



# POOL MENU

Everything we offer has been prepared from scratch. We intentionally do not buy processed ingredients (sauces, powders, juices,..) because we want to know exactly what we are using as ingredients and we intend to avoid unnecessary plastic packaging.

CALA BOUTIQUE  
HOTEL  
LUNA

With the project 6 years ago of starting our own organic vegetable garden at our sister property La Senda, we also knew it would be impossible to cultivate everything we need daily.

What we cannot grow ourselves, we buy from like-minded farmers in the higher elevated cooler Central Valley, so everything we offer you as fruits or vegetables is certified 100% organic.

# Appetizers

## 11 **Tico patacones** [GF|DF|VG]

Charred corn and tomato pico de gallo, Panameño pepper and avocado puree, mashed and sauteed red beans, onion ash salt, aromatic herbs from La Senda

## 17 **La Senda Mezze** [GF|DF 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

## 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

## 24 **Nicoyan Bay shrimp ceviche** [GF|DF]

Responsibly caught Nicoyan Bay Jumbo shrimp marinated in mandarin lime juice, turmeric and fire roasted red bell pepper cream, hibiscus flower pickled red onion, onion ash salt, herbs from La Senda green oil, seasonal root vegetable chips

GF: Gluten Free DF: Dairy Free VGT: Vegetarian VGN: Vegan

All prices in USD and include VAT and service tax

# Lucid Food

## **Pasta La Senda** 19

[VT|GF Upon Request]

La Senda basil and caper salsa verde, roasted tomato pesto, toasted sunflower seeds, grana Padano, herbs from La Senda green oil, crispy basil leaves

## **Seared vegalloumi** 23

[GF|VG|DF]

Organic cashew nut homemade vegalloumi cheese, mung bean tabbouleh with aromatic herbs from La Senda, smoked passion fruit BBQ sauce, herbs from La Senda green oil

## **Chermoula eggplant with sorghum and tahini** 21

[GF|VG|DF]

Toasted cumin and wild cilantro Chermoula sauce, oven roasted eggplant, salad of caper, raisin and sorghum (depending on the harvest at La Senda), tahini and ginger dressing, homemade preserved creole lime

## **Duo midi vegan burger** 25

[DF|VG|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 brioche bun, home fries

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

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# Salad & Handheld

## 9 **House fries**

[GF|VGT|DF]

Homemade fries accompanied by our best dipping sauces, smoked passionfruit ketchup, confit garlic mayonnaise

## 17 **Tiquisimo salad**

[GF|VG|DF]

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 (\$7) or grilled Nicoyan Bay jumbo shrimp (\$18)**

## 16 **La Senda salad**

[GF|VG|DF]

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 (\$7) or grilled Nicoyan Bay jumbo shrimp (\$18)**

## 17 **Costa Rican prensadas**

[GF|VGT]

Locally sourced yellow corn tortilla, Costa Rican Palmito cheese, charred corn and tomato pico de gallo, housemade smoked Panameño pepper hot sauce, small salad, or fries.

**Add grilled chicken (\$7) or grilled Nicoyan Bay shrimp (\$12)**

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# Salad & Handheld

## **Dijon chicken flatbread** 19 [DF|GF Upon Request]

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

## **Catch of the day taco** 24 [GF|DF]

Catch of the day marinated in turmeric and garlic pickle, fennel seed and cumin infused red and white cabbage, mango-pineapple ceviche, pickled red onion, mild tamarind sauce, yellow corn tortilla

## **Nicoyan Bay grilled shrimp taco** 27 [GF|DF]

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

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# Ocean

## 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 **Catch of the day in green papaya curry** [GF|DF]

Fresh pan roasted fish of the day, fondant of seasonal root vegetables, yellow curry and green papaya sauce

## 29 **Grilled Pacific octopus** [GF|DF]

Fresh grilled octopus from our Pacific coast, curry and coconut sweet potato puree, fire roasted red bell pepper and turmeric emulsion, crispy yuca

## 29 **Olive & caper catch of the day** [GF|DF]

Fresh fish of the day fillet a la plancha, tomato, caper, and black olive sauce, honey roasted garlic and butternut squash puree

## 29 **Linguini allo scoglio** [DF|GF Upon Request]

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

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# Earth

## **Pesto rosso flank steak** [GF] 31

Bagaces grass-fed beef flank steak (300g) a la plancha, balsamic roasted tomato pesto, fondant of seasonal root vegetables

## **Confit & BBQ pork tenderloin** 24 [GF|DF]

Confit and char-grilled locally sourced pork tenderloin, smoked passionfruit BBQ sauce, caramelized carrot and ginger puree

## **Grilled Caribbean chicken** [GF|DF] 24

Toasted cumin and curry spiced grilled free-range chicken breast, panameno pepper caramel au jus, curry spiced and coconut sweet potato puree

## **Creole lime chicken** [GF|DF] 24

Pan roasted free-range chicken breast scented with rosemary and oregano, homemade preserved creole lemon, Kalamata olives and white wine pan sauce, caper and raisin quinoa sorghum salad

## **Duo midi Cala Luna burger** 29 [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 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 Brioche bun

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