

Breakfast at **Brisa Azul**

Breakfast is served from 7:00 a.m. to 9:00 a.m.
HALF portions available

On the Lighter Side

Fresh Fruit Juice

Enquire about today's selection: mango, passion fruit, sour guava, blackberry, sour sap or mixed fruit.

Plate of Seasonal Mixed Tropical Fruits

Granola or Cornflakes

With diced fruit.

Yogurt

Plain or with fruit.

Pañuelos

A homemade flakey, buttery Danish filled with cream cheese and guava jelly. *Pañuelo* (a handkerchief) best describes this pastry's folds.

Homemade Buttered Whole-Wheat Toast

With tropical guava jelly and cream cheese.

For a Heartier Breakfast

Lapa Rios Pancakes

A plate-size pancake topped with your choice of bananas, granola or diced tropical fruit. *Pancakes are served with coconut-orange, maple and guava syrups.*

Lapa Rios French Toast

Homemade whole wheat bread in a creamy guava batter, sautéed until crispy and sprinkled with powdered sugar. *French Toast are served with coconut-orange, maple and guava syrups.*

Tico Special

2 eggs cooked to order, fried sweet plantains, *gallo pinto* (rice and beans with Tico flavorings), fried white cheese, sour cream and corn tortillas. **Gallo Pinto** is rice and beans with Tico flavorings. **To make authentic pinto, add Costa Rica's Salsa Lizano or Chilero.**

Gringo Special

Scrambled or fried eggs, bacon or ham, homemade buttered wheat toast and Costa Rica's famous guava jelly.

Central America Corn Cakes

Rich, small cakes made with whole corn, diced sweet peppers and onions. Served with a light yogurt-chili sauce, scrambled eggs and Pico de Gallo. **Pico de Gallo** is our homemade fresh salsa.

LapaPupusa

Two homemade corn tortillas sandwiched with black beans and cheddar cheese. Topped with a fried egg and avocado. Add ham or bacon if desired. Served with our red *salsa ranchera*. **Pupusa** is a Salvadorian favorite food, traditionally filled with beans, cheese and chicharrones (fried pork rinds).

Omelettes

Create your own, with ham, cheddar, Swiss or white Turrialba cheese, bacon, mushrooms, sweet peppers or onions. Served with homemade buttered whole wheat toast and guava jelly.

TWO TICO SAUCES (that can be purchased in local markets)

Salsa Lizano: A vegetable based sauce, tangy-yet-sweet used in Costa Rican homes at almost every meal.

Chilero: A semi-chunky, red chillies-based hot sauce.

Our food source is sourced over 400 km. In an effort to be mindful of our conservation and sustainable principles, we ask you to help us reduce fresh produce waste by selecting you dinner choice now during breakfast.