

COMIDA RÁPIDA

Saludable

\$15

HEALTHY FAST FOOD

El Establo
MOUNTAIN HOTEL & PRIVATE RESERVE
MONTEVERDE, COSTA RICA

Namná
BEACHFRONT BUNGALOWS
PUNTA CARRELLÓ, COSTA RICA

-POPULARES-

TACO FAJITAS – TACO FAJITAS

Lomito o Pollo a la Plancha, Queso, Jalapeno, Frijoles Molidos, Pico de Gallo y Tortillas
Grilled Tenderloin or Chicken Breast , Cheese, Jalapeno, Black Beans, Pico de Gallo and Tortillas

DEDOS DE POLLO / PESCADO – CHICKEN / FISH FINGERS

Sazonados delicadamente cubiertos de Panko y acompañados de papas reja y aderezo mil islas Tasty and
delicately seasoned and covered with Panko, potatoes and Thousand Islands Dressing

CEVICHE DE PESCADO – FRESH FISH CEVICHE

Nuestro tradicional y exquisito ceviche fresco de pescado / Our traditional and exquisite fresh fish ceviche

CEVICHE MIXTO – MIXED SEA FOOD CEVICHE

Ceviche fresco con pescado, pulpo, camaron y calamar / Fresh fish, octopus, shrimp and squid ceviche

TARTAR DE ATUN – TUNA TARTAR

Atun fresco con aguacate y ajonjolí / Fresh tuna with avocado and sesame

- MIX & MATCH -

PASTA (100G)

Linguini al olio con vegetales - Linguini al olio with vegetables
Fetuccine en salsa de hongos y soya – Fettuccini in a mushroom and soy sauce

LOMITO - TENDERLOIN (125G)

Relish de aguacate y pimientos – Avocado and bell pepper relish

POLLO - CHICKEN (125G)

Parmellana – Parmellana

ATUN FRESCO - TUNA (125G)

Chutney de manga – Mango chutney

SALMÓN - SALMON (125G)

Concasse de tomate – Tomato concasse

CORVINA – SEA BASS (125G)

Salsa de eneldo y limón – Dill and lemon sauce

-ESPECIALES-

LAS TOSTADAS DE NATI – NATI'S TOAST'S

Tostadas de pan integral, guacamole, huevo duro, rúcula, cebollitas y una pizca de queso Feta
Wholewheat toasts, guacamole, boiled eggs, arugula, onions and a bit of feta cheese

QUESADILLAS

Exquisitas Tortillas de Harina rellenas de Queso Mozzarella y Gouda con su eleccion de Pollo,
Lomito de Res, Camarones o Mixta.

Exquisite Flour Tortilla filled with Mozzarella and Gouda Cheese with your choice of Chicken,
Beef Tenderloin, Shrimp or Mixed.

TACO DE PESCADO – FISH TACO

Torilla de Harina, pescado frito, aguacate, ensalada mixta de repollo con nuestra salsa especial
Flour tortilla with fried fish, avocado and a coleslaw salad with out special sauce

-FIEBRE DE HAMBURGUESAS-

LA HAMBURGUESA TRADICIONAL – THE TRADITIONAL BURGER

3/4 de Libra de Carne Premium, Tocineta, Jamon, Queso Monte Rico, Queso Cheddar, Pepinillos, Aguacate, Lechuga y Tomate / 3/4 Pound Premium Meat, Bacon, Ham, Monte Rico Cheese, Cheddar Cheese, Pickles, Avocado, Lettuce and Tomato

LA HAMBURGUESA DE MARIANO – MARIANO'S BURGER

3/4 de Libra de Carne Premium, Tocineta, Queso Azul, Cebolla Caramelizada, Reduccion de Vinagra Balsamico, Aguacate, Lechuga y Tomate
3/4 Pound Premium Meat, Bacon, Blue Cheese, Caramelized Onion, Balsamic Vinegar Reduction, Avocado, Lettuce and Tomato

LA HAMBURGUESA DE ELENA – ELENA'S BURGER

3/4 de Libra de Carne Premium, Procciuato, Queso Monte Rico, Queso Parmesano, Aguacate, Arugula, Aros de Cebolla y Tomate
3/4 Pound Premium Meat, Procciuato, Monte Rico Cheese, Parmesan Cheese, Avocado, Arrugula, Lettuce, Onion Rings and Tomato

-CARPACCIO-

LOMITO DE RES – BEEF TENDERLOIN

El mas Jugoso Lomito con Rúcula, cebolla morada, Queso Grana Padano y alcaparras
The Juiciest tenderloin with arugula, purple onion, Grana Padano cheese and capers

ATUN – TUNA

Ensalada de algas, wasabi, jenjibre encurtido, cebollino, semilla de ajonjolí y soya Seaweed salad,
wasabi, pickled ginger, chives, sesame seeds and soy sauce

CORVINA – SEABASS

Aderezo oriental, mandarina, alfalfa y aguacate
Oriental dressing, tangerine, alfalfa and avocado

SALMÓN AHUMADO – SMOKED SALMON

Aguacate, cebolla morada, masago, citronella de limon y alcaparras rostizadas
Avocado, purple onion, masago, lemon citronella and roasted capers

-SANDWICH-

CLUB SANDWICH – CLUB SANDWICH

Huevo, Tocineta, Jamon, Pollo, Queso, Lechuga y Tomate acompañado de Papas de Camote / Egg, Bacon, Ham, Chicken, Cheese, Lettuce and Tomato with Sweet Potato Fries

SANDWICH DE POLLO – CHICKEN SANDWICH

Pechuga de Pollo a la Plancha, Hongos Frescos, Queso, Lechuga y Tomates acompañado con Papas de Camote / Grilled Chicken Breast, Cheese, Fresh Mushrooms, Lettuce and Tomato with Sweet Potato Fries

SANDWICH DE LOMITO – TENDERLOIN SANDWICH

Lomito de Primera Calidad a la Plancha, Hongos Frescos, Queso, Lechuga y Tomates, con Rodajas Papas Fritas / Grilled First Class Tenderloin, Fresh Mushrooms, Cheese, Lettuce and Tomato with Sliced Potato Fries

SANDWICH DE ATUN – TUNA SANDWICH

Atún aleta amarilla preparado con cebolla, cilantro y mayonesa de la casa , servido en Panini de hierbas hecho en casa acompañado de lechuga tomate aguacate y papas de camote.
Yellowfin tuna prepared with onion, cilantro and mayonnaise from the house and served in home-made herb Panini accompanied by lettuce tomato avocado and potato chips.

-PIZZAS-

PIZZA MARGARITA – MARGARITA PIZZA

Salsa de Tomata Natural, Tomate Fresco en Rodajas, Albahaca y Queso Mozzarella / Natural Tomato Mixed Sauce, Fresh Tomato Slices, Basil and Mozzarella Cheese

HAWAIANA – HAWAIIAN PIZZA

Tomata Natural, Jamon, Pina y Queso Mozzarella
Tomato Mixed Sauce, Ham, Pineapple and Mozzarella Cheese

PIZZA DE ÓSCAR - OSCAR'S PIZZA

Salsa de tomata natural, Prosciutto, Rúcula, Queso Mozzarella y Granna Padano. / Natural Tomato Mixed Sauce, Prosciutto, Arugula, Mozzarella and Granna Padano Cheese.

PIZZA DE JUANA – JUANA'S PIZZA

Salsa de Tomata Natural, Pollo, Salsa Barbacoa, Queso Mozzarella, Aguacate y Cebolla Caramelizada / Natural Tomato Mixed Sauce, Chicken, BBQ Sauce, Mozzarella, Avocado and Caramelized Onions

MI PIZZA – MY PIZZA

Escoja sus ingredients y nosotros se la hacemos! Choose your ingredients and we will prepare it for you!

-LO NUESTRO-

CASADO

Typical costarican dish with rice, beans, picadillo, plantain, cheese and your choice of beef, chicken or fish.

TABLITA DE GALLOS

3 pairs of traditional "gallitos", picadillo, salchichon, tenderloin.

ARROZ DE PUEBLO

Mixed fried rice with all the available "protein" in the kitchen.

CHIFRIJO

Perfect combination of rice, beans, chicharrones, avocado and pico de gallo.

TRES LECHES Ó ARROZ CON LECHE

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