



BREAKFAST

American

Eggs, French toast, fruit, jam, bacon, coffee and milk

Costa Rican

Gallo pinto, sour cream, ripe plantains, eggs, French toast, jam and tico cheese

Pancakes / French toast

With maple syrup Omelet with Ham, cheese, mushrooms, tomato

Spanish Omelette

A classic made with sautéed potatoes, onions and cheese

Eggs Benedict

Toast, eggs, bacon, hollandaise sauce and scallions

Ranch style eggs

Fresh corn tortilla with spicy Mexican sauce. Scrambled or Fired

Continental

French toast, granola yogurt, butter and jam

ALL BREAKFASTS INCLUDE ORANGE JUICE, COFFEE AND MILK

APPETIZERS

Ceviche

Fresh ceviche of the day with tortilla chips

"Guacamole"

Guacamole with chips

Breaded calamari

Breaded calamari with a variety of dips

Cheese cubes

Cheese cubes with honey mustard sauce

Tuna sashimi

Fresh Tuna sashimi with wasabi, ginger and soy

Buffalo chicken wings

Buffalo chicken wings

Chicken wings

Buffalo or Fried with ranch sauce

SALADS

Caesar

Parmesan, parsley, croutons and Caesar dressing

Green

Lettuce, cherry tomato, cucumbers, black olives, cheese, parsley and balsamic dressing

Mixed

Tomato, cucumber, carrot, corn, heart of palm, mango and avocado

Dressing olive oil, lemon, mustard —

Caprese salad

Tomato, white cheese, basil.

— Dressing olive oil, lemon, mustard —

Tuna Pasta Salad

Penne pasta, tuna, celery, pepper, onion, cilantro, lime.







MAIN COURSES



ESPECIALS

"Mar y tierra" Mahi-mahi and meat

Fresh Mahi-mahi with choice cuts and meat

Classic Burgers

Lettuce, tomato, cucumber, onion and cheese. Options: • Chicken • Fish • Meat

Burritos

Flour tortilla, cheese, refried beans. Select from three options: • Chicken • Fish • Meat — Garnish: Salsa / Salad / Guacamole/ jalapeños/ sour cream —

COSTA RICAN LUNCH

Tico "Casados"

Rice, beans, green salad, ripe plantain.
Select from 3 options: • Chicken • Fish • Meat.

Typical Rices

- Chicken Rice. Sides: -French fries. -Green Salad
- Shrimp's rice. Sides: -French fries. -Green Salad
- Vegetables rice. Sides: -French fries. -Green Salad

SEA FOOD

Garlic lobster

Fresh Lobster with a garlic butter

Flaming shrimps

Fire roasted shrimp

Shrimps brochette

Shrimps brochette with herb sauce

Mahi Mahi

BBQ grilled Mahi-Mahi fillet with garlic butter sauce

Tuna Sushi

Seared tuna served with a wasabi soy sauce

CHICKEN

Fajitas

Chicken fajitas with bell pepper and onions

Grilled

Grilled with a hint of fresh herbs and spices

Pomodoro

Chicken with fresh tomato sauce

Tropical Mango

A delicious mix of sweet and tart flavors

Honey Mustard

A classic sweet and spicy favorite









GARLIC LOBSTER

FILLET MIGNON

SRIMP SPAGUETTI

SPECIAL MEATS

Beef fajitas

Beef fajitas with bell peppers and onion

Filet mignon

Filet mignon with Portobello mushrooms

Beef tenderloin

Beef tenderloin with salsa, garlic, parsley, and olive oil.

Beef tenderloin

Beef tenderloin with red wine sauce and apple

Beef tenderloin

Beef tenderloin with green pepper sauce

SIDES

- Baby Potatoes
- Baked Potatoes
- Potato Gratin
- French Fries
- Mashed Potatoes
- Mixed Vegetables
- Rice
- Salad

PASTA

Shrimp spaghetti

Jumbo shrimp in a delicious white cream sauce served over spaghetti.

Chicken Fettuccine Alfredo

Chicken served with fettuccine tossed with the traditional rich and cheesy cream sauce.

Sea Food Pasta

A mix of the freshest seafood cooked in a tomato and white wine sauce over spaghetti.

Spaguetti Pomodoro

The classic tomato and basil sauce served with spaghetti.

Primavera Pasta

Fresh and seasonal vegetables tossed in a light buttery cream sauce.

Lenguin

Pasta with classic marinara sauce



DESSERT

"Tres leches"

A latin favorite made with three types of milk

Banana Flambé

Sautéed Bananas with "Flor de caña" Liquor

Fruit salad

Mix tropical fruit salad

Coconut Flan

Chocolate cake

A simple classic

Cinnamon and carrot cake

Moist with a hint of cinnamon

Brownie and Ice cream

Rich and dense



CHEF GERMAINE BRENES

My love for the gastronomy started since I was a kid. I began working as a dishwasher. Step by step I get the position of Chef's assistant for one of the best Hotels in the area.

Working with the most recognized Chef in Manuel Antonio for Hotels and Private homes, allowed me to improve my culinary skills and learn new techniques.

Vista Oceana gave me the opportunity to be the Official Chef, and I am honored to be part of this family.

I enjoy what I do, and my goal is making your culinary experience as memorable as possible!

Pura Vida!