



Appetizers

EDAMAME	11
Soybean pods sautéed with sesame seed oil and served with toasted sesame seeds	
MISO SOUP	12
Savory miso broth served with rice noodles, mushrooms, tofu, seaweed and broccoli	
FRIED SPRING ROLLS	12
Fresh vegetables wrapped in wonton dough and fried, served with spicy sweet and sour strawberry sauce	
SHRIMP POPCORN	15
Crunchy pink shrimp coated in tempura batter and fried until golden	
TEMPURA VEGETABLES	10
Seasonal vegetables coated in tempura batter and fried until golden	

Sashimi

TUNA	27
Yellowfin tuna slices with soy sauce, sesame seed oil, avocado pomade, pickled onions and cherry tomatoes	
SALMON	27
Salmon slices served with soy sauce, sesame seed oil, fresh sprouts, pickled onions, cucumber and sriracha mayo	
CATCH OF THE DAY	22
White fish slices served with soy sauce, sesame seed oil, fresh sprouts, pickled papaya and avocado, dressed with crunchy passion fruit seeds	

Nigiri (4 pcs)

MUSSELS	22
Green mussels over sushi rice with nori seaweed, eel sauce, sriracha mayo, aioli and mango caviar	
VEGETARIAN	12
Avocado over sushi rice, nori seaweed, sesame seeds and cherry tomatoes	
TUNA	22
Yellowfin tuna over sushi rice, nori seaweed, avocado and sesame seeds	
SALMON	22
Salmon over sushi rice, nori seaweed, cucumber and sesame seeds	

Futomaki (8 pcs)

FROM THE PALM	27
Cilantro-crusting tuna, heart of palm, cream cheese, pejiabaya mayo, sushi rice and nori seaweed topped with avocado and mango caviar	
COSTA QUEPOS	30
Breaded catch of the day, tempura shrimp, cream cheese, avocado, mango caviar, pickled red onion, sushi rice, tempura nori, topped with eel sauce and spicy mayo	
CASADO ROLL	25
Cilantro and soy-crusting tenderloin, bacon, sweet plantain, egg, tempura Turrialba cheese, sushi rice, nori seaweed and topped with eel sauce	
FIRE CHICKEN	21
Breaded chicken breast drizzled in buffalo sauce, crunchy potato, avocado, nori seaweed and spicy mayo	



Rolls (8 pcs)

SALMON SKIN 20

Crispy salmon skin, avocado, cucumber, sushi rice, nori seaweed and eel sauce

PHILADELPHIA 17

Salmon, cream cheese, avocado, cucumber, sushi rice, nori seaweed and sesame seeds

DRAGON 27

Shrimp tempura, salmon, avocado, sushi rice, nori seaweed, sesame seeds and eel sauce

CRUNCHY 25

Tempura shrimp, avocado, cucumber, sushi rice, nori seaweed and eel sauce, fried in a tempura crust

CALIFORNIA 17

Avocado, surimi, cucumber, mayo, sushi rice, nori seaweed and sesame seeds

RAINBOW OF THE SEA 18

Salmon, tuna, mango, avocado, surimi, sushi rice, nori seaweed and mango caviar

VEGETARIAN 12

Avocado, cucumber, carrot, sushi rice, nori seaweed, passion fruit infused beets and sesame seeds

Poke Bowls

SHRIMP 23

Shrimp with eel sauce, roasted pineapple, avocado, sweet pickled red onion, soybeans, sushi rice and sesame seeds

TUNA 22

Fresh tuna with soy sauce and sesame seed oil, carrot, avocado, sushi rice, mixed sesame seeds and cucumber in a lemon and celery infusion

CATCH OF THE DAY 22

Ceviche with spicy mayo, passion fruit infused beets, tangerine, avocado, sushi rice, cherry tomatoes and sesame seeds

Desserts

COCONUT MOUSSE 10

Creamy mousse filled with ginger-infused mango

JAPANESE CHEESECAKE 12

Bathed in powdered sugar and served with a blackberry and strawberry topping

TEMPURA ICE CREAM 12

Vanilla ice cream coated in corn tempura, fried and served over cane sugar-caramelized banana



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.

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