BÖËNA

Wilderness Lodges

Green Turtle Restaurant

PLANT BASED MENU

MENÚ A BASE DE PLANTAS

Tortuga Lodge

MENU

Green Turtle Restaurant

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LUNCH

Green Turtle Restaurant

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

APPETIZERS

GREEN *GAZPACHO* — $12

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

EGGPLANT CAPONATA — $14

Slow cooked eggplant with cherry tomatoes, capers, olives, raisins and cashews in a base of homemade focaccia. *(V)*

BEETROOT GAZPACHO — $13

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

CORN POLENTA — $14

Crispy polenta with Peperonata sauce, vegetables and mini arugula. *(V)*

BANANA *CEVICHE* — $12

Lemon juice base, green banana, coriander, onion, chili and crispy cassava. *(V)*

CONTAINS GLUTEN
MEDIUM SPICY

Tortuga Lodge

CONTAINS NUTS
(V) VEGAN

Prices include 13% IVA and 10% service tax.

LUNCH

Green Turtle Restaurant

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

MAIN COURSES

CASADO — $12

Traditional Costa Rican dish, rice, beans, banana hash, salad, palm heart in Caribbean sauce and corn tortilla. *(V)*

RONDON — $15

Traditional Caribbean soup based on vegetable broth, coconut milk, green curry, mushrooms, vegetables and kale. *(V)*

SUPER SALAD — $14

Variety of salad leaves with beetroot confit, chickpeas, mini potatoes, red pepper, asparagus and zucchini, white balsamic and mustard dressing. *(V)*

***GUACHO* RICE** — $18

Traditional plate of Costa Rica in a base of vegetable broth, Arborio rice, Safran and local vegetables. *(V)*

VEGGIE TACOS — $22

Corn tortilla, pickled red cabbage, pineapple relish, grilled portobello mushroom and chimichurri sauce. *(V)*

MEDIUM SPICY

Tortuga Lodge

(V) VEGAN

Prices include 13% IVA and 10% service tax.

DINNER

Green Turtle Restaurant

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

APPETIZERS

TOMATO AND COCONUT SOUP — $13

Made with vegetable broth and coconut milk, fresh tomatoes, Panama chili peppers, served with green banana tartare. *(V)*

AVOCADO AND PLAINTAIN ROLLS — $13

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

CHICKPEAS SALAD — $14

Variety of cherry tomatoes, chickpeas, bell pepper, red onion, dried tomato, olive oil, lemon and chickpeas hummus. *(V)*

BRUSCHETTA SALAD — $14

Homemade foccacia bread croutons, tomato salad, parsley, basil pesto and buffalo mozzarrela cheese. *(VT)*

CONTAINS GLUTEN
MEDIUM SPICY
CONTAINS NUTS

Tortuga Lodge

(VT) VEGETARIAN
(V) VEGAN

Prices include 13% IVA and 10% service tax.

DINNER

Green Turtle Restaurant

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

MAIN COURSES

PASTA RAGOUT — $20

Served with roasted tomato and mushrooms ragout, toasted cashews. *(VT)*

CURRY — $18

Slow cooked chickpeas in yellow curry with coconut milk, vegetables and brown rice. *(V)*

CAULIFLOWER — $22

Grilled Cauliflower steak, romesco peppers, cashew and bean salad with citruses. *(V)*

CARIBBEAN POKE BOWL — $24

Vegan chickpea cheese over sushi rice, tender baby green beans, diced mango, green banana with *Panameño chili escabeche*, and fresh avocado. Served with a savory *Togarashi* dressing. *(V)*

STIR FRY BOWL — $22

Brown rice, mixed vegetables, sesame, tofu with teriyaki and chives. *(V)*
**(Gluten free option).*

CONTAINS GLUTEN
MEDIUM SPICY
CONTAINS NUTS

Tortuga Lodge

(VT) VEGETARIAN
(V) VEGAN

Prices include 13% IVA and 10% service tax.

DESSERTS

Green Turtle Restaurant

AVOCADO & CHOCOLATE MOUSSE Served with tropical fruits.		$10
SORBET OF FLAVORS		$8
FRESH FRUITS PLATE		$7

CONTAINS NUTS

(V) VEGAN

Prices include 13% IVA and 10% service tax.

VEGAN ICE CREAM

MAMEY — $8

Prepared based on the traditional natural fruit of the Caribbean.

PEACH PALM — $6

Traditional Costa Rican fruit made into ice cream.

VANILLA — $8

Base of natural vanilla from the Osa Peninsula.

SPICY CHOCOLATE — $8

Organic chocolate flavored in an infusion with *Panamanian chili.*

COCONUT, GINGER & LEMONGRASS — $10

Sweet coconut infused with a ginger-lemongrass tea reduction.

SORBETS

SOURSOP — $7

Base of natural pulp, native fruit to the tropical region and the Caribbean.

AGUA DE SAPO I HIEL — $6

A traditional Costa Rican drink that is made with sweet sugar cane, water, lime, and ginger.

MANGO LEMON — $6

Refreshing fusion of natural pulp and lime juice.

Some dishes contain seeds

**For a seed-free option, please request it to your waiter.*

MEDIUM SPICY

ALMUERZO

Green Turtle Restaurant

(Menú disponible de 12:00pm a 2:00pm)

ENTRADAS

GAZPACHO VERDE — $12

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

BERENJENA CAPONATA — $14

Berenjena cocinada a fuego lento con tomate cherry, alcaparras, aceitunas, pasas secas y marañones con una base de focaccia de la casa. *(V)*

GAZPACHO DE REMOLACHA — $13

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

POLENTA Y CHILES — $14

Polenta crujiente con salsa peperonata, vegetales y arúcula. *(V)*

CEVICHE DE BANANO — $12

A base de jugo de limón, banano verde, cebolla, culantro, chile y crocante de yuca. *(V)*

CONTIENE GLUTEN
PICANTE MEDIO

Tortuga Lodge

CONTIENE NUECES
(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)

PRINCIPALES

CASADO — $12

Tradicional platillo costarricense, arroz, frijoles, picadillo de banano, ensalada, palmito en salsa caribeña y tortilla de maíz. *(V)*

RONDÓN — $15

Tradicional sopa caribeña a base de caldo vegetal, leche de coco, curry verde, hongos, vegetales y kale con limón. *(V)*

SUPER SALAD — $14

Variedad de lechugas con remolacha confitada, garbanzos, papas minis, chile dulce, espárragos y zucchini, aderezo con balsámico blanco y mostaza. *(V)*

ARROZ GUACHO — $18

Tradicional plato costarricense a base de caldo vegetal, azafrán, arroz arborio y verduras locales. *(V)*

VEGGIE TACOS — $22

Tortilla palmeada de maíz, encurtido de repollo morado, *relish* de piña, portobello a la parrilla y chimichurri. *(V)*

PICANTE MEDIO

(V) VEGANO

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)

ENTRADAS

SOPA DE TOMATE Y COCO $13

A base de caldo vegetal y leche de coco, tomates frescos, chile panameño y tomillo, servido con un tartar de banano verde. *(V)*

ROLLOS DE AGUACATE Y PLÁTANO MADURO $13

Envueltos en hojas de papel de arroz, con tomate seco, plátano maduro, aderezo de soya, ajonjolí y mantequilla de maní. *(V)*

ENSALADA DE GARBANZOS $14

Variedad de tomates cherry, garbanzos, chile morrón, cebolla roja, tomate seco, aceite de oliva, limón y humus de garbanzos. *(V)*

ENSALADA BRUSCHETTA $14

Crotones de pan foccacia de la casa, ensalada de tomates, perejil, pesto de albahaca y queso mozzarela de búfala. *(VT)*

CONTIENE GLUTEN
PICANTE MEDIO
CONTIENE NUECES

Tortuga Lodge

(VT) VEGETARIANO
(V) VEGANO

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)

PRINCIPALES

PASTA RAGOUT — $20

Servido con ragú de hongos, tomate rostizado y marañón tostado. *(VT)*

CURRY — $18

Curry amarillo con leche de coco, variedad de verduras y arroz integral. *(V)*

COLIFLOR — $22

Filete de coliflor a la parrilla, romesco de chiles, marañón y ensalada de fríjoles con cítricos. *(V)*

POKE CARIBEÑO VEGANO — $24

Servido con arroz de sushi, mini vainicas, mango, banano verde con chile panameño, aguacate, queso vegano de garbanzo y aderezo *Togarashi.* *(V)*

STIR FRY BOWL — $22

Arroz integral, variedad de vegetales, ajonjolí, tofu teriyaki y cebollino. *(V)*
**(Opción sin gluten).*

CONTIENE GLUTEN
PICANTE MEDIO
CONTIENE NUECES

Tortuga Lodge

(VT) VEGETARIANO
(V) VEGANO

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

POSTRES

Green Turtle Restaurant

***MOUSSE* DE AGUACATE Y CHOCOLATE** Servido con frutas tropicales.	$10
***SORBETS* DE SABORES**	$8
PLATO DE FRUTAS FRESCAS	$7

CONTIENE NUECES

(V) VEGANO

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

HELADOS VEGANOS

MAMEY $8

Preparado a base de la fruta natural tradicional del caribe.

PEJIBAYE $6

Tradicional fruta costarricense hecha un helado.

VAINILLA $8

A base de vainilla natural de la península de Osa.

CHOCOLATE PICANTE $8

Chocolate orgánico y aromatizado en una infusión con chile panameño.

LIMONCILLO, COCO Y JENGIBRE $10

Un té helado de lemon grass a base de leche de coco natural.

SORBETOS

GUANABANA $7

A base de pulpa natural ,fruta nativa de región tropical y el caribe.

AGUA DE SAPO I HIEL $6

El agua de sapo es una bebida tradicional costarricense que se elabora con tapa de dulce, agua, limón y jengibre.

MANGO LIMÓN $6

Refrescante fusión de pulpa natural y jugo de limón.

Algunos emplatados contienen semillas

**Para una opción sin semillas, por favor solicítela a su mesero(a).*

BÖENA

Wilderness Lodges

www.boena.com