



# LUNCH

## Green Turtle Restaurant

(Menu available from 12:00pm to 2:00pm)

### APPETIZERS

 **SEA BASS CEVICHE** \_\_\_\_\_ \$15

Tiny slices of sea bass marinated in lemon juice garnished with red peppers and onions served with patacones.


 **GREEN GAZPACHO** \_\_\_\_\_ \$12

Cold soup made with vegetable broth, coconut milk, avocado, spinach and basil. (V)


 **TROPICAL SALAD** \_\_\_\_\_ \$14

Mixed lettuces, hearts of palm, green papaya, fish cakes and lemon dressing.  
*\*(Opción libre de gluten).*

  **QUINOA AND GREEN PAPAYA SALAD** \_\_\_\_\_ \$12

 Mixed quinoa, arugula, spinach, cherry tomatoes, lemon, green papaya, yogurt dressing and homemade pita chips with turmeric. (VT)

 **PLANTAIN AND SHRIMP TOAST** \_\_\_\_\_ \$15

 Fire-grilled shrimp, fresh avocado, and cherry tomatoes marinated in a coconut *Chilichurri* (a spicy spin on traditional chimichurri). Served over crunchy plantain toast.

 **BEETROOT GAZPACHO** \_\_\_\_\_ \$13

A refreshing soup of beetroot *confit*, tomatoes, vegetable broth, and a touch of raspberry vinegar. Blended and served chilled. (V)


 CONTAINS GLUTEN

 CONTAINS SEAFOOD

 (VT) VEGETARIAN

 CONTAINS DAIRY

 MEDIUM HOT SPICY

 (V) VEGAN

## Tortuga Lodge

Prices include 13% IVA and 10% service tax.








# LUNCH

## Green Turtle Restaurant

(Menu available from 12:00pm to 2:00pm)

### MAIN COURSES

-  **FISH TACOS** \_\_\_\_\_ \$14  
Homemade corn tortilla, avocado, lemon, lettuce, Caribbean pickle, coriander and house chili pepper.
-  **RICE AND BEANS** \_\_\_\_\_ \$18  
Traditional Caribbean style dish with coconut, chili, served with chicken in Caribbean sauce, patacones and salad.  
 *\*(Opción vegetariana).*
-  **SUPER SALAD** \_\_\_\_\_ \$15  
Mixed of lettuce, cherry tomato, radish, avocado purple cabbage and crispy egg, your choice of **chicken, tuna, seafood** or  **vegetarian** with a vinegar and mustard dressing.
-  **PORK RIBS** \_\_\_\_\_ \$18  
 Roasted with hoisin sauce and honey, grilled cauliflower, mashed ripe plantain and curry.
-  **RONDON** \_\_\_\_\_ \$15  
Traditional Caribbean dish based on coconut milk, red snapper, tubers, green banana and Panamanian chili.
-  **HUNGER STEAK** \_\_\_\_\_ \$23  
Grilled and served with fried crispy casava, green banana, Pico de Gallo and peach palm tartare sauce.



CONTAINS GLUTEN



MEDIUM SPICY

Tortuga Lodge



(VT) VEGETARIAN

Prices include 13% IVA and 10% service tax.



# ALMUERZO

## Green Turtle Restaurant

(Menú disponible de 12:00pm a 2:00pm)

### APERITIVOS

 **CEVICHE DE CORVINA** \_\_\_\_\_ \$15

Finas rebanadas de corvina aderezadas con limón, chile dulce, chile panameño y cebolla. Acompañado de patacones.

 **GAZPACHO VERDE** \_\_\_\_\_ \$12

Sopa fría a base de caldo vegetal, leche de coco, aguacate, espinaca y albahaca. (V)

 **ENSALADA TROPICAL** \_\_\_\_\_ \$14

Lechugas mixtas, palmito, papaya verde, croquetas de pescado y aderezo de limón. *\*(Opción libre de gluten).*

  **ENSALADA DE QUINOA Y PAPAYA VERDE** \_\_\_\_\_ \$12



Quinoa mixta, rúcula, espinaca, tomate cherry, limón, papaya verde, aderezo de yogurt y chip de pan pita de la casa con cúrcuma. (VT)

 **TOSTADA DE CAMARÓN Y PLÁTANO** \_\_\_\_\_ \$15



Aguacate, camarones a la plancha, tomates cherry marinados con *chilichurri* y coco sobre una base de tostada de plátano verde (patacón).

 **GAZPACHO DE REMOLACHA** \_\_\_\_\_ \$13

Preparado a base de remolacha confitada, tomate vinagre de frambuesa y caldo vegetal. (V)



CONTIENE GLUTEN



CONTIENE MARISCOS



CONTIENE LÁCTEOS



PICANTE MEDIO

Tortuga Lodge



(VT) VEGETARIANO



(V) VEGANO

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



# ALMUERZO


## Green Turtle Restaurant

(Menú disponible de 12:00pm a 2:00pm)

### PLATOS PRINCIPALES

 **TACOS DE PESCADO** \_\_\_\_\_ \$14

Tortilla casera de maíz, aguacate, lechuga, escabeche caribeño, culantro y chilera de la casa.

 **RICE AND BEANS** \_\_\_\_\_ \$18

Tradicional estilo del caribe con coco y chile panameño, acompañado de pollo en salsa caribeña, patacones y ensalada.

 *\*(Opción vegetariana).*

 **SUPER SALAD** \_\_\_\_\_ \$15

Mixto de lechugas, tomate cherry, rábano, repollo morado aguacate y huevo crujiente, a su elección de **pollo, atún, mariscos o vegetariana** con aderezo de vinagre y mostaza dijón.

 **COSTILLAS DE CERDO** \_\_\_\_\_ \$18

 Rostizadas con salsa hoisin y miel, coliflor a la parrilla, pure de plátano maduro y curry.

 **RONDÓN** \_\_\_\_\_ \$15

Plato tradicional caribeño a base de leche de coco, pargo rojo, tubérculos, banano verde y chile panameño.

 **FILET DE ENTRAÑA** \_\_\_\_\_ \$23

A la parrilla, con chilichurri, yuca frita, banano verde, pico de gallo y tartar de pejibaye.



CONTIENE GLUTEN



PICANTE MEDIO

Tortuga Lodge



(VT) VEGETARIANO

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