

Traditional Trio Experience

A relaxed, family-style spread of Costa Rican home-cooked favorites. Bold, comforting, and rooted in tradition—perfect for a shared table and easy conversation. This family-style feast features three iconic dishes, a fresh salad, and a tropical dessert—all gluten-free and available vegan.

SALAD

HEART OF PALM SALAD

Heart of palm, avocado, fresh cherry tomatoes from our garden, thin sliced red onions and grilled sweet corn tossed in a garden fresh pesto dressing finished with greek yogurt.

MAIN DISHES

ENJOY ALL 3 OPTIONS SERVED FAMILY STYLE

CASADO

PROTEIN CHOICES:

BEEF – FISH (SEA BASS)
PICADILLO DE CHAYOTE

Steamed White Rice
Red Beans
Boiled Egg
Sweet Plantain
Avocado
Pico de gallo

CARIBBEAN

PROTEIN CHOICES:

CHICKEN – SHRIMP+\$5
GREEN BANANA CURRY

Coconut Red Beans & Rice
Sweet Plantains
Purple Cabbage Salad

CHIFRIJO

PROTEIN CHOICES:

PORK – FISH (TROUT)
CRUNCHY FRIED CHEESE
TAMALES STYLE SQUASH

Steamed Turmeric Rice
Traditional Tender Beans
Avocado
Pico de Gallo



DESSERT

CHIA PUDDING & TROPICAL FRUIT

Organic chia seeds, whole coconut milk, Canadian maple syrup, real vanilla. Topped with tropical fresh fruit, “soil and dirt”, nuts and finished with a “grano de oro”.

DRINKS

FILTERED WATER, PINEAPPLE ROSEMARY NATURAL