



# NOURISH AT PEACE

## CAFE MENU

### SMOOTHIES | \$6

**PURA VIDA**   

Coconut, pineapple, banana

**MONTEVERDE**   

Mango, pineapple, spinach, ginger

**MONTEZUMA** 

Chocolate, peanut butter, banana, milk

### OTHER REFRESHMENTS

Beer | \$4

Wine | \$7

Local Kombucha | \$6

Fresh Coconut Water | \$3

### SNACKS | \$8

**CHIPS & GUAC**   

Homemade served with fresh pico de gallo

**AVOCADO TOAST**  

Fresh avocado and tomato on delicious homemade bread, topped with cilantro

**HUMMUS BREAD**  

Homemade bread with hummus, served with grilled veggies & fresh salad

**FRUIT BOWL**   

Fresh selection of in-season fruit with nuts

### MAINS | \$12

**OM WRAP**  

Selection of fresh roasted veggies, beetroot hummus, tahini-lime dressing

**BUDDHA BOWL**   

Quinoa, raw veggies, beet hummus, avocado, smoky peanut dressing

**FALAFEL SALAD**  

Homemade falafel on fresh salad, served with hummus & pita bread

### DESSERTS | \$5-\$6

**ICE CREAM CUP | \$5** 

Chocolate, Vanilla, Strawberry, Oreo, Mocha, Peanut Butter, Root Beer. Cinnamon Brownie, Mint Chocolate Chip, Dulce de Leche

**VEGAN ICE CREAM CUP | \$5**   

Chocolate, Strawberry, Lime, Mango, Raspberry

**ICE CREAM SANDWICH | \$6**

Chocolate Chip Cookie w/ Vanilla Ice Cream  
Chocolate Cookie w/ Mint, Peanut Butter or  
Chocolate Ice Cream

**VEGAN ICE CREAM**

**SANDWICH | \$6**   

GF Oatmeal Cookie w/ Raspberry or Lime



Gluten Free



Dairy Free



Vegan

Prices do not include tax.

We do not accommodate dietary preferences or modifications. If you have an allergy to specific foods, please notify our front desk team.



# NOURISH AT PEACE

## DAILY SERVICE MENU

### BREAKFAST

Served with coffee, tea, juice & fresh fruit

#### MONDAY

Pancakes

#### TUESDAY

Traditional "Tico" Breakfast

#### WEDNESDAY

Oats & Chia Bowl

#### THURSDAY

Breakfast Burrito

#### FRIDAY

Avocado Toast

#### SATURDAY

Breakfast Quinoa Bowl

#### SUNDAY

Egg Burji

### DINNER

Served with homemade soup & salad

#### MONDAY

Mediterranean Bowl

#### TUESDAY

Zucchini "Spaghetti"

#### WEDNESDAY

Sweet Potato Gnocchi

#### THURSDAY

Indian Curry

#### FRIDAY

Roasted Cauliflower

#### SATURDAY

Crispy Eggplant

#### SUNDAY

Chef's Choice



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