce GF*
Chicken breast served with a fresh pineapple rum sauce, accompanied by mashed potatoes and vegetables

8500

Chicken a la BBQ GF*
Chicken kebabs enhanced by a delicious barbecue sauce, served on a pineapple slice. Accompanied by mashed potatoes and vegetables

9000

Chicken with Fresh Mushroom Sauce GF*
Chicken breast served with a savory fresh mushroom sauce and accompanied by mashed potatoes and vegetables

CURRY

Savory Thai Curry VG GF*
Curried vegetables simmered in fresh homemade coconut milk served with white or brown rice

Chicken / Fish/ Shrimp /Tofu Vegetable 8500
7000

PASTA

Pasta Pesto with Mushrooms V
Pasta penne enhanced with a sauteed mushroom, pesto and white wine sauce

Chicken / Fish/ Shrimp/ Tofu Vegetarian 8000
6500

Pasta Arrabiata V
Penne pasta with a spicy tomato sauce with white wine, parsley, garlic & parmesan cheese

Chicken / Fish/ Shrimp/ Tofu Vegetarian 8000
6500

Spaghetti Sano Banano VG
Spaghetti with fresh homemade coconut milk & white wine sauce, basil, bell pepper, mushrooms & avocado

Chicken / Fish/ Shrimp/ Tofu Vegan 8000
6500

Fettuccini with Shrimp & Mussels 9000
Pasta fettuccini with shrimp and mussels in a creamy white wine sauce, served with garlic bread

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