

Lunch

at Brisa Azul

Lunch is served from 11:30 a.m. to 2:00 p.m.

HALF portions available

FIRST COURSE

House Salad *a la Tica*

A small version of our Garden Tica Salad where we mix crisp greens, crunchy vegetables and local flavors. Served with your choice of homemade dressings: Papaya Seed, Sesame-soy, Caesar or Balsamic Vinaigrette.

CHILLED SOUPS

One of these vegetarian soups is offered daily:

Lime-Cucumber-Shrimp Soup

Spiked with lime, *nam pla* and a hint of chili, this refreshing cucumber combination eclipses the common sour-cream and dill cucumber soup. Topped with shrimp.

Gazpacho

Lightly spicy and very refreshing, our famous Lapa Rios gazpacho is a cold tomato based soup of fresh vegetables and herbs.

Zucchini-Cilantro Soup

Light and refreshing with a twist of citrus this soup is a unique blend of cilantro, lemon, lime and zucchini. A guest favorite.

SALADS

Caesar Salad

Fresh greens with our homemade Caesar dressing, served with garlic toasted croutons and fresh grated Parmesan cheese. Add grilled chicken, fish or Portobello mushrooms.

Volcano Salad

A unique Asian salad of mixed crisp lettuces and diced vegetables topped with grilled chicken breast, fresh fish or sautéed tofu. Tossed with a sesame-soy dressing, peanuts and a cap of snowy white rice.

Garden Tica Salad

Crisp greens, crunchy vegetables and local flavors, including palm hearts, white Turrialba cheese and pejobaye make a unique fresh salad. Add grilled chicken, fish or sautéed tofu. Served with your choice of homemade dressings: Papaya Seed, Caesar, Balsamic Vinaigrette or Sesame-soy. *Pejobaye*, vitamin/mineral-rich starchy plum-size Osa-endemic palm fruits, boiled then peeled.

Half SALAD-Half SANDWICH

We'll toss half of a green salad (Caesar, Garden Tica or Volcano) and serve it along side half your choice of sandwich. Includes homemade chips of the day.

HAMBURGERS

Avocados are seasonal; when available, request slices.

Hamburgers

The best hamburger on the Osa! Request Turrialba, Cheddar cheese or bacon on homemade buns.

SANDWICHES

Sandwiches are made with homemade bread and served with either freshly made yuca, plantain, ñampi or tiquisque chips and a bean-corn-sweet pepper salad.

Fish Fillet Sandwich

Fish of the day on toasted Ciabatta bread with lettuce, tomato, sliced sweet red onion and a lemon-basil-chile mayonnaise.

Brisa Azul Chicken Sandwich

Grilled chicken breast on toasted Ciabatta bread with a mango-chayote chutney, Turrialba cheese, lettuce and tomato.

Portobello Mushroom Sandwich

Sautéed Portobello mushrooms, grilled sweet red chiles and onions, topped with melted Mozzarella cheese on toasted Ciabatta bread.

Chicken-Mango-Cashew Salad Sandwich

Chunks of chicken breast, roasted cashews, celery and dried mango, lettuce and tomato. Served on our homemade wheat bread.

Lapa Club Sandwich

Smoked bacon, grilled chicken, smoked ham, white Turrialba cheese, lettuce, tomato, and mayonnaise on our homemade wheat bread.

SPECIALTIES

Casado Costarricense

Spanish for 'married', a *casado* is served throughout Costa Rica for the midday meal. Our "casado" offers a choice of grilled chicken or fish of the day, beef tenderloin sautéed with onions or fried Turrialba cheese. We add typically prepared black beans, fried plantains, a lemony cabbage slaw and steamy, hand pressed corn tortillas.

Pasta with Fresh Tomato, Garlic and Basil Leaves

Penne pasta tossed with roasted garlic, fresh and sun dried tomatoes, fresh basil leaves and Parmesan cheese. Request grilled chicken breast, fish or Portobello mushroom.

Chicken or Shrimp Fried Rice

One of the most popular local dishes in Costa Rica. Served with typically prepared black beans, fried plantains, a lemony cabbage slaw and steamy, hand pressed corn tortillas.

Tica Tostada

We fill a crisp wheat flour tortilla with mixed greens, black beans, grated cheddar cheese, *Pico de Gallo* salsa, a dollop of sour cream and avocado slices if available. Add grilled chicken or fish.

Three Gallos

"Gallos" are similar to a small soft taco commonly served in restaurants all around Costa Rica. Our special plate offers a taste of three gallos - grilled chicken, grilled tenderloin beef and fish.

Hummus Cold Wrap

Black bean-sesame hummus, crisp greens and diced vegetables rolled in a flour tortilla. Add grilled chicken, fish or Turrialba cheese. Served with a yogurt cucumber sauce.

DESSERTS

Chocolate Brownie

Available throughout the day these dark, rich chocolate brownies are topped with roasted macadamia nuts.

Tropical Fruit Bowl

Large fruit chunks served with a cooling fruit-rum sauce.

Flan of the Day

Our famous, most popular Latin-American custard.

Ginger Cookies

Crisp cookies made with fresh grated ginger.

In an effort to support local communities in the Osa Peninsula and reduce carbon emissions caused by transportation, Lapa Rios Ecolodge has incorporated a number of locally grown fruits and vegetables into its menu offerings (some of which are even grown by the families of our staff), including yuca, plantains, beans and more. We hope that you take the time to learn about, and taste, these unique menu items in order to experience the true flavors of the Osa Peninsula.