



# BEACH EXPERIENCE MENU

## SANDWICHES

*Choices of breads:  
Panini bread or or whole wheat bread.*

- **Ham an Cheese:** Slices of ham, cheddar cheese, lettuce and tomato.
- **Beef:** Pulled beef, arugula, Panamanian aioli and tomato.
- **Chicken Breast:** Grilled chicken breast, cheddar cheese, lettuce and tomato.
- **Vegetarian:** Mushrooms, fresh lettuce, tomato, cucumber, sweet pepper, and pesto.
- **Peanut Buttter and Jelly:** Moist peanut butter with jam sandwich.  
*+ Served with homemade fruit jam.*

## DRINKS

- **Juices:** Pineapple, mango, papaya, watermelon, lemonade, fruits  
*+ Check the list at the bar.*
- **Tea:** Earl Grey, English Breakfast, Peppermint, Black, Green and Chamomile.
- **Coffee**
- **Smoothies**
- **Beers**
- **Wine**  
*+ Check the list of wine, smoothies and wine at the bar, extra price for it.*

## SNACKS AND WRAPS

*All Wraps in a flour tortilla wrap.*

- **Morning Wrap**  
Mushrooms, spinach, Turrialba cheese, ripe, bananas, scrambled egg whites.  
*+ Only available in the morning.*
- **Chicken Wrap**  
Chicken and cheddar cheese.  
*+ Can also be served with rice and beans.*
- **Vegetarian Wrap**  
Fresh vegetables and falafel.
- **House Chips**  
Chips of the day, accompanied by guacamole, pico de gallo and ground beans.
- **Mixed Seeds**  
Mixed seeds and raisins with salt.
- **Homemade Bread Basket**  
Banana, corn, squash bread.
- **Homemade Cookies**  
Oat with dried fruits, chocolate, passion fruit, chocolate chips.