

La Fragata

APPETIZERS

CATCH OF THE DAY CEVICHE 🌱🌊 28
A colorful fresh fish ceviche marinated in lemon juice with red bell pepper, red onion and cilantro, served with a side of seasonal chips

TUNA "CRUDO" 🌱🌊 24
Diced fresh tuna chunks marinated with soy sauce, sesame oil and lemon zest, served with pickled papaya and avocado, avocado pomade and mango caviar

MIXED TIDE 🌱🌊 29
Fish and shrimp ceviche in a tangerine and avocado infusion, adorned with seasonal sprouts

CALAMARI RINGS 19
Battered calamari rings served with tartar sauce and lemon wedges

FISH AND CHIPS 24
Breaded fish chunks, served with Cajun potatoes and tartar sauce

SOUPS

"AHOJADA" 🌱🌊 22
Fish, coconut milk and cilantro broth, with shrimp and seasonal root vegetables, served on a plantain leaf and a bed of rice

SOPA NEGRA 🌱🌱🌊 18
Black bean soup and egg served over a crunchy potato nest and garnished with avocado, onion, red pepper and cilantro

SALADS

LA FRAGATA 🌊 28
Seared tuna, short pasta, pickled red onion, cucumber, peppermint, tomato, lentils, lemon and olive oil, adorned with seasonal sprouts

FROM THE FARM 🌱 24
Grilled chicken breast over lettuce from the garden, corn, Costa Rican cheese, hard-boiled egg, avocado, topped with ranch dressing and tortilla chips

FARMER'S MARKET 🌱🌱🌊 18
Lettuce, cucumber, green apple, spinach, avocado and celery served with a basil and pineapple vinaigrette

BURGERS & SANDWICHES

BREADED FISH SANDWICH 24
Breaded fish filet served with lettuce, tomato, pickled onion, pickles and tartar sauce, on a pretzel type bun

BREADED SHRIMP ON A ROLL 29
Breaded shrimp with pickled tomatoes and heart of palm, served with tartar sauce, on a warm artisanal roll

GRILLED VEGETABLE DOBLADITO 🌱🌱🌊 22
Flatbread filled with vegetables, served with a peppermint, cucumber yogurt dressing

ANGUS BEEF BURGER 27
Lettuce, tomato, pickled onion, pickles, bacon and melted Cheddar cheese

SIDES

French Fries	6
Potato Wedges	6
Onion Rings	10
Green Salad	5

GALLOS

Served on soft corn tortillas, with lettuce, fresh pico de gallo, pickled red onion and shredded carrot

Grilled chicken with honey mustard 🌱🌊 24

Grilled fish with creamy tartar sauce 🌱🌊 28

Grilled tenderloin with BBQ sauce 🌊 29

Sautéed shrimp with tartar sauce 🌱🌊 24

Vegetables from the garden 🌱🌱 18

PIZZAS

SHRIMP 24
White sauce base, sautéed shrimp, heart of palm, shredded mozzarella and cilantro

BBQ CHICKEN 22
BBQ sauce base, grilled chicken breast, red onion and shredded mozzarella

VEGETABLES 🌱🌱🌊 18
Rice flour dough, tomato sauce base with roasted vegetables, aromatic basil and covered with grated vegan soy cheese

La Fragata

FROM THE SEA

SHRIMP WITH PICKLED PAPAYA AND AVOCADO

Garlic and white wine shrimp, served with pickled papaya and avocado, patacones and pesto

56

FRIED FISH WITH PATACONES

Breaded catch of the day, served with fried green plantain, beans, guacamole, pico de gallo and jalapeño

24

PEJIBAYE CRUSTED TUNA STEAK

Grilled tuna in a peach palm fruit crust, served with heart of palm and chickpea couscous, pickled onion and bathed in a spicy lemon butter

36

ARTISANAL PASTAS

SHRIMP TAGLIATELLE

Sautéed shrimp in a creamy white wine sauce, served with parmesan cheese and seasonal sprouts

31

GARDEN TAGLIATELLE A LA CRÈME

Sous vide chicken in a creamy white wine sauce with mushrooms and crispy bacon

30

CRAB AND SHRIMP RAVIOLI

Sautéed in sage butter, white wine and garlic

34

RICE

COASTAL FISH AND RICE

Brothy rice with our fresh catch of the day, seasoned with ripe tomatoes, butter and cilantro

22

GRANDMA'S CHICKEN AND RICE

Brothy rice seasoned with annatto, onion, garlic, tomato, "Tico" sauce, fresh cilantro, garden peas, chicken stock and butter

22

COSTA RICAN SHRIMP AND RICE

Brothy rice with locally caught shrimp seasoned with annatto, onion, garlic, tomato, "Tico" sauce, fresh cilantro, garden peas, shrimp stock and butter

24

Rodrigo Salazar



Parador
Nature Resort & Spa
Costa Rica

As an environmentally responsible company, Parador Nature Resort & Spa does not incorporate endangered species in its menu, and it respects allowed fishing seasons. The products used comply with the regulations and recommendations of the competent entity.

Warning: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert your server if you have special dietary requirements.

 Vegetarian  Vegan  Gluten Free  Dairy Free

All prices are in \$ USD and include 13% Sales Tax + 10% Service Fee