



LUNCH

EL JARDÍN RESTAURANT

(Menu available from 11:30 am to 3:30 pm)

APPETIZER



BEETROOT SALAD

₡ 8.800



Tender spinach tossed with savory diced beets, local goat cheese & crunchy honey-caramelized pecans. Served with house Balsamic dressing.



SEABASS CEVICHE

₡ 8.800

Fresh-caught citrus-marinated seabass with a spicy tomato, capers, green olives & red pepper salsa. Served with homemade plantain chips.



TROUT SALAD

₡ 8.250

Tender trout served on a bed of baby arugula with curried chickpeas and a refreshing yogurt & dill dressing.



BRUSCHETTA

₡ 8.250



Homemade toasted Focaccia topped with diced ripe cherry tomatoes, fresh basil, & roasted mozzarella.



CONTAINS GLUTEN



CONTAINS DAIRY



CONTAINS SEEDS



SPICY

Monteverde Lodge

Prices in colones (CRC). 13% sales tax and 10% service tax included in price.





LUNCH

EL JARDÍN RESTAURANT

(Menu available from 11:30 am to 3:30 pm)

MAIN COURSE

-  **CHICKEN SKEWERS** _____ ₡ 9.900
Savory chicken breast skewers and warm quinoa & herb salad with homemade pita bread & garlic aioli.
-  **CASADO** _____ ₡ 14.850
Traditional *Tico* lunch of simmered black beans, rice, picadillo & a mixed green salad. Served with your choice of grilled vegetables, grilled chicken, fresh fish, or savory stewed beef. **Gluten-free option available.*
-  **VEGGIE – FRIJO** _____ ₡ 13.200
A veggie spin on the classic! Simmered beans and rice topped with roasted mushrooms & eggplant, *Pico de Gallo salsa*, fresh avocado, and kale chips. **Gluten-free option available.*
-  **PASTA FATTA IN CASA** _____ ₡ 10.450
 Homemade pasta of the day with grilled octopus, shrimp, and calamari simmered in a fire-roasted tomato and vegetable ragu.
-  **RISOTTO VERDE** _____ ₡ 8.800
 Tender risotto simmered in a savory vegetable broth with fresh spinach pesto and sauteed green vegetables.
-  **SKIRT STEAK ENTRAÑA** _____ ₡ 15.950
Imported Skirt Steak, fire-grilled & served with local root vegetables with spicy *Pico de Gallo*, *Chimichurri* salsa, and homemade pickles.
-  **WILD ROBALO** _____ ₡ 15.950
Fresh-caught snook poached in a white wine Nage sauce. Served with glazed green vegetables & Swiss chard. **Gluten-free option available.*

 CONTAINS GLUTEN

 CONTAINS DAIRY

Monteverde Lodge

 SPICY

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PLANT BASED & VEGETARIAN LUNCH

EL JARDÍN RESTAURANT

(Menu available from 11:30 am to 3:30 pm)

APPETIZER


-  **BEETROOT SALAD** _____ ₡ 8.800
 Tender spinach tossed with savory diced beets & crunchy honey-caramelized pecans. Served with house Balsamic dressing.
-  **CHICKPEAS SALAD** _____ ₡ 8.800
 Tender curried chickpeas with crunchy cucumber, carrots, and corn, served on a bed of baby arugula with a refreshing tahini-lemon dressing.
-  **BRUSCHETTA** _____ ₡ 8.250
 Homemade toasted Focaccia topped with diced ripe cherry tomatoes, fresh basil, & local mozzarella *Burrata*.
-  **AVOCADO SALAD** _____ ₡ 8.250
A bright and savory blend of fresh avocado, mixed beans, tender chickpeas, cucumber, diced mango, scallions & crunchy cilantro stems.
-  **SMOKED TOMATO SOUP** _____ ₡ 8.250
 A savory soup of vegetable broth with roasted tomato & pumpkins. Served with cherry tomato confit & marmalade crostini. **Gluten-free option available.*

 CONTAINS GLUTEN

 CONTAINS DAIRY

Monteverde Lodge

 CONTAINS SEEDS

 (V) VEGAN

Prices in colones (CRC). 13% sales tax and 10% service tax included in price.



PLANT BASED & VEGETARIAN LUNCH

EL JARDÍN RESTAURANT

(Menu available from 11:30 am to 3:30 pm)

MAIN COURSE


-  **VEGGIE – FRIJO** _____ ₡ 11.550
A veggie spin on the classic! Simmered beans and rice topped with roasted mushrooms & eggplant, *Pico de Gallo* salsa, fresh avocado, and kale chips.
-  **CASADO BOWL** _____ ₡ 9.350
Simmered beans & rice, *Picadillo* & green salad. Served with a corn tortilla & grilled vegetables.
-  **RISOTTO VERDE** _____ ₡ 10.450
 Tender risotto simmered in a savory vegetable broth with fresh spinach pesto and sauteed green vegetables. **Gluten-free option available.*
-  **PASTA EL JARDÍN** _____ ₡ 14.850
 homemade pasta tossed in a delightful medley of fresh mushrooms, asparagus, spinach & a light cheese sauce.


 CONTAINS GLUTEN

 CONTAINS DAIRY

Monteverde Lodge

 (VT) VEGETARIAN

 (V) VEGAN

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ALMUERZO

EL JARDÍN RESTAURANT

(Menú disponible de 11:30 am a 3:30 pm)

APERITIVOS

- | | | |
|---|--|---------|
|  | ENSALADA DE REMOLACHA _____ | ₡ 8.800 |
|  | Hojas de espinaca, texturas de remolacha, queso de cabra local, nueces caramelizadas con miel y aderezo balsámico. | |
|  | CEVICHE DE CORVINA _____ | ₡ 8.800 |
| | Salsa picante de tomate y pimiento rojo, aceitunas verdes, alcaparras, chips de plátano. | |
|  | ENSALADA DE TRUCHA _____ | ₡ 8.250 |
| | Trucha fresca, hojas de rúcula, garbanzos al curry, aderezo yogurt y eneldo. | |
|  | BRUSCHETTA _____ | ₡ 8.250 |
|  | Pan Focaccia de la casa, tomates cherry, mozzarella rostizado. | |

 CONTIENE GLUTEN

 CONTIENE LÁCTEOS

 CONTIENE SEMILLAS

 PICANTE MEDIO

Monteverde Lodge

Precios en colones (CRC). Incluyen el 13% de IVA y el 10% de impuesto de servicio.



ALMUERZO

EL JARDÍN RESTAURANT

(Menú disponible de 11:30 am a 3:30 pm)

PRINCIPALES

-  **PINCHOS DE POLLO** ¢ 9.900
Ensalada de quinua con especias, pan de pita de la casa, alioli.
-  **CASADO** ¢ 14.850
Arroz y frijoles tradicionales con tortilla de maíz, picadillo y ensalada mixta. **Libre de gluten.*
Servido con su elección entre verduras asadas, pollo, pescado fresco, carne en salsa.
-  **VEGGIE – FRIJO** ¢ 13.200
Tradicional arroz y frijoles tiernos, hongos y berenjena rostisado, pico de gallo, aguacate y kale chips.
**Libre de gluten.*
-  **PASTA DE LA CASA** ¢ 10.450
 Servida con salsa de tomate asado y vegetales, pulpo a la parrilla, camarones y calamar.
-  **RISOTTO VERDE** ¢ 8.800
 Risotto saborizado con caldo de vegetal, pesto de espinacas, servido con vegetales verdes.
-  **ENTRAÑA** ¢ 15.950
Servido con tubérculos locales asados, pico de gallo picante y salsa chimichurri y encurtido de chiles.
-  **FILETE DE PESCADO DE ROBALO** ¢ 15.950
Servido con verduras glaseadas, acelgas y salsa Nage. **Opción libre de gluten.*



CONTIENE GLUTEN



CONTIENE LÁCTEOS

Monteverde Lodge



PICANTE FUERTE



PLANT BASED Y ALMUERZO VEGETARIANO

EL JARDÍN RESTAURANT

(Menú disponible de 11:30 am a 3:30 pm)


APERITIVOS

-  **ENSALADA DE REMOLACHA** _____ ₡ 8.800
 Hojas de espinaca, texturas de remolacha, nueces caramelizadas con miel y aderezo balsámico.
-  **ENSALADA DE GARBANZOS** _____ ₡ 8.800
 Hojas de rúcula, garbanzos al curry, pepino, zanahoria, maíz, aderezo de tahini con limón.
-  **BRUSCHETTA** _____ ₡ 8.250
 Pan Focaccia de la casa, tomates cherry, mozzarella Burrata rostizado
-  **ENSALADA DE AGUACATE** _____ ₡ 8.250
Ensalada fresca de frijoles mixtos, aguacate, mango, pepino, garbanzos, cebollino y tallo de culantro.
-  **SOPA DE TOMATE AHUMADA** _____ ₡ 8.250
 A base de caldo vegetal, tomates rostizados y ayote, servido con crostini de pan, tomates confitados y mermelada de tomate. **Opción libre de gluten.*

 CONTIENE GLUTEN

 CONTIENE LÁCTEOS

 CONTIENE SEMILLAS

 (V) VEGANO

Monteverde Lodge

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PLANT BASED Y ALMUERZO VEGETARIANO

EL JARDÍN RESTAURANT

(Menú disponible de 11:30 am a 3:30 pm)

PRINCIPALES

-  **VEGGIE – FRIJO** ₡ 11.550
Tradicional arroz y frijoles tiernos, hongos y berenjena rostisado, pico de Gallo, aguacate y kale chips.
-  **BOWL DE CASADO** ₡ 9.350
Arroz y frijoles tradicionales con tortilla de maíz, picadillo y ensalada mixta. Servido con vegetales.
-  **RISOTTO VERDE** ₡ 10.450
Risotto saborizado con caldo de vegetal, pesto de espinacas, servido con vegetales verdes.
**Opción libre de gluten.*
-  **PASTA “EL JARDÍN”** ₡ 14.850
 Pasta fresca de la casa con salsa de queso, variedad de hongos, espárragos y espinaca.


 CONTIENE GLUTEN

 CONTIENE LÁCTEOS

Monteverde Lodge

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