LUNCH MENU

Committed to the environment and our community, we work to minimize our impact on the earth by using natural and sustainable ingredients and products.

STARTERS

CEVICHE DEL CHEF $15 GFA
Local line-caught white fish and avocado, served with plantain chips.

SEAFOOD TORTILLA $12 GFA
Toasted corn tortilla topped with seafood in cocktail sauce, avocado and peanuts.

CRUNCHY CEVICHE $15
Tempura mahi mahi with avocado, red onion, cherry tomato, and passion fruit ceviche sauce.

GUACAMOLE AND CHIPS $12 V GFA
Served with pico de gallo.

ENSALADA MANGLAR $12
Mixed greens, strawberries, roasted nuts, and balsamic vinaigrette reduction.

ADD GRILLED CHICKEN OR TUNA STEAK +$7

TICO NACHOS $16 V GFA
Corn chips with mozzarella and cheddar cheese, lettuce, sour cream, mashed beans, avocado, and "pico de gallo". Your choice of chicken, ground beef or veggie.

MAIN DISHES

CASADO COSTA RICA $15 V GFA
Typical Costa Rica dish with your choice of grilled chicken or seared fish, served with beans, rice, sweet plantain, and vegetables.

VEGETARIAN OPTION AVAILABLE

PELADA BURGER $16 GFA
Ground chuck, bacon, cheddar cheese, kale, tomato, grilled onion, and chipotle mayo.

TACOS EL MANGLAR $16 V GFA
Corn tortilla with your choice of fish filet or chicken, lettuce, pico de gallo, guacamole, and chipotle mayo.

TICO QUESADILLAS $12 V GFA
Corn tortilla filled with your choice of shrimp or chicken, mozzarella cheese, and mashed beans. Served with pico de gallo and guacamole.

ADD CHICKEN +$2 | ADD SHRIMP +$4

KETO BOWL $12 V GFA
Cucumber, avocado, broccoli, almonds, cherry tomato, onions, egg, and tomato vinagrette.

ADD GRILLED CHICKEN OR TUNA STEAK +$7

GUIONES BOWL $12 V GFA
Your choice of tuna, chicken, shrimp or chickpeas with sushi rice, seasonal vegetables, grilled pineapple, and siracha sauce.

ENSALADA OSTIONAL $26 V GFA
Grilled shrimp on a bed of lettuce, herbs, and guacamole with lemon vinaigrette. Served with tiquisque chips.

EL MANGLAR
AT OLAS VERDES