

# Bites of Well-being

Living Flavors from Nature to the Table



BUENA VISTA  
DEL  
RINCON

*Eco Adventure Park · Hotel & Spa*

# The Purpose in Every Plate

In this menu, we invite you to be part of Costa Rica's vision: a development model that protects future generations, promoting food security and equitable progress. A commitment that demands a shift in business vision to avoid the exploitation of resources.

Gastronomic sustainability is a commitment to the future and is the soul of our people's cultural identity. We preserve resources and heritage by passing on culinary knowledge from generation to generation. Our goal is to create experiences that not only delight visitors but

also fill them with well-being through healthy foods, without artificial ingredients, positively impacting everyone's health. We have transcended sustainability to immerse ourselves in regenerative gastronomy. Through a circular economy model, we offer you a culinary experience from "Nature to the Table." Every bite of our local products is an act of empowerment, making you an agent of change to heal the environment, regenerate our ecosystem, and nourish your well-being.

## Menu



### First Course: Appetizer

- Cassava fritter & rincón pickled beets.

### Second Course: Salad

- Garden greens salad.

### Third Course: Soup

- Longevity creamy squash soup.

### Fourth Course: MAIN COURSE (please choose)

- Grilled chicken breast with turmeric sauce.
- Beef tenderloin with wild cilantro sauce.
- Fish fillet in banana leaf.
- Eggplant & zucchini rolls in tomato & basil Sauce.

### For the Little Ones

- Spaghetti in tomato or butter sauce.

### Fifth Course: Dessert

- Rice pudding guanacaste style

First Course: Appetizer

## Cassava Fritter & Rincón Pickled Beets

---

The rustic flavor of garden cassava, stuffed with homemade cheese and chives or a vegan option with eggplant and zucchini, is balanced by a vibrant sweet and sour beet enhancing flavor and color.

Second Course: Salad

## Garden Greens Salad

---

A fresh salad of lettuce, spinach, carrots, and purple cabbage. Jocote and moringa leaves, which provide antioxidants and anti-inflammatory properties. Served with a light balsamic vinaigrette and topped with matchsticks cassava fries.

**Jocote** (Spanish plum) leaves: healthy source of vitamins A and C. **Moringa:** The leaves of *Moringa oleifera* are rich in minerals like calcium, potassium, zinc, magnesium, iron and copper. Vitamins like beta-carotene of vitamin A, vitamin B such as folic acid, pyridoxine and nicotinic acid, vitamin C, D and E also present in Moringa.

## Longevity Creamy Squash Soup

---

A central element of our cuisine and wellness is squash, a golden treasure from the Blue Zone. We prepare it baked with cTrhuinrdc hCyo vuersge:t aSbolueps from the garden to create a nutritious d It's topped with chia seeds for crunchiness, which provide fiber, and plant-based protein.



Fourth Course: MAIN COURSE (please choose)

## **Grilled Chicken Breast with Turmeric Sauce**

---

A tribute to the flavors of the earth. This dish, featuring seasonal vegetables such as pipián, zucchini, and squash, is combined with a light, nutritious turmeric sauce, known for its anti-inflammatory benefits and ability to improve digestion.

## **Beef Tenderloin with Wild Cilantro Sauce**

---

Enjoy a delicious grilled beef tenderloin served with a light sauce, perfect for adding iron to your diet. We served it with eggplant, topped with a cheese bite with a dot of marmalade, and quinoa, the superfood that provides complete protein, fiber, and essential minerals for your well-being.

## **Fish Fillet in Banana Leaf**

---

An explosion of flavor that pays homage to ancient cuisine. Fish fillet delicately wrapped in banana leaves, is steamed to retain all its juiciness and aroma. It's then bathed in a creamy coconut and curry sauce, and infused with fresh herbs and vegetables to create an exotic and memorable experience.

## **Eggplant & Zucchini Rolls in Tomato & Basil Sauce**

---

Let yourself be amazed by our vegetable rolls, filled with spinach and carrots. Served on a robust roasted tomato sauce, they are perfectly complemented by a typical green plantain basket filled with delicious hearts of palm, and corn.

For the Little Ones

## **Spaghetti in Tomato or Butter Sauce**

---

Traditional spaghetti with our homemade tomato sauce or, if you prefer, "a la burra" (with butter and cheese), perfect for even the pickiest eaters. Served with artisanal, house-smoked parmesan cheese, and homemade bread.

Fifth Course: Dessert

## **Rice Pudding Guanacaste Style**

---

A Guanacastecan delight with a modern twist. We craft this dessert with fresh milk of the day—or in its vegan version with coconut milk—and infuse it with the distinctive flavor of Guipipía Gourmet Coffee, complemented by warm cinnamon, cloves, and bright lemon zest. It's topped with shredded coconut, raisins, and chia seeds for a delicious boost to your metabolism.



BUENA VISTA  
— DEL —  
RINCON

*Eco Adventure Park · Hotel & Spa*

