




DINNER

Green Turtle Restaurant

(Menu available from 6:00pm to 8:30pm)

APPETIZERS

  **AVOCADO ROLLS** _____ \$13

 Wrapped in rice paper sheets, with dried tomatoes, ripe plantain, served with soy dressing, sesame and peanut butter. *(VT)*

 **TUNA TOSTADA** _____ \$14

Homemade crispy tortilla with a touch of spice, avocado, lemon, pico de gallo, tuna, green papaya, coconut, ginger, lemon, mustard dressing.


 **TOMATO AND COCONUT SOUP** _____ \$13

Made with vegetable broth and coconut milk, fresh tomatoes, Panamanian chili and thyme, served with a green banana tartare and Caribbean aioli.

 **OCTOPUS** _____ \$14

Grilled, served with roasted tomato, rosemary potatoes and pickled onions.

 **BISQUE** _____ \$14

 Shrimps, bisque with carrot and coconut milk, crispy casava balls. **(Gluten free option).*



 CONTAINS GLUTEN

 CONTAINS SEAFOOD

 (VT) VEGETARIAN

 CONTAINS DAIRY

 MEDIUM SPICY

Tortuga Lodge

 CONTAINS SEEDS

Prices include 13% IVA and 10% service tax.



DINNER

Green Turtle Restaurant

(Menu available from 6:00pm to 8:30pm)

MAIN COURSE

 **RICE WITH SHRIMP** _____ \$24



Prepared in the traditional style of a guacho with arborio rice, fish broth, vegetables, coriander oil and jumbo shrimp.



*(Dairy free option).

RIB EYE STEAK _____ \$24

Grilled and served with carrot textures, glazed asparagus and red wine sauce with estragon.



SEA FOOD SOUP _____ \$24



Based on fish broth, coconut milk, saffron, local vegetables, Panamanian chili and seafood.

RED SNAPPER FILET _____ \$20

Roasted fish fillet served with a Caribbean tomato sauce, cassava and lemon.



BEEF TENDERLOIN _____ \$24

Grilled, potato wedges with thyme, caramelized cabbage and banana sauce.

CORVINA FILET _____ \$22

Filet with an herb panko crust, accompanied by yucca with lime, and toasted corn.



CONTAINS GLUTEN



CONTAINS DAIRY

Tortuga Lodge



CONTAINS SEAFOOD



MEDIUM SPICY

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DINNER

Green Turtle Restaurant

(Menu available from 6:00pm to 8:30pm)

MAIN COURSE



PORK PANCETTA _____ \$22

Slow cooked pancetta with fried casava, corn puree, crispy kale and aioli.



CARIBBEAN SEAFOOD PASTA _____ \$25



Fresh seafood and house-made pasta simmered in a savory coconut fish broth bisque. Topped with fresh cilantro.



*(Gluten and dairy free option).



CARIBBEAN POKE _____ \$24

Choice of protein served over a bowl of sushi rice, tender baby green beans, diced mango, green banana with *Panameño chili escabeche*, and fresh avocado. Served with a savory *Togarashi* dressing. (**Choice of proteins:** Vegan chickpea cheese, 🍣 tuna tataki, grilled octopus, or grilled shrimp).



HAND MADE PASTA WITH VEGETARIAN RAGOUT _____ \$24



House-made pasta tossed in a roasted tomato, mushroom, and fresh basil ragout. Topped with roasted cashews. (**Choice:** add grilled tenderloin or chicken breast).

*(Gluten free, dairy free and seed free option).



CONTAINS GLUTEN



CONTAINS SEAFOOD



CONTAINS SEEDS



(VT) VEGETARIAN



CONTAINS DAIRY



MEDIUM SPICY

Tortuga Lodge



(V) VEGAN

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CENA

Green Turtle Restaurant

(Menú disponible de 6:00pm a 8:30pm)

APERITIVOS

-   **ROLLOS DE AGUACATE** _____ \$13
-  Envueltos en hojas de papel de arroz, con tomate seco y plátano maduro. Servido con aderezo de soya, ajonjolí y mantequilla de maní. (VT)
-  **TOSTADA DE ATÚN** _____ \$14
- Tortilla crujiente con un toque picante, aguacate con limón, pico de gallo, atún, papaya verde y aderezo de coco, jengibre, mostaza y limón.
-  **SOPA DE TOMATE Y COCO** _____ \$13
- A base de caldo vegetal, leche de coco, tomates frescos, chile panameño y tomillo. Servido con un tartar de banano verde y alioli caribeño.
-  **PULPO** _____ \$14
- A la parrilla, servido con tomate rostizado, papas con romero y encurtido de cebollas.
-  **BISQUE** _____ \$14
-   A base de camarón y leche de coco, acompañado de croquetas de yuca y zanahoria. *(Opción libre de gluten).



CONTIENE GLUTEN



CONTIENE MARISCOS



CONTIENE LÁCTEOS



PICANTE MEDIO

Tortuga Lodge



(VT) VEGETARIANO



CONTIENE SEMILLAS

Los precios tienen incluido el 13% de IVA y el 10% de impuesto de servicio.



CENA

Green Turtle Restaurant

(Menú disponible de 6:00pm a 8:30pm)

PLATOS PRINCIPALES

 **ARROZ Y CAMARONES** _____ \$24



Platillo tradicional costarricense, al estilo guacho, a base de caldo de pescado y verduras. Acompañado de camarones jumbo, aceite de culantro y crujiente de hierbas.



*(Opción libre de lácteos).

RIB EYE STEAK _____ \$24

A la parrilla, acompañado con texturas de zanahoria, espárragos y salsa de vino tinto con estragón.



SOPA DE MARISCOS _____ \$24



A base de caldo de pescado, leche de coco, azafrán, vegetales locales, chile panameño y variedad de mariscos.

FILET DE PARGO ROJO _____ \$20

Pescado rostizado, acompañado de una salsa de tomate caribeña y yuca con limón.



LOMITO DE RES _____ \$24

A la parrilla, servido con papa gratinada, repollo caramelizado y salsa de banano.

 **FILET DE CORVINA** _____ \$22

Acompañado de puré verde, yuca al limón, maíz tostado, papaya verde y costra de hierbas.



CONTIENE GLUTEN



CONTIENE LÁCTEOS

Tortuga Lodge



CONTIENE MARISCOS



PICANTE MEDIO

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