

# Small Bites

## GUACAMOLE ₡6.500 (V) (GF)

Fresh guacamole with mango chutney, fresh salsa, and homemade chips.

## HUMMUS DUO ₡7.500 (V)

Beet and spinach jalapeño served with toasted bread, raw veggies and chickpea & carrot croquettes.

## CRISPY CALAMARI ₡7.000

Served with a mint and basil aioli.

## PASSION CEVICHE ₡8.000 (GF)

Fresh Mahi Mahi, mango and avocado on passion fruit and citrus juices. Served with homemade chips.

## FISH CROQUETTES WITH HOUSE AIOLI ₡4750

## TROPICAL TUNA TARTAR ₡8000 (GF)

Fresh Tuna, mango, cucumber, and avocado dressed in passion fruit mayo. Served with homemade chips.

## BEET CARPACCIO ₡4.500 (V) (GFF)

Dressed with lime, olive oil, herbs, almonds and turmeric pearls. Served with toasted sourdough bread.

## COCONUT SHRIMP ₡7.500

Coconut crusted crispy shrimp served with passion fruit aioli.

## CAPRESE TOASTS ₡6.500

Sourdough toast, pesto, cherry tomato, fresh mozzarella, balsamic vinaigrette. Gluten Free ₡7.750

# Salads

## GREEN ROOM SALAD ₡7.500 (GF)

Organic greens, granny apples, strawberries, cucumbers, tomato, carrots, red onions, almonds, gorgonzola cheese, herbed olive oil and blackberry balsamic dressing.

+ Chicken ₡2.500

+ Chickpea & Carrot Croquettes ₡2.000

+ Shrimp ₡3.500

## TUNA ₡10.000 (GF)

Mixed organic greens, cherry tomatoes, red onions, cucumbers, avocado, peanuts, mango chutney and tropical house vinaigrette. **Substitute for Chickpea & Carrot Croquettes (V) ₡8.000**

# Menu From Home

## MAHI FISH TACOS ₡7.500 (GF)

3 tacos over homemade corn tortillas, red cabbage, fresh salsa, mango chutney and chipotle aioli.

## CHICKEN MELT ₡8.500

Homemade sourdough bread, grilled chicken, caramelized onions, sharp cheddar cheese. Served with hand cut fries.

## CREAM OF TOMATO SOUP & GRILLED CHEESE ₡7.500 (GFF)

Made from scratch with natural ingredients, served with a classic grilled cheese sandwich. Gluten Free ₡8.500

## VEGAN MUSHROOM MELT ₡8.000

Homemade Sourdough, plant-based mozzarella cheese, caramelized onions and mushrooms. Served with hand cut fries. Gluten Free ₡9.500

## GARDEN VEGAN BOWL ₡7.000 (GF)

Poblano green rice, sweet plantains, herbed white beans, organic greens, fresh salsa, avocado and seasonal succotash.

## ADD: CHICKEN ₡2500

## FRESH CATCH ₡3000

## TUNA ₡3000

# Burgers

½ Pound grass fed beef Patty, homemade burger bun, fresh ingredients. Served with hand cut fries. Substitute for Salad ₡1.500 | Substitute for Onion Rings ₡1.000

## CHEDDAR ₡10.500

Cheddar, pickles, house smoky aioli.

## GORGONZOLA & MAPLE BACON ₡13.000

Artisan bacon and creamy gorgonzola sauce.

## TUNA ₡9.000

Fresh tuna, basil and mint aioli, fresh guacamole and mango coleslaw.

## VEGAN ₡6.500

Chickpea & carrot patty, lettuce, tomato, red onion, and avocado.

## KETO ₡9.500

Cheddar Crust, lettuce, red onion, avocado, bacon, and chipotle cream.

## MENPHIS ₡12.500

Two burger patties, crispy bacon, crispy onions house smoky aioli.

## SMASH BURGER ₡10.500

2 Smashed burger patties, caramelized onions, sauteed mushrooms and double cheddar cheese.

# Extras

Artisan bacon, sausage or ham. ₡2.750

Mozzarella. ₡2.000

Sauteed mushrooms. ₡2.000

Chipotle aioli. ₡1.000

Caramelized onions or avocado. ₡1.000

Vegan cheese. ₡1.500

Cheddar. ₡1.000

Gorgonzola. ₡1.500

Keto sauteed. ₡3.000

Gluten free bun. ₡1.500

Prices include all taxes

# Mains

## **BEET AND GINGER MARINATED TUNA ₱12.500 (GFF)**

Sesame crusted tuna slightly marinated with beet and ginger served with poblano green rice and organic greens.

## **FRESH CATCH WITH PINEAPPLE COCONUT CURRY SAUCE**

**₱14.000**

Served with rice, organic greens and sweet plantains.

## **VEGAN PALMITO & PINEAPPLE COCONUT CURRY ₱10.750**

## **STEAK AND FRITES ₱18.000 (GFF)**

8oz beef tenderloin with a bourbon & pepper corn cream sauce. Served with hand cut fries and our homemade mayonnaise.

## **CHILI LIME & PINEAPPLE SHRIMP ₱12.500**

Served with poblano green rice and organic greens.

## **GRILLED CITRUS OCTOPUS ₱16.000 (GFF)**

Served with Cajun smashed baby potatoes.

## **GREEN ROOM RIBS ₱18.000 (GFF)**

Spicy passion fruit BBQ sauce, served with smashed potatoes and a tropical succotash.

## **PULPFRIJO ₱16.000 (GFF)**

Costa Rican dish with a twist, cilantro lime rice, herbed white beans, crispy and grilled octopus, avocado, fresh salsa, and chipotle cream.

**V** - Vegan

**GF** - Gluten Free

**GFF** - Gluten Free Friendly

*(It can be adjusted to be Gluten Free)*

# For the little Ones

All ₱6.000, includes a natural beverage.

ALL THE ITEMS BELOW ARE ONLY FOR KIDS UNDER 12 YEARS OLD.

An extra ₱2000 will be charged to adult's orders (older than 12).

## **GRILL CHEESE SANDWICH**

Made with homemade bread and sharp cheddar cheese, served with hand cut fries or fruits.

## **CHICKEN FINGERS**

Crusted chicken strips served with hand cut fries or fruits.

## **FISH FINGERS**

Crusted mahi strips served with hand cut fries or fruits.

# Desserts

## **FEATURE VEGAN DESSERT ₱ 4.500**

## **KAHLUA ALMOND BROWNIE ₱ 4.500**

## **HOMEMADE ARTISAN ICE CREAM** (Vegan options available) **₱ 2.500**

## **NEW YORK STYLE CHEESECAKE ₱ 4.500**

PASSION FRUIT TOPPING

## **FEATURE KETO, GLUTEN & SUGER FREE PIES ₱ 4.500**

Prices include  
all taxes