

LA PANGA



P o o l s i d e H o s p i t a l i t y



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**
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
Tri-color corn tortilla chips with mashed beans, mozzarella cheese, fresh pico de gallo, guacamole and sour cream
- Shredded beef*
Grilled chicken
Combination chicken & beef 30
Vegetables from the garden 

Fingers and Fries

- CHICKEN FINGERS** 19
Strips of chicken breast deep fried to golden perfection served with fries
- FISH FINGERS** 23
Breaded whitefish deep fried to golden perfection served with fries

Ceviches

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

Salads

- FROM THE FARM** 
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

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

Quesadillas

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

<i>Grilled chicken breast</i>	27
<i>Shredded beef</i>	28
<i>Sautéed shrimp</i>	
<i>Vegetables from the garden</i> 🌱	22

Rice

GRANDMA'S CHICKEN AND RICE

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

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

SQUASH RISOTTO

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

Burgers and Sandwiches

Grilled and served on pretzel bread

ANGUS BEEF BURGER

Lettuce, tomato, pickled onion, pickles, bacon and melted Cheddar cheese

TROPICAL CHICKEN BREAST

Lettuce, tomato, pickled onion, pickles, BBQ sauce, pineapple slice and bacon

CATCH OF THE DAY

Lettuce, tomato, pickled onion, pickles and tartar sauce

VEGAN

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(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	6
Potato wedges	
Onion rings	10
Green salad	5

Wraps

Flour tortilla filled with fresh pico de gallo, guacamole, lettuce, shredded mozzarella and fried corn tortilla. Served with fries

Shredded beef w/BBQ sauce 28

Grilled chicken w/honey mustard

Grilled shrimp with tartar sauce

Vegetarian 🌱

Filled with zucchini, eggplant, carrot, tomato, lettuce, tofu cheese and tzatziki sauce

Pizzas

Substitute any crust for gluten free

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

 24

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

BBQ CHICKEN

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

VEGETABLES

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



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