

La Galeria

"In this menu, you will find more than just dishes; you will discover my passion for gastronomy, research, and innovation. As a chef, I have combined the vibrant flavors of Costa Rica with modern signature techniques, creating a unique fusion that honors our roots while exploring new frontiers. Every recipe tells a story, every bite is a journey, and every plate is a canvas to showcase art."

Welcome to this experience, where tradition meets innovation at your table.



Appetizers

LUNA DE MAR

Pickled mango and tomato infused with citrus, served with crispy corn, papaya spheres, avocado purée, and grilled octopus.

32

BEET CAPRICCIO

Thin slices of roasted beet, dressed with olive oil, lemon zest and fried capers, topped with beet and roasted garlic aioli, Parmesan cheese, mandarin segments, and seasonal sprouts.

27

TOMATO "CARPÉ TALO"

Thin slices of marinated tomato with spheres of fresh cheese, dusted with tomato powder, served with squash curls, beet slices, and seasonal sprouts in a pesto infusion.

22

BEEF CRUDO

Seasoned with mustard, lime, Lizano sauce, olive oil, onion, parsley, capers, pickled cucumbers, egg yolk, seasonal sprouts, crispy corn, roasted garlic & carrot mayonnaise.

30

LENTIL GARDEN SALAD

Green lentils seasoned with red onion, tomato, basil, lime, and olive oil, accompanied by seasonal baby vegetables, avocado purée, soybeans, and tender sprouts.

20

Ceviches

PEJIBAYE AND HEART OF PALM

Tender palm heart and pejibaye stalks, seasoned with onion, bell pepper, mint, soy sauce, lime juice, and sesame oil, served with crispy rice and avocado purée.

18

WATERMELON CRUDO

Watermelon chunks marinated with gluten free soy sauce, sesame oil, cilantro, red onion, and toasted sesame seeds, served with avocado purée, golden berries, cherry tomatoes, and crispy rice.

18

SALMON TIRADITO

Thin slices of fresh salmon seasoned with gluten-free soy sauce, sesame oil, and lemon zest, topped with avocado slices, cheese, cherry tomatoes, and seasonal sprouts.

31

SHRIMP SPHERE

Blanched pink shrimp marinated with citrus, olive oil, and salt, covered with mango slices, rice paper, avocado purée and baby zucchini flakes, served with green juice from the garden and sea.

30

CATCH OF THE DAY

Seasonal fish chunks marinated with lime, onion, bell pepper, olive oil, and salt, served with green juice from the garden and sea, tender sprouts, and crispy corn.

25

TUNA CRUDO

Yellowfin tuna seasoned with gluten-free soy sauce, red onion, bell pepper, cilantro, topped with avocado and passion fruit foam, and crispy rice.

25

 Vegetarian  Vegan  Gluten Friendly  Dairy Free

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

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Soups and Creams

PEJIBAYE CREAM SOUP

Deconstructed pejibaye broth with vegetables, accompanied by smoked palm heart foam, pork cracklings glazed with guava, and crispy potato dusted with parsley.

20

BLACK BEAN SOUP

Black bean soup served with a boiled egg on a nest of crispy potato, with bell pepper, cilantro, red onion, and avocado.

18

CHILLED WATERMELON SOUP

With fresh cheese spheres, watermelon, seasonal sprouts, and crispy bread.

18

Fresh Artisanal Pastas

FROM THE FARM

Spinach-ink tagliatelle with creamy chicken, white wine, sautéed fresh mushrooms, and crispy bacon.

31

Goes great with a Sauvignon Blanc

PASTA NEST

Served with pieces of our catch of the day, black mussels, and shrimp in a Creole tomato sauce and butter.

31

Pairs well with Rosé

OSSOBUCO RAVIOLI

With bell pepper foam, tomatoes in roasted garlic butter, green oil, and garden sprouts.

32

Goes great with Carménère

FOREST RAVIOLI

Stuffed with mushrooms, white wine cream, sautéed fresh mushrooms, pesto, and garden sprouts.

32

Recommended wine: Chardonnay

CEBOLLETAS

Scallions stuffed with shrimp, heart of palm, and cheese, atop a white wine and Dijon mustard cream sauce.

32

Goes great with a Pinot Noir

Poultry

ACHIOTE-MARINATED CHICKEN BREAST

Chicken breast marinated in a blend of lime, culantro coyote (wild cilantro), and achiote, served on a bed of baby potatoes, garden vegetables, and quail egg, wrapped in a plantain leaf.

34

Recommended wine pairing: Albariño

CHICKEN SUPREME

Served on a bed of grilled vegetables, crispy sweet potato, and roasted bell pepper foam.

34

Goes well with a Carménère

La Galeria

Meloso Rice

COUNTRYSIDE 🌾

Arborio rice prepared with onion, garlic, white wine, vegetable broth, cheese, butter, emerald squash, grilled chicken, cherry tomatoes, and garden sprouts.

30

Recommended wine pairing: Sauvignon Blanc

FROM THE SEA 🌊

Arborio rice with squid ink, tempura shrimp, black mussels in wine, and roasted bell pepper foam.

39

Enjoy with a glass of Rosé

SEA AND PLANTATION FUSION 🌊🌿

Arborio rice prepared with onion, garlic, seafood broth, white wine, cheese, butter, shrimp, and ripe plantain.

34

Recommended wine pairing Riesling

EMERALD 🌿🌱🌾🥛

Creamy rice with spinach chlorophyll and palm hearts, vegan cheese, and garden carrots.

27

Pairs well with a Verdejo

From the Sea

PUNTA QUEPOS CATCH

Seasonal baked catch with pejibaye gnocchi, palm heart cream, pesto and Parmesan gratin.

43

Goes great with Sauvignon Blanc

CATCH OF THE DAY 🌊

With white wine and butter, served over cauliflower and Cartago carrot purée.

37

Enjoy with a glass of Verdejo

GRILLED SALMON

Accompanied by tomatillo, passion fruit and basil sauce, served over 'meloso' rice and soybeans.

43

Pairs well with Sauvignon Blanc

GRILLED OCTOPUS 🌊

Slow-cooked and served with squash purée, vegetable curls, and chimichurri.

64

Recommended wine pairing: Albariño

SHRIMP CASSEROLE 🌊

Artisanally caught shrimp sautéed with garlic and white wine, served with squash purée with honey, crispy yuca, pickled avocado and red onion with cherry tomatoes.

57

Goes great with Reisling

PACIFIC GRILLED TUNA 🌊

With spinach ink 'meloso' rice, red onion and mango jam, crispy Parmesan cheese with bread crumbs and beet mayonnaise.

37

Wine pairing recommendation: Torrontés

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Chef Rodrigo's Specials

COCAL CATCH 🌱

Seasonal grilled fish with coconut curry sauce and black mussels, over squash purée with bacon bits.
43

Recommended wine pairing: Pinot Grigio

PORK BELLY AT LOW TEMPERATURE 🌱

Sous vide pork glazed with guava sauce, served with cauliflower and roasted garlic purée, grilled corn escabeche with avocado and toasted capers.
37

Goes well with a Tempranillo

FOUNDER'S SKEWER 🌱

Beef tenderloin, chicken, and shrimp with three sauces, served with baked potato and grilled vegetables.
49

Enjoy with a Cabernet

From the Grill

All meats come with a baked potato and grilled vegetables

New York Steak 400g 🌱 🥛

71

Pairs best with a Merlot

Flank Steak 300g 🌱 🥛

64

Goes great with Malbec

Local Beef Tenderloin 200g 🌱 🥛

37

Goes well with Cabernet

Picanha 300g 🌱 🥛

49

Recommended wine pairing: Cabernet Franc

SIDES:

Baked potato with sour cream and bacon 10

Gallo pinto timbale 7

Grilled vegetables 7

Vegetable Curls 7

Onion rings 12

Green salad 7

Cauliflower purée 10

Squash purée 10

French fries 7



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.

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