



LUNCH MENU

GAZPACHO DE PEPINO \$11 GF

Chilled cucumber soup with a touch of celery, yogurt, and mint

CEVICHE DEL CHEF \$15 GF

Local line-caught white fish, avocado, and plantain chips

BARRIGONA TARTAR \$15 GFA

Sashimi-grade tuna, avocado, scallions, quinoa, ponzu, sesame sauce

ENSALADA MANGLAR \$12 GF

Mixed greens, strawberries, roasted nuts, balsamic vinaigrette reduction
Add grilled chicken or tuna steak \$19

PELADA BURGER \$16

Ground chuck, bacon, cheddar cheese, kale, tomato, grilled onion, chef's sauce

TICO NACHOS \$16 GF

Your choice of chicken, ground beef, or veggie

GUIONES BOWL \$18

Your choice of tuna, chicken, shrimp, or chickpeas, with sushi rice, seasonal vegetables, grilled pineapple, and siracha sauce

ARROZ CON POLLO \$14 ARROZ CON CAMARONES \$17

Traditional Costa Rican dish with sofrito, cilantro, scallions, steamed rice

CASADO COSTA RICA \$15

Your choice of grilled chicken or seared fish. Beans, rice, sweet plantain, vegetables. Vegetarian option available

PITA PURA VIDA \$15

Whole wheat pita bread, grilled vegetables seasoned with pesto.

TACOS EL MANGLAR \$16 GF

Corn tortilla with your choice of fish filet or chicken, lettuce, pico de gallo, guacamole, and mayo-chipotle

PRICES INCLUDE 13% SALES TAX AND 10% SERVICE TAX
PLEASE INFORM YOUR SERVER ABOUT ANY ALLERGIES