BREAKFAST

AVO TOAST — 6800 C
Smashed avocado on toasted sourdough bread, two eggs OR feta OR smoked salmon OR scrambled tofu + a side of green salad

MEDITERRANEAN OMELETTE — 6800 C
Spinach, onion, tomato and feta omelette, toasted sourdough bread + a side of green salad

GOOD MORNING — 6500 C
Two eggs, toasted sourdough bread, butter, jam, cream cheese + a side of green salad

GREEN TOAST — 6800 C
Pesto cream cheese and tomato on toasted sourdough bread, two eggs OR scrambled tofu + a side of green salad

TRADITIONAL TICO BREAKFAST — 6000 C
Gallo pinto, two eggs, avocado, toasted sourdough bread, sour cream + a side of fresh fruit

BREKKIE BURRITO — 6000 C
Whole wheat flour tortilla filled with gallo pinto, tomato, avocado and scrambled eggs OR scrambled tofu + a side of plantain chips and sriracha mayo

EGG & CHEESE ROLL — 5500 C
Eggs, melted mozzarella and american cheese, avocado and sriracha mayo in a sourdough potato bun + a side of plantain chips

Add smoked salmon/grilled chicken + 1300 C
Add feta/mozzarella +1000 C
Gluten free bread +1500 C

SMOOTHIES

SUPER GREEN — 5000 C
Spinach, cucumber, banana, pineapple, basil, mint, lime, ginger, coconut milk

JUNGLE WARRIOR — 5000 C
Coconut milk, cocoa, banana, peanut butter, granola, protein powder

PINK DRAGON — 5000 C
Banana, dragon fruit, strawberries, blueberries, basil, oat milk

BAHAMAMAMA — 5000 C
Mango, pineapple, passion fruit, papaya, banana, mint, coconut milk

BOWLS

AÇAÍ BOWL — 6000 C
Açaí, banana, strawberry, blueberry

DRAGON BOWL — 6000 C
Pitaya, banana, strawberry, blueberry

WARRIOR BOWL — 6000 C
Banana, cocoa, granola, protein powder, coconut milk, peanut butter

GREEK YOGURT & HONEY — 6500 C
Greek yogurt, fresh tropical fruit, honey

All bowls come with fresh fruit, granola, seeds and coconut flakes

TOASTIES

TUNA MELT 6000 C

Tuna, mayo, onion, tomato, american cheese

CREAM CHEESE & SALMON 6500 C

Smoked salmon, cream cheese, onion

CHICKEN GARLIG MOZZARELLA 6000 C

Grilled chicken, mozzarella, tomato

GRILLED CHEESE 4000 C

BANANABEE 3500 C

House made peanut butter, banana, honey

BASICS 3000 C

House made peanut butter/jam/cream cheese/butter/honey

QUESADILLAS

TRES QUESOS 6000 C

Mozzarella, american cheese, feta

CHICKEN 6500 C

Grilled chicken, mozzarella, basil

GREEK 6500 C

Feta, mozzarella, tomato, onion, oregano

SALADS

TUNA AND EGGS 7000 C

Tuna, hard boiled egg, green olives, lettuce, cabbage, carrot, cucumber, tomato, onion

CHICKEN PIÑA 7000 C

Grilled chicken, grilled pineapple, basil, carrot, cabbage, lettuce, tomato, cucumber, onion, croutons

FATTOUSH 7000 C

Feta, cucumber, onion, tomato, radishes, mint, basil, oregano, croutons

VERDE 7500 C

Lettuce, tomato, basil, mint, grilled tofu, quinoa, avocado, cucumber, seeds

CHICK QUINOA 7500 C

Lettuce, cabbage, tomato, sun-dried tomatoes, avocado, quinoa, pesto chickpeas

COPAL GREEK SALAD 6500 C

Watermelon, feta, mint, cucumber, onion

SANDWICHES

ITALIAN 6000 C

Tomato, mozzarella, basil in sourdough ciabatta bread

VEGGIE 6500 C

Pesto, hummus, tomato, sun-dried tomatoes, lettuce in sourdough ciabatta bread

GREEN OMELETTE 6000 C

Cream cheese, omelette, avocado, tomato, lettuce in sourdough potato bun

CHICKEN AVO 6500 C

Grilled chicken, avocado, mozzarella, tomato, mayo in sourdough potato bun

WRAPS

SALMON 7500 C

Smoked salmon, cream cheese, cucumber, avocado, lettuce, onion

CHICKEN FETA 7000 C

Grilled chicken, feta, tomato, onion, lettuce

VEGAN 7000 C

Grilled tofu, hummus, tomato, sun-dried tomatoes, avocado, lettuce



COFFEE

Long Black	2000 C
Coffee with Milk	2500 C
Vietnamese Coffee	3000 C
Espresso Shakerato	2500 C

Non dairy milk + 1000 C
Make it iced. :)

TEA/INFUSIONS

Chai Latte	3500 C
Dirty Chai Latte	3800 C
Matcha Latte	3500 C
Copal ginger lemon tea	2500 C
Black tea	2000 C
Infusions/Herbal tea	2000 C

Non dairy milk. + 1000 C
Make it iced :)

JUICES

Green Pineapple, spinach, cucumber, basil, mint, ginger, lemon	4000 C
Golden Pineapple, turmeric, ginger, lemon, orange, black pepper	4000 C
Passion Fruit	3500 C
Pineapple	3500 C
Watermelon	3500 C
Pipa (coconut water)	2000 C

LEMONADES

Passion Fruit and Mint	3800 C
Ginger and Mint	3800 C
Watermelon and Mint	3800 C
Dragon Fruit	3800 C
Brazilian Lemonade Lime, lemon juice, coconut cream	3800 C
Kombucha Culture	3500 C
San Pellegrino 0,5l	3000 C



Signature Cocktails

Barbie girl
Bacardi rum, coconut milk, dragon fruit, lime
7000C

Jasmine
Tanqueray gin, Campari, orange liquor, lime
7200C

Flamingo
Humboldt organic vodka, St.Germain, watermelon, prosecco
7200C

Happy Ending
Coconut infused 1800 tequila, orange liquor, Sriracha hot sauce, lime
7300C

Basil Smash
Tanqueray gin, basil, lime
7000C

Blueberry Smash
Black Label whisky, blueberries, basil, lime
7300C

Frida
Recuerdo mezcal, orange liquor, passionfruit, lime
7500C

Thai Massage
Appleton Estate 12y rum, mango, ginger, lime
7300

Lychee Mule
Humboldt organic vodka, lychee, vanilla, lime, ginger beer
7500C

Coyote
Cilantro coyote infused 1800 tequila, jalapeño, honey, orange liquor
7300C

Miss Lily
Humboldt organic vodka, vanilla, passion fruit, lime
7300C