

# La Galeria

## APPETIZERS

- EGGPLANT FAJITAS** 22     
Strips of eggplant lightly sautéed in olive oil with red peppers, onion, cilantro, white wine, vegetable stock, miso and served with corn tortillas
- CHICKEN WINGS** 28  
Classic Buffalo, BBQ, Tamarind or Honey Mustard  
Served with vegetable sticks and creamy ranch for dipping
- CALAMARI RINGS** 17  
Breaded and served with tartar sauce
- SUPREME NACHOS** 22    
Three color corn tortilla chips covered with mashed beans, mozzarella cheese, pico de gallo, guacamole and sour cream
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|--|----|
| Shredded beef  | 28 |
| Grilled chicken  | 30 |
| Combination chicken & beef   | 31 |
| Vegetables from the garden  | 22 |

## SALADS

- FROM THE FARM** 25   
Grilled chicken breast over lettuce from the garden, corn, Costa Rican cheese, hard-boiled egg, avocado, topped with ranch dressing and tortilla chips
- GREEN** 18     
Farm fresh lettuce leaves, cucumber, celery, spinach, tart green apple slices, mandarin orange wedges with a pineapple and basil vinaigrette dressing
- TOMATO, TOFU AND BASIL** 15     
Chef's vegan version of the classic Caprese dressed with a rich balsamic reduction and extra virgin olive oil
- QUINOA** 22     
Tri-color quinoa, red onion, tomato, chickpeas, cucumber, avocado, dressed with lemon, extra virgin olive oil and apple cider vinegar
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|-----------------|----|
| Grilled chicken | 25 |
| Sautéed shrimp  | 27 |
| Seared tuna     | 28 |

## CEVICHE

- CATCH OF THE DAY** 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
- SEAFOOD "SALPICÓN"** 30   
Fresh fish, shrimp and calamari marinated in lemon juice with red bell pepper, red onion and cilantro, served with a side of seasonal chips

## WRAPS

- Flour tortilla filled with fresh pico de gallo and guacamole, lettuce, shredded mozzarella and fried corn tortilla  
Served with fries
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|--|----|
| Shredded beef w/BBQ sauce  | 27 |
| Grilled chicken with honey mustard   | 27 |
| Grilled shrimp with tartar sauce   | 25 |
| Vegetarian   | 20 |
- Filled with zucchini, eggplant, carrot, tomato, lettuce, tofu cheese and tzatziki sauce

## BURGERS & SANDWICHES

*Grilled and served on pretzel bread bun*

- ANGUS BEEF BURGER** 27  
Lettuce, tomato, pickled onion, pickles, bacon and melted Cheddar cheese
- TROPICAL CHICKEN BREAST** 23  
Lettuce, tomato, pickled onion, pickles, BBQ sauce, pineapple slice and bacon
- CATCH OF THE DAY** 25  
Lettuce, tomato, pickled onion, pickles and tartar sauce
- VEGAN** 34     
(Served on a GF hamburger bun)  
Soy, chickpea and beet patty, slice of fried tofu, lettuce, red tomato, onion, pickles and avocado served with seasonal chips
- CLUB SANDWICH** 27  
Homemade bread, grilled chicken breast, bacon, ham, cheese, fried egg, lettuce, tomato and Chef's dressing

## SIDES

French Fries or Potato Wedges	7
Onion Rings	12
Green Salad	7

## CASADOS

- Typical Costa Rican dish served with rice, beans, ripe plantain, Costa Rican cheese, fried egg and a salad
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|------------------------|----|
| Grilled chicken breast | 37 |
| Grilled tenderloin     | 47 |
| Grilled fish fillet    | 41 |

## FINGERS & FRIES

- CHICKEN FINGERS** 20  
Strips of breaded chicken breast deep fried and served with fries
- FISH FINGERS** 23  
Strips of breaded white fish deep fried and served with fries

## GALLOS

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

Grilled chicken with honey mustard	25
Grilled fish with creamy tartar sauce	28
Grilled tenderloin with BBQ sauce	30
Sautéed shrimp with tartar sauce	25
Vegetables from the garden 	18

## QUESADILLAS

Flour tortilla filled with mashed beans, mozzarella cheese, fresh guacamole, pico de gallo and sour cream

Grilled chicken breast	27
Shredded beef	28
Sautéed shrimp	30
Vegetables from the garden 	22

## FROM THE GRILL

Select two sides:

Roasted potato with sour cream and bacon, fries, grilled vegetables or green salad (bathed in chimichurri)

CATCH OF THE DAY 220g	41
YELLOWFIN TUNA FILET 220g	34
CHICKEN BREAST 220g	37
LOCAL TENDERLOIN 220g	47
SALMON 220g	43

## RICE

### GRANDMA'S CHICKEN AND RICE 22

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

### COSTA RICAN SHRIMP AND RICE 25

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

### SQUASH RISOTTO 22

Creamy arborio rice cooked with vegetable stock, garlic, onion, seasonal squash and shredded vegan soy cheese

## PIZZAS

### FOCACCIA CAPRESE 27

Tomato sauce base, basil, fresh mozzarella, red tomato slices, pesto and sweet balsamic reduction

### HAM AND CHEESE 18

Tomato sauce base, sliced ham and shredded mozzarella (add fresh pineapple if you so desire)

### PEPPERONI 22

Tomato sauce base, pepperoni and shredded mozzarella

### SUPREME 23

Tomato sauce base, red onion, green olives, seasoned ground beef, sliced ham, mushrooms and shredded mozzarella

### SHRIMP 25

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

## PASTAS

Spaghetti, Penne, Tagliatelle

Gluten-Free Pasta add \$5

### MEDITERRANEAN 20 with grilled shrimp 25

Red ripe tomatoes with garlic, onion, aromatic basil, white wine and butter

### BOLOGNESE 25

Red ripe tomatoes with garlic, onion, seasoned ground beef, red wine and butter

### GARDEN POMODORO 20

Sautéed with onion, garlic, white wine, and tomato, perfumed with tender basil sprouts

## LIGHTER FARE

### CHICKPEA SAUTÉE 22

Sautéed chickpeas with onion, garlic, tomato, carrot, celery, white wine, perfumed with basil sprouts from the garden

### COUNTRYSIDE QUINOA 23

Sautéed with vegetable stock, seasonal squash, mushrooms and ripe plantain

Sautéed shrimp	30
Grilled chicken breast	27
Seared Tuna	30



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