

## **BREAKFAST MENU**

**DRINKS** -

Non-alcoholic drinks Fresh fruit smoothies or milkshakes 7
BREAKFAST DISHES
$      \textbf{Tropical parfait } \underbrace{\text{GF}}_{R} \text{ Natural yogurt, homemade granola and seasonal tropical fruits } $
Chia pudding (GF) R (VG) R Coconut milk, organic jam and fresh fruit
$      \textbf{Oatmeal} \; \textcircled{\textit{GF}} \; \textit{R} \; \textcircled{\textit{VG}} \; \textit{R} \; \; \textit{Spices, raisins and strawberries; prepared in water, milk, soy milk or coconut milk} $
Pastry basket Daily selection of homemade pastries served with butter and jam
<b>Egg white omelette</b> (GF) Spinach, zucchini, fresh hearts of palm and onion with a quinoa salad
<b>Healthy Omelette</b> (GF) Two eggs with mushrooms, ham, bell peppers and mozzarella cheese. Side of Chef's potatoes, toast or grilled vegetables
Pancakes GF R VG R Mango-ginger confit and roasted coconut flakes
French toast GFR VGR Thick-cut brioche with banana, blackberry compote and cashews

**Selection of tostadas** (GF)R Avocado cream and slow-cooked quail egg on multigrain bread; goat cheese with sun-dried tomatoes on ciabatta bread;

Cocktails Bloody Mary, Mimosa (classic, passion fruit or pineapple)

creamy chocolate and banana on brioche bread



**Tico wrap** (vg) R Egg, mashed beans, grilled vegetables, avocado, gallo pinto and tortilla chips

Breakfast sandwich GFR VGR Homemade bread with goat cheese, basil pesto and tomato, served with green salad and mango dressing

**Eggs your way** (a) Two eggs served with toast or homemade corn tortilla. Choice of two sides: bacon, cheese, vegetables, traditional Costa Rican sausage, pico de gallo, ham, sweet plantain, gallo pinto, natilla, avocado, mashed beans, Chef's potatoes, fresh salad

**Huevo chilero a la Tica** GF One corn and one cheese tortilla, fried egg, cream cheese, black beans and ranchera sauce

**Egg casserole** (GF) Two fried eggs with salsa ranchera, goat cheese, avocado, jalapeños and fried corn tortilla strips

**Gallo pinto** (GF) (VG) R Our traditional rice and beans dish with two eggs any style, cheese, corn tortilla and fried plantains

## KID'S MENU -

Pancakes Chocolate chip or banana (GF)R (VG)R

Toast With peanut butter and jelly

Cereal and milk (Frosted Flakes, Corn Flakes or Froot Loops)