



## Appetizers

### El Manglar Salad

*Freshly harvested arugula, spinach, lettuce, strawberries, mixed seeds and caramelized balsamic dressing* \$11

### Guiones Salad

*Nutritious salad with quinoa, avocado, tomato and organic lettuce with passion fruit dressing* \$11

### Beach Salad

*Avocado filled with shrimp and topped with onions, olive oil and lime* \$12

### Cold Cucumber Soup

*Freshly harvested local organic cucumber with Greek yogurt and fine herbs, served with croutons* \$7

### Peruvian Style Fish Ceviche

*Catch of the day marinated with fresh squeezed lime juice, served with avocado and corn chips* \$10

### Tropical Mixed Ceviche

*Marinated shrimp and fish, with mango and a passion fruit splash* \$14

### Maritza's Tuna Tartar

*Yellow fin tuna delicately prepared with soy and served with avocado, onion and vegetable chips* \$11

## Surfers' Meals

### Tico Quesadillas

*Homemade corn tortillas with shrimp **or** chicken, mozzarella and cheddar cheese, refried beans, served with pico de gallo and guacamole.* \$12

### Tacos El Manglar

*Chicken, fish, **or** vegetarian with corn tortilla, served with chipotle sauce, pico de gallo and guacamole* \$10

### Nachos a la Tica

*Corn tortilla chips with your preference of meat, chicken, **or** veggies, coupled with mozzarella cheese and mashed beans* \$10

### Pelada Burger

*Your choice of beef, chicken, or fish, served with freshly harvested kale; topped with cheese, tomato and onions, plus skinned potatoes on the side* \$11

### Pasta Primavera

*Seasonal vegetables over an inviting pasta, arranged with olive oil, garlic and homemade pesto.* \$15

### Fettuccine a la Granja

*Farm chicken in white sauce with ham, over the fettuccine* \$15

### Spaghetti Bolognese

*The classic spaghetti with meat sauce from local tomatoes* \$15

**Surfer Chicken**

*Stuffed chicken with spinach, ham, and cheese, topped with a flavory homemade mushroom sauce* \$19

**Full of Health**

*Whole wheat pita filled with organic grilled vegetables seasoned with a basil dressing, together with fresh cucumbers and Greek yogurt sauce* \$12

**Yogi Sandwich**

*Homemade bread with slices of zucchini and tomato, garnished with feta cheese and house pesto* \$9

**Tico Corner****Pura Vida Rice**

*Traditional Costarrican rice with chicken, served with a creole salad. An old time favorite* \$10  
*Substitute chicken with pink shrimp* \$12

**Casado Guanacasteco**

*Most famous Costarrican dish: rice, beans, veggies, and sweet plantain accompanied with your choice of beef, chicken or fish. Served with a house salad* \$10

**El Manglar Favorites****Tempura Calamari**

*Beer-battered tempura squid, served with mayo-chipotle sauce and yogurt with mint* \$10

**Mushrooms on Toast**

*Sautéed with olive oil and red wine, served on homemade bread with garlic and parmesan cheese* \$10

**Playa Rosada Filet**

*Today's fresh fish catch, covered with a shrimp sauce made with a reduction on herbs, natural tomatoes, white wine and cream* \$22

**Caribbean Shrimp**

*Tempura shrimp with Coconut and over a bed of sweet potato, ready to dip in a sauce with organic honey and slightly spicy pepper seeds* \$22

**Surf 'n Turf**

*Beef tenderloin and shrimp, topped with a reduction of red wine and passion fruit, served with green beans and mashed potatoes* \$25

**Chicken al Tamarindo**

*Farm chicken breast in tamarind sauce and Panamanian pepper, served with mashed sweet potatoes and seasonal vegetables* \$17

**Olas Verdes Beef Tenderloin**

*Beef tenderloin with a sauce made with green pepper, Dijon mustard, spices, and cream* \$22

**All menu prices include 13% IVA and 10% service tax**