

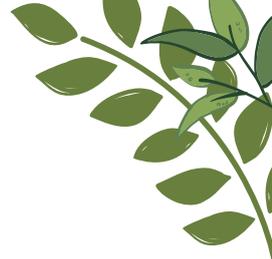


## Appetizers

<b>El Manglar Salad</b> <i>Freshly harvested arugula, spinach, lettuce, strawberries, mixed seeds and caramelized balsamic dressing</i>	\$11
<b>Guiones Salad</b> <i>Nutritious salad with quinoa, avocado, tomato and organic lettuce with passion fruit dressing</i>	\$11
<b>Beach Salad</b> <i>Avocado filled with shrimp and topped with onions, olive oil and lime</i>	\$12
<b>Cold Cucumber Soup</b> <i>Freshly harvested local organic cucumber with greek yogurt and fine herbs</i>	\$7
<b>Peruvian Style Fish Ceviche</b> <i>Catch of the day marinated with fresh squeezed lime juice, served with avocado and corn chips</i>	\$10
<b>Tropical Mixed Ceviche</b> <i>Marinated shrimps and fish, with mango and a passion fruit splash</i>	\$14
<b>Maritza's Tuna Tartar</b> <i>Yellow fin tuna delicately prepared with soy and served with avocado, quinoa, onion and vegetable chips</i>	\$11
<b>Tempura Calamari</b> <i>Beer-battered tempura squid, served with mayo-cilantro and mayo-chipotle sauce</i>	\$10
<b>Mushrooms and Toast</b> <i>Sautéed with olive oil and red wine, served on homemade bread with garlic and parmesan cheese</i>	\$10
<b>Tres Amigos</b> <i>Ceviche, guacamole and beans with corn tortilla chips</i>	\$12
<b>Chips and Guaca</b> <i>Guacamole, pico de gallo and beans with corn tortilla chips</i>	\$9
<b>Bufalo or BBQ Wings</b> <i>Accompanied by cucumber and carrot sticks with mayo-cilantro</i>	\$9
<b>Zucchini Carpaccio</b> <i>Delicately prepared zucchini with garlic, lime, and olive oil sauce served with garlic bread</i>	\$10

The prices include 13% sales tax and 10% service tax





## Lunch Menu

### **Tico Quesadillas**

*Homemade corn tortillas with shrimps or chicken, mozzarella cheese, refried beans served with pico de gallo and guacamole*

\$12

### **Tacos El Manglar**

*Chicken, fish, or vegetarian with corn tortilla, served with mayo-chipotle, pico de gallo and guacamole*

\$10

### **Nachos a la Tica**

*Corn tortillas 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; coupled with cheese, tomato and onion, plus skinned potatoes on the side*

\$11

### **Spaghetti Bolognese**

*The classic spaghetti with meat sauce from local tomatoes*

\$15

### **Full of Health**

*Whole wheat pita filled with organic grilled vegetables seasoned with a basil dressing, together with fresh cucumber and mayo-culantro sauce.*

\$12

### **Safari Fingers**

*Chicken or fish served with plus skinned potatoes on the side*

\$10

### **Blackened Chicken Sandwich**

*Homemade bread with slice of pineapple, organic kale and blackened chicken with plus skinned potatoes on the side*

\$11

### **Pura Vida Rice**

*Traditional Costarrican rice with chicken or shrimp, served with a creole salad and fries.*

\$10

\$12

### **Casado Guanacasteco**

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

\$10

*The prices include 13% sales tax and 10% service tax*





## Dinner Menu

<b>Pasta Primavera</b> <i>Seasonal vegetables over an inviting pasta, arranged with olive oil, garlic and homemade pesto</i>	\$12
<b>Fettuccine a la Granja</b> <i>Farm chicken in white sauce with ham, over the fettuccine</i>	\$15
<b>Surfer Chicken</b> <i>Stuffed chicken with spinach, ham, and cheese , topped with a flavory homemade mushroom sauce</i>	\$19
<b>Playa Rosada Filet</b> <i>Today's fresh fish catch, covered with a shrimp sauce made with a reduction on herbs, natural tomatoes, white wine and cream</i>	\$22
<b>Caribbean Shrimp</b> <i>Tempura shrimp with coconut and over a bed of sweet potatoes, ready to dip in a sauce with organic honey and slightly spicy pepper seeds</i>	\$22
<b>Surf ' n Turf</b> <i>Beef tenderloin and shrimp, topped with reduction of red wine and passion fruit, served with green beans and mashed potatoes</i>	\$25
<b>Chicken al Tamarindo</b> <i>Farm chicken breast in tamarind sauce and Panamanian pepper, served with mashed sweet potatoes and seasonal vegetables</i>	\$17
<b>Olas Verdes Beef Tenderloin</b> <i>Beef tenderloin with a sauce made with green pepper, Dijon mustard, spices, and cream</i>	\$22
<b>Filet Mignon</b> <i>Served with rice and fabulous vegetables saute with sesame</i>	\$22
<b>Chicken Skewers</b> <i>Farm chicken skewers with jalapeño sauce, accompanied with mashed potatoes and green beans</i>	\$15
<b>Manglar's Gnocchi</b> <i>Gnocchi in shrimp and avocado sauce served by homemade bread</i>	\$15
<b>Garlic Filet</b> <i>Today's fresh fish catch with garlic sauce, served with mashed potatoes and vegetables</i>	\$17

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