



LUNCH

*Menu*

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Tortuga Lodge



*Prices include 13% VAT and 10% service tax.*

# DRINKS

## Menu

### Non alcoholic

FRESH FRUIT SMOOTHIES _____	₱ 5.500
SPARKLING WATER 505ML _____	₱ 5.500
STILL WATER 750ML _____	₱ 3.300
SODAS _____	₱ 2.750
MOCKTAILS _____	₱ 4.400
MILKSHAKES* _____	₱ 5.500

*\*Plant-based option.*

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### Beer

NATIONAL BEER _____	₱ 3.000
CRAFT BEER _____	₱ 3.850

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## Menu

### APPETIZERS

**GREEN PAPAYA SALAD**  \_\_\_\_\_ ₡ 7.000

Fresh arugula leaves, lettuce, mixed quinoa, green papaya, and roasted heart of palm dressing with olive oil and banana vinegar.

**TROPICAL SALAD** \_\_\_\_\_ ₡ 8.000

Fresh spinach leaves, an assortment of lettuce varieties, mango, ripe plantain, cashews, bocconcini mozzarella and passion fruit dressing.



*\*Plant-based option.*

**GREEN GAZPACHO**  \_\_\_\_\_ ₡ 8.000


Cold soup made with coconut milk, avocado, spinach and basil.

**SEABASS CEVICHE** \_\_\_\_\_ ₡ 8.000




Thin slices of cured seabass marinated in coconut and passion fruit *leche de tigre*. Served with plantain chips.

**BUÑUELO**   \_\_\_\_\_ ₡ 8.000

Potato croquette with fish. Served with pineapple relish and Panamanian pepper mayonnaise.

**SEAFOOD SALPICÓN**  \_\_\_\_\_ ₡ 8.000

An assortment of seafood dressed with lime, bell pepper, Panamanian pepper, and onion. Served with fried green plantains.

**EGGPLANT TOAST**    \_\_\_\_\_ ₡ 8.000

Homemade focaccia bread topped with cherry tomato sauce, capers, olives, raisins, and cashews.

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### MAIN COURSES


**CARIBBEAN GREEN SALAD**    \_\_\_\_\_ € 10.000

An assortment of lettuce varieties, crispy pasture-raised egg, vegetables, avocado and parmesan cheese as well as your choice of protein: grilled chicken breast or tataki-style tuna. Served with homemade pita bread and balsamic vinegar or banana vinegar dressing with Dijon mustard.


*\*Plant-based option.*

**FISH TACOS**  \_\_\_\_\_ € 8.000

Homemade corn tortillas filled with guacamole, lettuce, caribbean pickle, grilled seabass fillet, cilantro, and homemade hot sauce.

**RONDÓN**  \_\_\_\_\_ € 10.500

A traditional Costa Rican Caribbean dish. Soup made with coconut milk, red snapper fillet, tubers, and Panamanian pepper.

**RICE AND BEANS**  \_\_\_\_\_ € 10.500

Traditional Caribbean dish served with chicken in salsa caribeña. Prepared with rice and beans cooked in coconut milk and Panamanian pepper. Accompanied with coleslaw and fried green plantains.


*\*Plant-based option.*

**TROPICAL SEAFOOD**  \_\_\_\_\_ € 12.000



Traditional Costa Rican Caribbean dish: Mixed rice with an assortment of seafood and Panamanian pepper. Served with fried green plantains.

**SKIRT STEAK**  \_\_\_\_\_ € 12.000

Grilled skirt steak served with Panamanian pepper-*chimichurri* sauce, fried cassava, green plantain, *Pico de Gallo*, and pejibaye tartar sauce.

**PORK RIBS**  \_\_\_\_\_ € 12.000

Oven-roasted with Hoisin sauce. Served with plantain purée and mustard greens.

**SHORT RIB BEEF STEW**   \_\_\_\_\_ € 12.000


Simmered in coconut milk with Panamanian pepper and thyme. Served with rice and local vegetables.





## BURGERS AND SANDWICHES

**FISH BURGER**  \_\_\_\_\_ ₱ 10.000

Homemade brioche bread, crispy seabass filet, shrimp pink sauce, cabbage, and pickled cucumber. Served with fried potatoes.

**VEGETARIAN BURGER**   \_\_\_\_\_ ₱ 10.000


Homemade bread with 'Beyond Meat' (plant-based vegan patty), spicy tomato sauce, lettuce, and tomato.

**SANDWICH**   \_\_\_\_\_ ₱ 8.000

Homemade whole wheat bread, zucchini, eggplant, tomato, lettuce, and avocado with pesto. Served with homemade chips.



**TUNA WRAP**  \_\_\_\_\_ ₱ 7.000

Flour tortilla filled with soy-marinated tuna, spinach, avocado, and green papaya. Served with homemade chips and Caribbean aioli.


**PITA CLUB SANDWICH**  \_\_\_\_\_ ₱ 7.000

Homemade pita bread filled with chicken breast, Dijon mustard, tomato, and lettuce. Served with fries and Caribbean aioli.

## SOURDOUGH PIZZA

**MARGHERITA**   \_\_\_\_\_ ₱ 7.500


Homemade tomato sauce, fresh basil, and mozzarella.

**PEPPERONI**    \_\_\_\_\_ ₱ 8.000



Salami, spicy pepperoni, bacon, homemade tomato sauce, and mozzarella.

**VEGGIE**   \_\_\_\_\_ ₱ 8.000



Mixed vegetables, homemade tomato sauce, and mozzarella.

**VEGAN**  \_\_\_\_\_ ₱ 8.500

Homemade tomato sauce and fresh herbs.



**SPICY CHICKEN**    \_\_\_\_\_ ₱ 8.500

Grilled chicken, crispy bacon, hot pepper, homemade tomato sauce and mozzarella.





**SUPREME**   \_\_\_\_\_ ₱ 8.500

A classic blend of ground beef, ham, pepperoni, onion, red peppers, mushrooms, homemade tomato sauce, and mozzarella.



# CHILDREN'S Menu

**BOLOGNESE PASTA**   \_\_\_\_\_ ₱ 8.500

Fettuccine, homemade tomato sauce, and ground beef. Served with grated parmesan cheese.

**GREEN PASTA**     \_\_\_\_\_ ₱ 8.500


Fettuccine in spinach pesto sauce. Served with grated parmesan cheese.

**POMODORO PASTA**   \_\_\_\_\_ ₱ 8.500


Fettuccine, homemade tomato sauce. Served with grated parmesan cheese.

**BUTTER AND CHEESE PASTA**   \_\_\_\_\_ ₱ 8.500



Fettuccine with butter and grated parmesan cheese.

**CHICKEN FINGERS**  \_\_\_\_\_ ₱ 7.500

Crunchy panko breaded chicken breast strips. Served with fried potatoes.

**FISH FINGERS**  \_\_\_\_\_ ₱ 7.500

Crunchy panko breaded fish fillet strips. Served with fried potatoes.

**CHEESEBURGER**   \_\_\_\_\_ ₱ 6.500

Premium beef patty on a homemade brioche bun with melted cheese. Served with fried potatoes.



**BÖENA**  
— Lodges —

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