

HACIENDA DEL SOL

BREAKFAST

SAVORY

TICO EGGS BENEDICT	18	LA BURRA	22
poached eggs, Hollandaise sauce, cauliflower hash browns, avocado salad		scrambled eggs, veggies, avocado, sunflower seed cheese, wrapped in cassava tortilla	
VEGGIE OMELETTE	20	SHAKSHUKA	20
eggs, veggies, avocado sauce, fiber bread		eggs cooked in homemade tomato sauce, turmeric, cumin, fiber bread	
BREAKFAST SANDWICH	22		
fried eggs, onion bread, roasted garlic aioli, garden greens, veggie crudités			

SWEET

COCAO SMOOTHIE BOWL	19	COCONUT PANCAKES	22
coconut-banana vegan ice cream, Rawnola, spirulina, banana, blackberry, cacao nibs		coconut flour pancakes, fresh tropical fruits, Caribbean honey sauce	
CHIA PUDDING BOWL	17		
coconut milk, chia seeds, fresh tropical fruits			

ADDITIONALS

FRESH FRUIT PLATE	8
PRANA BREAD	9
carrot and banana cake, almond butter	
RAWNOLA & ALMOND MILK	10
TOASTED FIBER BREAD	5
2 EGGS	6

DRINKS

COFFEE & ALMOND MILK	6
HERBAL TEA	6
FRESH COCONUT WATER	6

All menu items are included at no charge for our retreat guests.
Please let the kitchen know of any allergies or dietary restrictions.

HACIENDA DEL SOL

SMALL PLATES

SNACKS

GUACAMOLE	12	CLEANSING RAW ROLLS	14
avocado, cilantro, lime, raw crackers, veggie crudités		veggies wrapped in fresh mustard greens, mango-ginger sauce	
ZUCCHINI HUMMUS	14	VEGAN CEVICHE	16
zucchini, raw crackers, veggie crudités		chayote, habanero-tomato marinade, papaya, mango	

SOUPS

THAI COCONUT SOUP	15	GREEN GAZPACHO	12
blended, chilled: coconut milk, lemongrass, ginger, sunflower seeds		blended, chilled: avocado, kale, juanilama and katuk leaves, lemongrass, parsley, fiber bread	
SOUP DU JOUR	14		
daily hot soup special			

SALADS

TUANIS SALAD	16	JUNGLE SALAD	16
arugula, spinach, tomatoes, mango, squash, heart of palm, pumpkin seed, turmeric-guava dressing		garden greens, beets, carrots, tomatoes, sunflower seeds, roasted almonds, green goddess dressing	
STUFFED AVOCADO SALAD	16		
avocado, butternut squash, garden greens, mandarin lime, fresh tarragon			

All menu items are included at no charge for our retreat guests.
Please let the kitchen know of any allergies or dietary restrictions.

HACIENDA DEL SOL

MAIN COURSES & SWEETS

MAINS

VEGAN LASAGNE	25	PRENSADAS	25
coconut-almond breaded eggplant, zucchini, mushrooms, tomato, almond-cassava cheese		Costa Rican style quesadillas: fennel, mushroom, sweet potato tortillas, katuk and cashew green sauce, guacamole, pico de gallo	
HACIENDA BURGER	25	CARIBBEAN NOODLES	25
veggie burger, fiber bread, lettuce, tomato, pickled cucumber, roasted garlic aioli, homemade tomato sauce, veggie crudité		carrot and butternut squash noodles, broccoli, cauliflower, Caribbean coconut sauce	
VEGGIE CASADO	28	PESTO FLATBREAD	27
Costa Rican traditional dish: heart of palm cake, broccoli rice, coleslaw, picadillo veggies, herb sauce		cassava flatbread, beet root pesto, eggplant, bell pepper, kale, fresh basil, green basil sauce	
PURA VIDA WRAPS	29	VEGGIE GALLOS	28
zucchini, eggplant, balsamic onion, bell pepper, lettuce, tomato, avocado, flax tortillas, cilantro pesto, roasted veggie dipping sauce		Costa Rican style tacos: portobello mushrooms, onions, avocado, cassava-turmeric tortillas, roasted bell pepper sauce	

SWEETS

LEMON PIE	12	TROPICAL SORBET	12
mandarin lime, cashew cream, coconut milk, macadamia, walnut, pecan crust		seasonal tropical fruits	
VEGAN CHEESECAKE	12	DESSERT SPECIAL	12
cashew cream, coconut milk, blackberry, almond and raisin crust		ask about our current specials	

All menu items are included at no charge for our retreat guests.
Please let the kitchen know of any allergies or dietary restrictions.

HACIENDA DEL SOL

JUICES & SMOOTHIES

JUICES - \$10

MORINGA ZEST

moringa, mandarin lime, ginger, mint

HARMONY

carrot, ginger, apple, beetroot, cucumber, celery, greens

GREEN GODDESS

leafy greens, celery, cucumber, mandarin lime, parsley, ginger

REBALANCE

cucumber, apple, celery, mint, parsley

VITALITY

carrot, orange, apple, beetroot, mandarin lime, greens

COOL BREEZE

watermelon, coconut water, cucumber, mandarin lime, mint

HEARTWARMER

beetroot, carrot, apple, turmeric, orange, mandarin lime, ginger

SMOOTHIES - \$12

EL VERDE

avocado, greens, almond milk, cucumber, celery

FIESTA FUSION

orange juice, raspberries, banana, passion fruit

MANGO DREAM

mango, papaya, orange juice, coconut water, greens

RADIANCE

avocado, cinnamon, banana, coconut water, greens

PASSION TWIST

banana, papaya, passion fruit, orange juice

COCO CLEANSE

coconut water, spirulina, coconut meat, bee pollen, maca

ENERGIZE

coconut water, coconut meat, banana, cacao

DIGEST

papaya, pineapple, orange juice, coconut water, ginger

BERRY BLISS

blackberry, almond milk, monk fruit

All menu items are included at no charge for our retreat guests.
Please let the kitchen know of any allergies or dietary restrictions.