

# LUNCH & DINNER

## Soups & Starters

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

Typical black bean soup served with rice avocado, sour cream & a hard boiled egg | 3000

### **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 | 5000

### **Ceviche Tico GF\***

Fresh fish marinated in lemon juice, onion, cilantro & bell pepper.  
Served with Patacones | 5000

### **Montezuma Ceviche GF\***

Fresh fish marinated in lemon juice, ranchera sauce, onion, bell pepper, garlic & cilantro.  
Served with Patacones | 5500

## Salads

Organic greens when available

Add fresh fish, chicken, shrimp or tofu | 1700

### **Caesar Salad V GF\***

Lettuce, homemade croutons, parmesan & homemade caesar dressing  
Large | 3900 Small | 2000

### **Rainbow Salad VG GF\***

Lettuce, tomato, carrot, beets, olives, guacamole, homemade croutons, toasted sunflower seeds, garlic bread & fresh basil dressing | 5000

### **Happy Belly VG GF\***

Lettuce, cucumber, tomato, carrot, purple cabbage, guacamole, bell pepper, toasted sunflower seeds & fresh balsamic vinaigrette | 5000

### **Chipotle Salad VG**

Lettuce, cucumber, beans, carrot, avocado, cilantro pico de gallo, purple cabbage, bell pepper, tortillas chip & chipotle-tahini dressing | 5000

## Sandwiches

### **Vegan Patacon Sandwich VG GF\***

Lettuce, tomato, cucumber & guacamole served on patacones | 5000

### **Veggie Patacon Sandwich V GF\***

Lettuce, tomato, cucumber, cheese & guacamole served on patacones with your choice of chipotle-mayo sauce, garlic aioli or BBQ sauce | 6000

### **Chicken Patacon Sandwich GF\***

Chicken, lettuce, tomato, cucumber & cheese, served on patacones with your choice of chipotle-mayo sauce, garlic aioli or BBQ sauce | 6000

### **Chicken Sandwich**

Grilled chicken on homemade whole wheat bread with avocado, lettuce, tomato, cucumber & dijon-mayo | 5000

### **Veggie Burger Sandwich V**

Homemade lentil patty served on homemade whole wheat bread with guacamole, lettuce, tomato, cucumber & ranchera sauce | 5000

## Wraps

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

### **Chicken Wrap**

Grilled chicken, vegetables, lettuce & caesar dressing | 5000

### **Fresh Fish Wrap**

Fresh fish, vegetables, lettuce & caesar dressing | 5000

### **Veggie Wrap V**

Sautéed vegetables, lettuce & pesto dressing | 5000

### **Spicy Wrap V**

Rice, refried beans, pico de gallo, cheese, jalapeño pepper & ranchera sauce | 5000

**Rates do not include 13% tax**

**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

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## Typical Costa Rican

### **Chicken or Fish Casado GF\***

Chicken or Fish, rice (white or brown), beans, vegetables, cheese, lettuce, pico de gallo & plantains | 5500

### **Vegetarian Casado VG\* GF\***

Avocado, rice (white or brown), beans, vegetables, cheese, lettuce, pico de Gallo & plantains | 5500

### **Rice With Chicken GF\***

Classic Costa Rican rice with chicken served with salad & patacones | 5500

### **Rice With Shrimp GF\***

Classic Costa Rican rice with shrimp served with salad & patacones | 6000

## Sano Banano Classics

### **Patacones Sano Banano VG GF\***

Fried Mashed plantains served with guacamole, refried beans & pico de gallo | 4000

### **Zuma Bowl VG\***

Brown or white rice. Topped with beans, cheese, tomato, cucumber, avocado, toasted sunflower seeds, tortilla chips, cilantro & chipotle-tahini sauce  
Chicken, fish, shrimp or tofu | 7000 Vegetarian | 6000

### **Nuggets**

Chicken or fish, chipotle sauce with patacones or French fries | 6500

### **Fajitas V VG\* GF\***

Corn tortillas, guacamole, refried beans & pico de gallo  
Chicken or fish | 7500 Vegetarian | 6000

### **Quesadillas V**

Large wheat tortilla, vegetables & cheese served with pico de gallo.  
Chicken, fish or shrimp | 7500 Vegetarian | 6000

### **Mexican Enchilada**

Tortilla stuffed with cheese, refried beans & vegetables, topped with cheese and ranchera sauce

Chicken or fish | 8000 Vegetarian | 6500

### **Mexican Tostadas V GF\***

Two crispy corn tortillas topped with avocado, refried beans, lettuce, pico de gallo, cheese & sour cream | 4500

### **Nachos V GF\***

Homemade tortilla chips, guacamole, pico de gallo, cheese, refried beans & sour cream.  
Chicken/ fish/ shrimp | large 7500 | small 4500  
Vegetarian | large 6000 | small 3500

### **Burrito V**

Wheat tortilla, avocado, refried beans, pico de gallo, lettuce, cheese, sour cream & ranchera sauce  
Chicken or fish | 7500 Vegetarian | 6000

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## Fresh Fish

### **Catch of the day a la Parisienne GF\***

Fresh fish filet with minced parsley and white wine garlic sauce, complimented by mashed potatoes and vegetables | 8000

### **Catch of the day a la Passion Fruit GF\***

Fresh fish filet with a delicious passion fruit sauce served with mashed potatoes and vegetables | 8000

### **Catch of the day a la Jalapeño GF\***

Fresh fish filet with a spicy jalapeño-ranchera sauce accompanied by mashed potatoes and vegetables | 8500

### **Catch of the Day a la Costa Sol GF\***

Fresh fish filet with a creamy white wine shrimp sauce served with mashed potatoes and vegetables | 9000

## Farm Raised Chicken

### **Chicken with Pineapple Rum Sauce GF\***

Chicken breast served with a fresh pineapple rum sauce, accompanied by mashed potatoes and vegetables | 8000

### **Chicken a la BBQ**

Chicken kebabs enhanced by a delicious barbecue sauce, served on a pineapple slice and accompanied by mashed potatoes and vegetables | 8500

### **Chicken Breast with Fresh Mushroom Sauce GF\***

Served with a savory fresh mushroom sauce and accompanied by mashed potatoes and vegetables | 8500

## Curry

### **Savory Thai Curry VG GF\***

Curried vegetables simmered in fresh homemade coconut milk served with white or brown rice.  
Chicken, fish, shrimp or tofu | 8500  
Vegetable | 7000

## Pasta

### **Pasta Pesto with Mushrooms V**

Pasta penne enhanced with a sauteed mushroom, pesto and white wine sauce  
Chicken | 7000 Vegetarian | 6000

### **Pasta Arrabiata V**

Penne pasta with a spicy tomato sauce with white wine, parsley, garlic & parmesan cheese | 6000

### **Spaguetti Sano Banano VG**

Spaguetti with a fresh coconut milk white wine sauce, basil, bell pepper, mushrooms & avocado  
Vegan | 6500 Shrimp | 7500

### **Fetuccini with Shrimp & Mussels**

Shrimp and mussels in a creamy white wine sauce, served with garlic bread | 8000

## 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

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