

BEVERAGES

Specialty Smoothies1300

The Sunrise - mango, papaya and orange juice

Sweet and Soy - guanabana, banana and soy milk

Mixed Fruits - watermelon, papaya and pineapple

Liga and Saprissa - strawberry and blackberry in water

The Sunset - pineapple, blackberry and banana

Select 1 - 2 of the following, with water or milk1100

Banana, papaya, pineapple, watermelon, mango, blackberry, guanabana, tamarindo, or strawberry. With Soy Milk1300

Choose 3 or more with water or milk1500

Juices and Nectars800

Orange juice or nectar of peach, pear or mixed. fruit.

Coca Cola and More700

All in glass bottles, Coca Cola, Diet Coke, Fresca, Fanta Orange or Red, Ginger Ale and Club Soda.

Bottled Water, 600ml, 1.75L, or 6L700, 1000, 1700

Powerade, Flavored Waters and all other plastic bottles950

Coffee or Hot Tea700

A cup of joe with one refill, or a hot tea (varied selection).

Marilou's Iced Coffee1400

A specialty of the house that will leave you ordering another.

Chai Tea1200

Served with milk, hot or cold, and *guaranteed* delicious. Soy, add 200.

Ginger Green Tea1200

Green tea brewed with cleansing ginger for a refreshing drink, hot or cold.



BREAKFAST

Fruit Bowl	2050	
A refreshing start of mixed fresh fruit topped with yogurt and granola.		
Fruit Plate	1800	
A healthy mix of pineapple, papaya, watermelon and banana.		
Ham and Cheese Scramble	2200	
Ham and Monte Rico cheese folded into two eggs, served with toast.		
Veggie Scramble	2100	
Zucchini, onion, tomato, red pepper and garlic are enveloped in two eggs, served with toast. Add cheese		300.
Egg and Cheese Sandwich	1500	
The classic breakfast sandwich served toasted with fresh fruit on the side.		
Super Goma Sandwich (for those recovering from last night).....	2450	
A hearty sandwich with egg, cheese, tomato, avocado and bacon, served with fresh fruit (for your health).		
The Best of Both Worlds	1950	
A combo featuring a smaller version of the fruit bowl, with eggs and toast.		
Two Eggs and Toast	950	
Just like it says. Fried or scrambled.		
Toast and Jelly	700	
Straight and simple.		
Pancake, Straight and Simple	1700	
With Bananas and Honey	2100	
With eggs and bacon	2400	

Add to any plate:

Avocado500

Tahini700

Bacon600

Cheese300

Lunch served until 5pm.

LUNCH

All sandwiches served with a fresh green salad and Zen Mash - a healthy blend of white and red potatoes, carrots and garlic.

Gourmet Grilled Cheese2400

Bacon and tomato join melted Monte Rico cheese on toasted wheat bread.

 **Grilled Cheese**1800

Two slices of Monte Rico cheese melted to perfection on wheat toast.

Ham and Cheese2250

Sliced ham topped with melted Monte Rice cheese, lettuce, tomato and onion, served on toasted wheat bread.

 **The Veggie**2050

A healthy and hearty mix of avocado, tomatoes, onion, carrots and cucumber, served open face with melted cheese and basil garlic mayo.

 **Green Lunch Salad**1450

A light lunch salad topped with cucumbers, tomatoes and carrots.


Add a scoop of homemade tuna salad2050

BLT Supreme2450

The classic sandwich with the addition of carrots, cucumbers and onions.

Grande Club3250

This triple decker has ham, bacon, cheese, lettuce, onion, tomato, basil garlic mayo and mustard -- perfect after a good surf session.

 **Tuna Sandwich Magnifique**2200

Our homemade tuna salad mixed with garlic and basil, served open face on toasted wheat bread and topped with tomato and melted cheese.

Home Made Hamburger3100

A fresh ground beef patty grilled to perfection and topped with lettuce, tomato, onion, ketchup and mayo.

With Monte Rico cheese 3350



Denotes plates which are vegetarian and/or only fish.

APPETIZERS

Green House Salad1500

A bed of fresh lettuce topped with carrots, cucumbers, tomatoes, toasted sesame seeds and our house dressing.

Tom Kai Gai1800

A classic, chicken-based Thai soup, slightly spicy with a touch of coconut milk. (Available only after 6pm.)

Miso Soup with Wakame1750

A perfect vegetarian starter. (Available only after 6pm.)

Hummus2200

Classic hummus with a hint of garlic, served with rye toast, carrots and cucumbers.

Tahini Dip2400

A delicious way to get some extra protein, this spread is served with fresh, raw veggies and rye toast.

Pico de Gallo1700

This refreshing blend of tomatoes, onions and cilantro is served with tortilla chips.

Guacamole2000

The perfect starter made fresh to order. with chips and rye toast.

DESSERTS

Sweet Banana Crepes1550

Your choice of topping, any 2 of the following: blackberry, mango, strawberry and chocolate. **Add a scoop of ice cream2000**

Two Scoops Ice Cream with choice of topping1150


Trits Ice Cream, everyone's favorite "treat"800

DINNER

RICE DISHES

Pak Chee Gai4200

A green chicken curry made with the freshest ingredients, sauteed with zucchini, broccoli, onions, bell peppers and coconut milk, served on a bed of white rice and accompanied by fresh fruit.

 **Takrai Pla**4350

Using plants from our own garden, this lemongrass curry with Mahi Mahi is mildly spiced and finishes with a refreshing lime zest. Served with fresh white rice and a green salad. (*Contains shrimp.)

 **Thai Fried Rice**3600

This Indian style stir-fry is a favorite among all of our neighbors, and features a variety of fresh vegetables, rice and fresh fruit.

Add fish or shrimp (when available)4500/4900

Add chicken4200

NOODLE DISHES

 **Kratiam Prik**3900

Our most popular plate, this delicious red coconut curry combines a healthy mix of vegetables with egg noodles, and is served with a fresh green salad and fruit.


Add fish or shrimp (when available)4800/5200

Add chicken4500


Vietnamese Bun4100

This rice noodle dish unites an amazing mix of flavors, featuring grilled chicken, steak and vegetables, and is served with a special asian style sauce. (*Contains peanuts.)

Substitute fish or shrimp (when available)5000/5400

 Vegetarian option also available - ask your server.


*Prices include taxes, but not gratuity. For groups of 6 or more, a 20% gratuity will be added. Thank you and enjoy!


 Denotes plates which are vegetarian and/or only fish.

Dinner menu available after 6pm.

DINNER SALADS


Sesame Chicken Salad3200
Marinated, grilled sesame chicken served with a mix of fresh vegetables over a bed of green lettuce.


 **Seared Yellowfin Tuna** (when available)3500
Freshly caught yellowfin tuna seared with fresh cracked black pepper and served with a variety of vegetables over a bed of green lettuce.

 **Avocado Salad**2750
Fresh avocado slices adorn a healthy mix of vegetables and fresh green lettuce.


SANDWICHES (for the less adventurous)

Ham and Cheese2650
Sliced ham topped with melted Monte Rico cheese, lettuce, tomato and onion, served on toasted bread.

 **Veggie Sandwich**2450
A healthy and hearty mix of avocado, tomatoes, onions, carrots and cucumber, served open face with melted cheese and basil garlic mayo.

 **Tuna Sandwich Magnifique**2800
Our homemade tuna salad mixed with garlic and basil served open face on toasted wheat bread topped with tomato and melted cheese.

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 Denotes plates which are vegetarian and/or fish only.