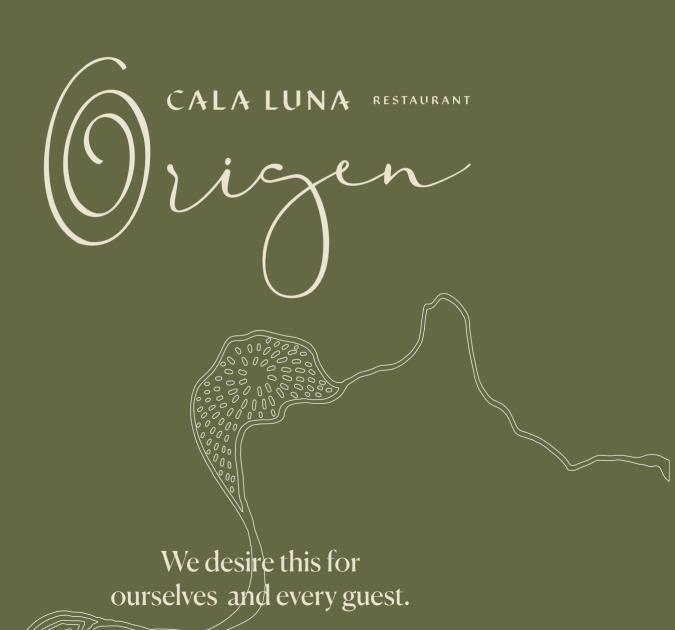
To be fully alive and in contact with life.



Appetizers

\$11 Tico patacones (gf, df, vgn)
Charred corn and tomato pico de
gallo, smoked Panameño pepper and
avocado puree, mashed and sauteed
red beans, onion ash salt, aromatic
herbs from La Senda

\$16 La Senda Mezze (df, vgn, gf upon request)

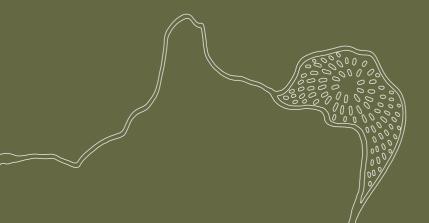
La Senda eggplant baba ganoush, fire roasted bell pepper, turmeric and mung bean humus (or ancient tree bean depending on availability at La Senda), house made grilled flatbread, aromatic herbs oil

\$14 Smoked eggplant caviar (vgn, df)

Locally grown smoked eggplant caviar, roasted tomatoes, Kalamata olives, passionfruit mustard, cilantro leaves, homemade crispy flatbread

\$23 Tico ceviche (gf, df) Responsibly caught local fish marinated in mandarin lime juice, onion, red bell pepper and cilantro leaves, seasonal root vegetable chips

\$15 Mixed green salad (gf, vgn) Freshly picked green leaves from La Senda, basil and roasted pumpkin seed pistou, balsamic candied tomatoes, fresh arugula leaves, fresh tomatoes, and tamarind balsamic reduction



Lucid Food

\$23 Duo midi vegan burger (df, vgn, gf upon request)

Uno; pan roasted cremini mushrooms, tapa de dulce caramelized onion jam, grilled red bell pepper emulsion, house made dill pickles, tomato, lettuce, house baked sesame brioche bun, home fries

Duo; pan roasted cremini mushrooms, green papaya & carrot slaw, hibiscus pickled red onion, aromatic herbs from La Senda emulsion, tomato, lettuce, house baked sesame brioche bun

\$19 Pumpkin & pesto linguini (vgt) Honey roasted garlic and butternut squash puree, basil and toasted pumpkin seed pesto, rosemary beurre noisette, crispy basil leaves

\$21 Yellow curry mung bean dahl (gf, vgn, df)

Fresh mung bean or lentil yellow curry dahl (depending on the harvest at La Senda), seared polenta scented with turmeric and wild cilantro, house grown lentil sprouts, hibiscus flower pickled red onion

\$23 Mushroom & polenta (gf, vgn, df)

Pan roasted cremini mushrooms, pickled turmeric with olive oil and mandarin lime, basil, and capers salsa verde, seared turmeric, and wild cilantro scented polenta

CALA LUNA

All prices include VAT and service tax

Salad & Handheld

- \$8 House Fries (gf, df, vgt)

 House fries accompanied by our best homemade dipping sauces, smoked tropical fruit ketchup, confit garlic mayonnaise
- \$16 Tiquisimo salad (gf, df, vgn)
 Freshly picked green leaves from La Senda,
 fresh tomato, cucumber and radish, fire
 roasted red bell pepper emulsion, poached
 yuca cubes tossed with wild cilantro mojo,
 hibiscus pickled red onion, seasonal root
 vegetable chips, cilantro leaves

Add grilled chicken (\$6) or grilled Nicoyan Bay shrimp (\$12)

\$15 La Senda salad (gf, df, vgn)
Freshly picked green leaves from La Senda,
green papaya, carrot, pickled turmeric
with olive oil and Creole lime, mango,
organic raw peanuts, aromatic herbs from
our garden, ginger oil, passionfruit Dijon
dressing

Add grilled chicken (\$5) or grilled Nicoyan Bay shrimp (\$12)

\$17 Costa Rican prensadas (gf, vgt)
Locally sourced yellow corn tortilla, Costa
Rican Palmito cheese, charred corn pico
de gallo, our house made habanero hot
sauce

Add grilled chicken (\$5) or grilled Nicoyan Bay shrimp (\$12)

\$19 Dijon chicken flatbread (df, gf upon request)

Fresh tomatoes, guacamole, pickled green papaya and carrot slaw, green herbs from La Senda homemade aioli, house baked whole wheat flatbread, aromatic herbs form our garden, small salad, or fries

Ocean

- \$24 Catch of the day taco (gf, df)
 Catch of the day marinated in
 turmeric and garlic pickle, fennel seed
 and cumin infused red and white
 cabbage, charred corn, and tomato
 pico de gallo, pickled red onion, mild
 tamarind sauce, yellow corn tortilla
- \$27 Nicoyan Bay grilled shrimp taco (gf, df)

Fresh grilled jumbo shrimp marinated in turmeric and garlic pickle, charred corn, and tomato pico de gallo, fresh turmeric infused green papaya, pickled red onion, aromatic herbs from La Senda mayonnaise, yellow corn tortilla

\$29 Catch of the day in tamarind sauce (gf, df)

Fresh fish of the day wrapped in banana leaf, ginger scales, sesame oil, caramelized carrot and ginger puree, tamarind agrodolce sauce, balsamic tamarind reduction

\$29 Coconut & lemongrass catch of the day (gf, df)

Fresh fish of the day fillet poached in a coconut milk and lemongrass broth, spiced crispy yuca batons, coriander seed pickled carrot and green papaya

\$29 Linguini allo scoglio (df, gf upon request)

Fresh shrimp, clams, and mussels sauteed in garlic, parsley, and fresh cherry tomatoes, and finished with red pepper flakes



Earth

\$27 Duo midi Cala Luna burger (gf upon request)

Uno; Bagaces grass-fed beef, Costa Rican Palmito cheese, crispy bacon, tapa de dulce & caramelized onion jam, homemade dill pickles, confit garlic mayonnaise, house baked sesame seed Brioche bun, home fries Duo; Bagaces grass-fed beef, Costa Rican Palmito cheese, green papaya and carrot slaw, hibiscus pickled red onion, aromatic herbs from La Senda mayonnaise, house baked sesame seed Brioche bun

\$27 Coffee & mustard seed flank steak (gf, df)

Bagaces grass-fed flank steak, honey roasted garlic and butternut squash puree, coffee and mustard seed demiglace

- \$23 Grilled Caribbean chicken (gf, df)
 Toasted cumin and curry spiced grilled
 free-range chicken breast, panameno
 pepper caramel au jus, caramelized carrot
 and ginger puree
- \$23 Creole lime chicken (gf, df)
 Pan roasted free-range chicken breast scented with rosemary and oregano, homemade preserved creole lemon,
 Kalamata olives and white wine pan sauce, turmeric scented polenta
- \$38 Grilled rib eye au Pistou (df, gf)
 Bagaces grass-fed rib eye (300g), basil from
 La Senda, and toasted pumpkin seed
 pistou, spiced crispy yuca batons

CALA LUNA

All prices include VAT and service tax

Desserts

\$11 Belgian chocolate mousse tarte (gf)

Callebaut Belgian chocolate mousse, chocolate cake flourless biscuit, blackberry and orange coulis, honey caramelized raw peanut, berries

\$11 Café Costa Rica (gf)

Costa Rican coffee licor cream, salted caramel, vanilla ice cream, Nicoyan Gulf sea salt, vanilla tuille

\$11 Traditional Costa Rican coconut flan (gf)

Coconut and caramel flan, hibiscus flower chantilly, pineapple, hibiscus flower reduction, dehydrated coconut shards

\$10 Tropical sorbet (gf, df) Ask your server for our seasonal flavors

\$10 Your choice of ice cream (gf) Ask your server for our seasonal flavors

