

The
Green
Turtle
Restaurant

DINNER MENU

Glossary

The following are elements of Costa Rican cooking that are present throughout our menu, and that we felt unable to translate in a manner that did them justice.

Achiote: sometimes called annatto, is a seed used to give a reddish color to dishes. When explaining it to guests, our naturalist guides often refer to it as “our tropical saffron.”

Yuca: also called cassava or manioc is a root that when cooked has a texture like potato but a taste all its own. It has been a staple throughout Latin America since Pre-Colombian times.

Ceviche: Lemon marinated sea fish. Unlike Peruvian “tiradito”, in Costa Rica we enjoy it with red pepper, white onions and cilantro, finely chopped.... Ohh and don't forget a cold as ice beer.

Culantro de coyote: A type of cilantro, with a subtler taste, it's leaves are similar to the dandelion leaves and it may be consider as weed to some gardeners but for a Costa Rican cook it's the secret ingredient that can't be missed in any concoction.

Picadillo: a type of hash, made with fresh vegetables. In Costa Rica there are a great many varieties of picadillo, but the main ingredient is dictated by the name, as in “potato picadillo” or “arracache picadillo.”

Panamenian chili: Costa Rica Caribbean chili, don't be mistaken by its name since it doesn't come from Panama, its name is a mystery, however is similar to habanero in shape and in powder (it's really strong). If you ever wonder what's that spicy “je ne sais quoi” in Caribbean dishes, well it's this tasty little fellow.

Patacones: Depending on where they're from, some of our guests know them as “tostones.” Regardless of name, they are a tasty treat made of green plantain, smashed and then fried.

Pejibaye: translated most commonly as “peach palm,” this fruit grows in clusters which hang down from the tops of palm trees. To be used in the kitchen it must first be softened by stewing it in salt water.

Plantinta: This traditional dessert was created with the sweetest plantains of the Caribbean coast. They are cooked with brown sugar and a mix of cloves, cinnamon and nutmeg, then used as the stuffing base for an “empanada” and baked, we have enhance the preparation and stuffed a pie crust added caramelized pineapple on top and serve it with vanilla ice cream.

Guanábana: you may know this incredibly sweet fruit as “sweetsop” or “custard apple.” It has a spiny green outside, creamy white interior and a thick, custard-like texture. It makes wonderful fruit drinks and sorbets.

| Appetizers

- “Rondon”**- traditional fish stew, prepared with green bananas, taro root, pear squash, cassava, thyme, coconut milk and a touch of Panamanian chile. Served with clams and shrimps. \$11
- Roasted vegetable salad** - with grated cashew nuts, orange slices and feta cheese, served with a caramelized onion vinaigrette. \$11
- Papaya & cucumber salad** - served with heart of palm, red onions, spinach and a peanut ginger dressing. \$9
- Yellow fin tuna avocado** - raw tuna filled avocado, coconut flakes and chives, served on a bed of arugula with a passion fruit dressing. \$10
- Costa Rican sea bass ceviche** - served with fried green plantains, known as “patacones” (much better than fries!). \$10

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| Main Course

- Yellow fin tuna Tataki** - topped with a heart of palm curry mayonnaise, ground green plantain and roasted garlic crumbles, served with traditional Costa Rican fritters known as "barbudos" (green beans pan fried with egg). \$21
- Grilled chicken breast** - served with a pineapple, coconut sauce, accompanied with orange flavored sweet potato mash and broccoli with carrots picadillo with sesame seeds. \$19
- Caribbean style Sole filet** - served over "arroz guacho" or rice stew with caramelized oranges, green peas and carrots, topped with a star fruit and tomato sauce. \$19
- Tortuguero seafood rice** - Red snapper, shrimp and clams cooked with coconut milk, white wine and tomato. \$21
- "Green Turtle" tenderloin** - beef tenderloin with an onion sauce, served with baked potatoes with rosemary and green beans with tomato and thyme. \$23
- Pan fried ginger and lemon sea bass** - served with sautéed leeks, heart of palm and green beans, prepared with a low sodium soy sauce with ginger and lemon zest. \$23
- Tagliatelle pasta with meat sauce ragu** - with pumpkin and ripe tomatoes, served with Pecorino Romano. \$17

| Vegetarian Dishes

- Lentil & mushroom burger** - served with arugula, tomato and with a guava and Panamanian chile sauce (if you prefer to skip the bread, we can substitute the bread for roasted eggplant), garnished with carrot, celery sticks and a heart of palm hummus. \$13
- Jasmine rice bowl with lentils** - prepared with coconut milk, mixed vegetables and pineapple with chickpea and mushroom veggie balls. \$13
- Black beans & rice "Casado"** - (this time the rice and beans are separate, not mixed), accompanied with fried sweet plantains, mix greens and a pear squash, carrot and corn "picadillo" and stuffed baked potato with mushrooms, spinach and parmesan cheese. \$15
- Penne pasta with mushrooms** - served with a pesto style tomato and parmesan cheese sauce, eggplant and ground almonds. \$15

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| Desserts

Tropical fruit breeze - served with a dash of rum and coconut jelly. \$9

Chocolate Marquis - with orange syrup and a basil pineapple fruit sorbet. \$9

Passion fruit pie - served with vanilla ice cream. \$9

Coconut tres leches cake - Coconut sponge cake soaked in sweet milk and rum. \$9

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Due to Tortuga Lodge's remote location and lack of road access and the fact that very few ingredients are available locally, the cost bringing the food to the lodge and of spoilage is unusually high. For this reason, we offer a very limited selection. If nothing on the menu appeals to you, please ask and we will do our best to come up with an alternative.

Thank you for your understanding.

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