



# MENU

*GOAL: 100% ORGANIC BY 2015*

Produce from GreenLagoon Organic Garden

*META: 100% ORGANICO PARA 2015*

Productos del Jardin Organico de GreenLagoon

## *ITINERARY*

Breakfast is served from 7:00 am to 9:00 am

Lunch is served from 11:00 am to 1:00 pm

Dinner is served from 5:00 pm to 7:00 pm

*Grilled Food & Snacks at The Tiki Grill*  
is served from 9:00 am to 9:00 pm

300 Mts North La Fortuna Waterfall La Fortuna, Costa Rica

Tel 2479-7700 • Fax 2479-7701

[Natura.Restaurant@GreenLagoon.net](mailto:Natura.Restaurant@GreenLagoon.net)

[www.GreenLagoon.Net](http://www.GreenLagoon.Net)

***OUR ECO-SUSTAINABLE STORY***  
**&**  
***AUTHENTIC CERRO CHATO ECO-DESTINATION***

GreenLagoon Enterprise has selected nearly 18 acres of its land in Cerro Chato to be dedicated to the development of an authentic sustainable Costa Rican Farm, Medicinal, Biological & EcoAdventure Gardens. This parcel is hidden in our property and enclosed by an exuberant primary forest and it is surrounded by tall trees protecting our rich Biodiversity. It is a sanctuary for wildlife, nature lovers, as well as for the scientific community who may want to contribute to the protection and preservation of different species of plants and animals that live here. When El Escondido is opened to those who love Nature, you will be able to experience an authentic local farm immersed in symbiosis with the Strictly Protected Wildlife Sanctuary there.

El Escondido is also of paramount importance for our interns of different disciplines, academies, careers, schools and universities who participate in our School of SustainEco & WWT Medicine (Sustainable Ecotourism, Wilderness-Wellness & Travel Medicine).

El Escondido Organic & Biological Station is a unique and special place of GreenLagoon Enterprise, and it is the heart of all Conservation & Preservation Programs of our Arenal Nature Conservancy Park & Gardens and the TreeLand Farms for Reforestation & Reconstruction of the Monteverde-Arenal-Cerro Chato Biological Corridors. El Escondido provides organic food for our restaurants, community and will provide the medicinal plants for our GreenLagoon PhO Laboratory & WellnessMD Institute under development now.

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# Breakfast / Desayunos

13% Taxes & 10% Gratuity is not included

All Breakfast Plans Include coffee or tea, juice, tropical fruits, toast & tortillas/ Incluye café o te, jugo, frutas tropicales, tostada y tortillas.

**Typical breakfast / Desayuno Típico** \_\_\_\_\_ \$ **10.00**  
Egg, cheese, plantains, tortillas, & gallo pinto / Huevo, queso, plátano, tortillas y gallo pinto

**American Breakfast / Desayuno Americano** \_\_\_\_\_ \$ **9.00**  
Toast, guava jelly, eggs, bacon. Tostada, jalea de guayaba, huevo y tocineta

**Omelette / Omelet** \_\_\_\_\_ \$ **8.00**  
Your choice of ham, cheddar, Swiss, or White Turrialba cheese, bacon, mushrooms, sweet peppers or onions. Serve with homemade buttered whole wheat toast and guava jelly. Omelet con escogencia de ingredientes y quesos. Servido con tostada y mermelada de guayaba.

**GreenLagoon Pancakes / Pan Queques** \_\_\_\_\_ \$ **8.00**  
Pancakes topped with your choice of banana, granola, or diced tropical fruit plus orange juice.  
Pan queques con banano, granola o cuadros de frutas.

**Fruit Plate / Plato de frutas** \_\_\_\_\_ \$ **6.00**  
Mixed tropical fruits and orange juice. Frutas tropicales mixtas y jugo de naranja

**Cerro chato French Toast** \_\_\_\_\_ \$ **8.00**  
Homemade whole wheat bread in a creamy guava batter, Sauteed until crispy and served with coconut-orange, maple and fresh tropical fruit.  
Pan integral casero con una capa de crema de guayaba, saute hasta que este tostadito y servir con agua de coco-naranja, maple, y fresh torpical fruit.

**Cereal** \_\_\_\_\_ \$ **6.00**  
Protein & Fiber or Cornflakes Cereal served with 2% milk and diced fruit. Cereal con proteína y fibra o cornflakes, frutas y leche.

**Chato Summit Hike Breakfast** \_\_\_\_\_ \$ **8.00**  
Two homemade corn tortillas sandwiched with black beans And cheddar cheese. Topped with a fried egg and avocado.  
Add ham or bacon if desired. Served with our GreenLagoon Ranchera Sauce.

## Single Items

**Orange juice / Jugo de naranja** \_\_\_\_\_ \$ **2.00**

**Fruit cup / Copa de frutas** \_\_\_\_\_ \$ **2.00**

**Fruit Plate / Plato de Frutas** \_\_\_\_\_ \$ **4.00**

**Toast / Tostada** \_\_\_\_\_ \$ **2.00**

**Coffee or Tee/ Café o Te** \_\_\_\_\_ \$ **2.00**

**Bottled Water** \_\_\_\_\_ \$ **2.00**





# Lunch and Dinner / Almuerzo y Cena

## Typical Plate / Casados

**Typical Plate with Meat / Casados con Carne** \_\_\_\_\_ \$ 10.00

With your choice of steak, chicken or fish

Include rice, beans, plantains, egg, salad and picadillo

Elección de bistec, pollo o pescado

Incluye arroz, frijoles, plátanos, huevo, ensalada y picadillo

**Vegetarian Typical Plate / Casado vegetariano** \_\_\_\_\_ \$ 7.00

Rice, beans, cheese, egg, salad and avocado

Arroz, frijoles, queso, huevo, ensalada y aguacate

## Salads / Ensaladas

**GreenLagoon Salad / Ensalada GreenLagoon** \_\_\_\_\_ \$ 8.00

Chef Alvaro combine fresh greens, tomato, fresh mozzarella,

oranges, crispy onions and GreenLagoon balsamic vinaigrette dressing

El Chef Alvaro combina verdes frescos, tomate, mozzarella fresca,

naranjas, cebolla tostada y la vinagreta balsámica de GreenLagoon

**Green Salad / Ensalada Verde** \_\_\_\_\_ \$ 6.00

Mixed greens, tomato and the choice of house dressing

Legumbres verdes mixtas, tomate y la selección del aderezo de casa

**Chicken Taco Salad / Ensalada Taco de Pollo** \_\_\_\_\_ \$ 9.00

Mixed greens, black beans, cheddar or El Escondido cheese and mozzarella cheese topped

with grilled chicken, mild spicy dressing and toasted tortilla chips

Legumbres verdes, frijoles negros, quezos cheddar o El Escondido y

mozzarella cubierto con pollo a la plancha, salsa picante leve y Pedazos de tortilla tostada

**Chef Salad / Ensalada del Chef** \_\_\_\_\_ \$ 8.00

**Heart of Palm Salad / Ensalada de Palmito** \_\_\_\_\_ \$ 8.00



## *Pastas*

Fetuchini Alfredo _____	\$ 9.00
Meat Sauce Pasta / Pasta en Salsa Ragu _____	\$ 9.00
Tomato Sauce Pasta / Pasta en Pomodoro _____	\$ 8.00
Seafood Sauce Pasta / Pasta en Corsara _____	\$10.00
White Cream Sauce / Pasta en Salsa blanca _____	\$ 8.00
Vegetarian Pasta / Pasta Vegetariana _____	\$ 9.00

## *Seafood / Mariscos*

Grilled Fish fillet / Filete de Pescado a la Plancha _____	\$11.00
Garlic Fish Fillet / Filete de Pescado al Ajillo _____	\$12.00
White Sauce Fish Fillet / Filete de Pescado en Salsa Blanca _____	\$11.00
Spicy Tomato Sauce Fish Fillet/ Filete a lo Macho _____	\$13.00
Fried Fish Fillet / Filete de Pescado Empanizado _____	\$11.00
En Salsa Green Lagoon GreenLagoon Sauce Fish Fillet	
Pescado en Salsa GreenLagoon _____	\$13.00

## *Chicken / Pollo*

Grilled Chicken / Pollo a la Plancha _____	\$11.00
Cordon Blue _____	\$13.00
Chicken Fajitas/ Fajitas de pollo _____	\$11.00

## Steak / Carnes

Beef Steak / Bistec de Lomito _____	\$14.00
Churrasco Steak / Bistec Churrasco _____	\$13.00
Mignon Fillet / Filete de Mignon _____	\$15.00

## Soup of the Day / Sopa del Dia

Seafood Soup / Sopa de Mariscos <i>Friday</i> _____	\$10.00
Crab Soup (Milk or Wáter) / Sopa de Cangrejo _____ (Leche o Agua) <i>Saturday</i>	\$ 8.00
Chicken Soup / Consome de Pollo <i>Mon-Tue</i> _____	\$ 5.00
Black Bean Soup / Sopa Negra <i>Wednesday</i> _____	\$ 7.00
Onion Soup / Sopa de Cebella <i>Thursday</i> _____	\$ 5.00

## Ceviche Cocktail / Coctel de Ceviche

Freshly marinated fish, clams or shrimp tossed with fresh lime juice, cilantro, jalapeño and tomatoes. Your choice of: Pescado, chuchecas o camarones frescos y marinados en jugo de limón, culantro, jalapeño y tomates. Su selección de:

Fish / Pescado _____	\$ 9.00
Clams / Chuchecas _____	\$12.00
Shrimp / Camarones _____	\$10.00



# *Fast Food / Comida Rapida*

Served with your choice of French Fries, Sweet Potato Fries, Potato Chips or a Cup of Fruits.

Ham & Cheese Sandwich / Sandwich de Jamon y Queso _____	\$ 9.00
Chicken Sandwich / Sandwich de Pollo _____	\$ 9.00
Beef Sandwich / Sandwich de Carne _____	\$10.00
Hamburger or Cheeseburger / Hamburguesa con o sin queso __	\$10.00
Grilled ½ pound Burger w/wo cheese, whole wheat Bun, lettuce, tomato and onions.	
Hot Dogs _____	\$ 7.00
Lunch Box (Minimun 2) _____	\$ 9.00
Include a sandwich of your choice, chips and water	

## *Beverages / Bebidas*

Sodas & Water _____	\$ 2.00
Mango or Banana Shake / Batido de Mango o Banano _____	\$ 3.00
Guanabana Shake / Batido de Guanabana _____	\$ 3.00
Pineapple Shake / Batido de Pina _____	\$ 3.00
Cas Shake / Batido de Cas _____	\$ 3.00
Tamarindo Shake / Batido de Tamarindo _____	\$ 3.00
Fruit Shake/ Batido de Frutas _____	\$ 4.00
Lemonade / Lemonade _____	\$ 2.00
Coffee / Café _____	\$ 1.50
Tea _____	\$ 1.50
Hot Chocolate / Chocolate Caliente _____	\$ 3.00



## Beers / Cervezas

### Try the "Michelada" Beer

Served in frosted mugs or tall glasses. Ask your server for local draft selections.

*Bottled Beers*

**Costa Rican Beers:** \_\_\_\_\_ \$ 3.00

Imperial, Pilsen & Silver

### *Imported beers:*

**Corona and Smirnoff** \_\_\_\_\_ \$ 4.50

**Bavaria** \_\_\_\_\_ \$ 4.00

Ask for other brands you may know Bud®, Bud Light, Bud Light Lime, Coors® Light, Miller® Lite, Michelob® ULTRA, Heineken®, Corona® Light Corona Extra, Stella Artois®, Dos Equis® Lager, Samuel Adams®, Amstel® Light, O'Doul's® (non-alcoholic)

## Wines

**Red Wine / Vino Tinto** \_\_\_\_\_ \$ 3.00

\*\*\*Ask for Premium Red Wines: CABERNET SAUVIGNON, BAREFOOT®, PINOT NOIR, MIRASSOU®, MERLOT, BLACKSTONE®, CHARDONNAY, WOODBRIDGE® BY ROBERT MONDAVI

**White Wine / Vino Blanco** \_\_\_\_\_ \$ 3.00

\*\*\*Ask for Premium White Wines: WHITE ZINFANDEL, BERINGER, PINOT GRIGIO, ECCO DOMANI®, CHARDONNAY, TOASTED HEAD®, CHARDONNAY, WOODBRIDGE® BY ROBERT MONDAVI



## Cocktails / Cocteles

**Cuba Libre Cocktail at Paradise Mountain** \_\_\_\_\_ \$ 4.00

The GreenLagoon version with Rum, Costa Rican Cola, Lime or Lemon

La version de GreenLagoon con ron, cola, lima o limon

**Waterfall Sunrise Tequila / Tequila Amanecer la Catarata** \_\_\_\_\_ \$ 5.00

Waterfall Tequila, a splash of Grenadine with a squeeze of fresh orange and lime.

Tequila Catarata, un rocio de Grenadine con zumo de naranja y lima fresca.

**EcoAdventure Land Pina Colada** \_\_\_\_\_ \$ 6.00

Pina Colada de La Tierra de EcoAventuras

Taste our Ecoadventure Land delight with coconut liqueur, white rum, squeeze pineapple and Costa Rican nata. Pruebe la delicia del la Tierra de EcoAventuras con licor de coco,

ron blanco, zumo de pina y chorrito de nata

**Tiki Hut Bloody Mary / Bloody Mary del Tiki Hut** \_\_\_\_\_ \$ 6.00

Enjoy our GreenLagoon Tiki Hut Bloody Mary with Vodka, squeeze tomatoe, squeeze

lemon, tobasco, Worcestershire sauce, salt and peper. Disfurte nuestro Bloody Mary

del Tiki Hut con vodka, tomate, zumo de limon, Tabasco, salsa de Worcestershire,

sal y pimienta.

**GreenLagoon House Cocktail / Coctel de la Casa GreenLagoon** \_\_\_\_\_ \$ 7.00

Frozen tropical colada from our garden with Coconut Rum, Banana, Mango & Pina colada.

Colada congelada del jardin con ron de coco, banana, mango y pina colada

**No Alcohol House Cocktail / Coctel de la Casa sin Alcohol** \_\_\_\_\_ \$ 3.00

The Alcohol free House Cocktail has squeeze pineapple, squeeze orange, Costa Rica

nata and chocolate cream. El coctel sin alchool lleva zumo de pina, zumo de naranja,

nata y crema de cacao

**Chato Volcano Margarita / Margarita Del Volcan Chato** \_\_\_\_\_ \$ 5.00

Taste our Chato Volcano Tequila with Cointreau and a squeeze of fresh lime.

Pruebe el tequila del Volcan Chato con Cointreau y zumo de limon fresco.



## *Beverages / Bebidas*

**Sodas, Drinks** \_\_\_\_\_ \$ 2.00

Pepsi, Diet Pepsi, Cherry, Mt. Dew Or Similar, Coke, Diet Coke, Sprite, other National Brands & GreenLagoon Lemonade

**Ice Teas** \_\_\_\_\_ \$ 2.00

Original, Raspberry or Flavored Iced Teas

### **Hot Drinks & Milk**

**Coffee: Regular-De-caffeinated, brewed Tea-Flavor Teas, Milk (2%)** \$ 1.50

**Hot Chocolate** \_\_\_\_\_ \$ 3.00

**Juice** \_\_\_\_\_ \$ 3.00

Fresh Orange, Tomato, Pineapple and Grapefruit

**Spring Water** \_\_\_\_\_ \$ 2.00

GreenLagoon Costa Rica Spring Water & Other Brands

### **Natural Fruit Shakes / Batidos Naturales de Frutas**

**Mango or Banana Shake / Batido de Mango o Banano** \_\_\_\_\_ \$ 3.00

**Guanabana Shake / Batido de Guanabana** \_\_\_\_\_ \$ 3.00

**Pineapple Shake / Batido de Pina** \_\_\_\_\_ \$ 3.00

**Cas Shake / Batido de Cas** \_\_\_\_\_ \$ 3.00

**Tamarindo Shake / Batido de Tamarindo** \_\_\_\_\_ \$ 3.00

**Fruit Shake/ Batido de Frutas** \_\_\_\_\_ \$ 4.00



## Burgers / Hamburguesas

Served with your choice of French Fries, Sweet Potato Fries, Chips or a Cup of Fruits. Servida con su eleccion de Papas Francesa, Papa Dulce Francesa, Chips o Frutas

### **The EcoAdventures Land Burger** \_\_\_\_\_ \$10.00

A half pound fresh beef seasoned and grilled to perfection. Topped with Bourbon Red, smoked gouda and crispy smoked bacon. Served on a grilled bun with shredded lettuce and garlic cream. Media libra de carne fresca sasonada y cocinada a la plancha a su gusto. Salsa Bourbon Roja encima con gouda ahumada y tocineta ahumada tostada. Servida en un pan a la plancha con lechuga y crema de ajo.

### **GreenLagoon Organic Veg Burger** \_\_\_\_\_ \$9.00

Marinated grilled portabella, roasted peppers, marinated tomatoes, melted cheese, olive oil, greens and garlic cream on grilled herbs. Portabella marinada y a la plancha, chiles tostados, tomates marinados, queso derretido, aceite de oliva, y especias, crema de ajo y legumbres a la plancha.

### **From The GreenLand Ranch Burger** \_\_\_\_\_ \$12.00

A half pound fresh beef seasoned topped with melted cheese, caramelized onion, mushrooms, GreenLagoon four cheese sauce and onion strings, served on a grilled bun with shredded lettuce and garlic cream. Media libra de carne fresco sasonada y con queso derretido, cebolla caramelizada, hongos, salsa de cuatro quesos de GreenLagoon y cebolla todo encima. Servida en un pan a la plancha con lechuga y crema de ajo. Chato Hill Hamburger or Cheeseburger/ Hamburguesa con o sin queso \$10.00 ½ Grilled ½ pound Burger w/wo cheese, whole wheat Bun, lettuce, tomato and onions

## Sandwiches

Served with your choice of French Fries, Sweet Potato Fries, Chips or a Cup of Fruits. Servida con su eleccio de Papas Francesa, Papa Dulce Francesa, Chips o Frutas

### **Ham & Cheese Sandwich / Sandwich de Jamon y Queso** \_\_\_\_\_ \$ 8.00

### **Chicken Sandwich / Sandwich de Pollo** \_\_\_\_\_ \$ 8.00

### **Beef Sandwich / Sandwich de Carne** \_\_\_\_\_ \$ 9.00

### **Hot Dogs** \_\_\_\_\_ \$ 7.00

### **Lunch Box (Minimun 2)** \_\_\_\_\_ \$ 10.00

Include a sandwich of your choice, chips and water or soda

### **Fruit cup / Copa de frutas** \_\_\_\_\_ \$ 2.00

### **Fruit Plate / Plato de Frutas** \_\_\_\_\_ \$ 4.00





## *Desserts / Postres*

Coconut Flan / Flan de Coco \_\_\_\_\_ \$ 4.00

Brownies With House Made Ice Cream \_\_\_\_\_ \$ 5.00  
Con Helados de la Casa

Cocadas, Typical Costa Rican Coconut Tarts \_\_\_\_\_ \$ 5.00  
Tartaleta de Coco

Cremitas, A Tico Profiterole stuffed with \_\_\_\_\_ \$ 5.00  
Fresh Vanilla Pastry Cream  
Profiteroles Ticos rellenos con Crema de Vainilla

El Escondido Ice Cream or Ask for our flavor of the day \_\_\_\_ \$ 4.00  
Helado de la Casa o Pregunte por el sabor del día

Fritted GreenLagoon Housemade Ice Cream, \_\_\_\_\_ \$ 6.00  
choice of Vanilla, Strawberry or chocolate.  
Helado Frito de la casa. Escogencia de Vainilla,  
Fresas y Chocolate

Laguna Chocolate Mousse, Passion Fruit & White \_\_\_\_\_ \$ 7.00  
Chocolate Mousse de Maracuya con Chocolate Blanco

El Escondido Garden Cheese Cake \_\_\_\_\_ \$ 5.00



## *Please let us summarize who we are:*

- An Eco-Sustainable Restaurant, Farm & Garden
- An EcoLodge/Resort awarded with 3 “Hojitas” Certificate of Sustainable Tourism of the Costa Rican Tourism Board
- We are committed and sensible to the Environment, the Socio-Cultural & Economical development of our community & we are committed to you, our Guests & Visitors
- Please discover us, an Authentic Sustainable Special Place making every effort to serve you and share our story with you. Please ask us questions and cooperate & challenge us to raise the Bar in Hospitality & Sustainable Ecotourism.
- An Eco-Biodynamic Farm & Biological Garden accepting visitors and naturalist guides once opened
- A restaurant with a Gastronomic Philosophy that uses Authentic Rural Costa Rican Recipes that can be seen in past and present Costa Rican Family Kitchens.
- A place that recycles all organic waste, bottles, cans, paper & glass.
- A place that only uses Biodegradable cleaning products, monitor our energy use and it is making every effort to use renewable hydroelectric and solar energy
- 5% of our profits is allocated to the [www.HopeAndWellness4Kids.com](http://www.HopeAndWellness4Kids.com) Fund. This fund is used to support local programs such as Bandera Azul, Pan y Amor, local recycling projects, Arenal Nature Conservancy Park & Gardens, TreeLand Farms, local schools such as z-13 school, Jauri School, the Hogarcito Orphanage, The SustainEco School and to support any community efforts that address and provide solutions to the increasing emerging needs of children and youth of our community. We aim to develop bright futures for our kids and a prosperous community, always respecting & preserving its culture and values.
- Our 5 natural springs are protected with a reforestation project to guarantee potable water for our communities of the low lands and future generations of the Northern Zone of Costa Rica. There is an agreement between ASADARI, a local Water Management Association and GreenLagoon Enterprise, to jointly reforest our springs and use the water for the community and for our private water bottling company, which uses biodegradable bottles.

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