

NOURISH

AT PEACE

All Day Food Menu

Available from 9:00am - 5:00pm




SMOOTHIES \$6




Pura Vida Coconut, Pineapple, Banana (*Coco, Pina, Banana*)

Monte Verde Mango, Pineapple, Spinach, Ginger (*Mango, Pina, Espinaca, Jengibre*)



Montezuma Chocolate, Peanut Butter, Banana (*Chocolate, Mantequilla de Mani, Banana*)

SNACKS \$8

Chips & Guac Homemade served with fresh salsa   
Tortilla Chips y Guacamole

Fruit Bowl Selection of fresh fruit topped with crunchy nuts   
Plato de Frutas

Hummus Bread Homemade bread with hummus, grilled veggies and pico de gallo  
Tostada de Hummus

Avocado Bread Homemade bread, fresh avocado, cilantro, balsamic reduction  
Tostada de Aguacate

MAINS \$12

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

Buddha Bowl Quinoa, raw veggies, sweet potato, lentils, smoky peanut dressing   

Falafel Salad House made falafel, fresh salad with hummus and pita  

 = gluten free  = dairy free  = vegan

Prices do not include 13% Costa Rican hotel tax.

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Drinks & Desserts Menu

Available from 8:00am-8:00pm

DESSERTS

Ice Cream Cups \$5

Chocolate, Vanilla, Strawberry, Oreo, Mocha, Root Beer, Cinnamon
Brownie, Mint Chocolate Chip, Dulche de Leche, Peanut Butter
*Chocolate, Vainilla, Fresa, Oreo, Moca, Cervesa de Raiz, Brownie de Canela,
Chipas de Chocolate con Menta, Dulce de Leche, Mantequilla de Mani*

Vegan Ice Cream Cups \$5

Chocolate, Lime, Strawberry, Oreo, Mango, Raspberry Swirl
Chocolate, Limon, Fresa, Oreo, Frambuesa

Ice Cream Sandwiches \$6

Chocolate Chip Cookie w/ Vanilla, Chocolate Chip Cookie w/ Chocolate,
Chocolate Cookie w/ Peanut Butter, Chocolate Cookie w/ Mint
*Galleta con Chipas de Chocolate y Vanilla, Galleta con Chipas de Chocolate y
Chocolate, Galleta de Chocolate y Mantequilla de Mani, Galleta de Chocolate y Menta*

Vegan Ice Cream Sandwiches \$6

Oatmeal Cookie w/ Raspberry Swirl, Oatmeal Cookie w/ Coconut-Lime
Galleta de Avena con Framuesa, Galleta de Avena con Limon

Homemade Baked Goods \$3-6

See our display case at the bar for all of our fantastic house-made
goodies!

DRINKS

Fresh Coconut \$3

Cold Brew Coffee \$5

Homemade Cacao \$6

Kombucha \$6

Beer \$4

Wine \$7

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