

HACIENDA DEL SOL

BREAKFAST

SAVORY

TICO EGGS BENEDICT (KF)

two poached eggs, ghee-based Hollandaise, cauliflower hash browns, sun-dried mushrooms, served with avocado salad

VEGGIE OMELETTE (KF)

two egg omelette with fresh seasonal veggies, served with green goddess sauce, avocado, garden greens, and fiber bread

BREAKFAST SANDWICH (KF)

two fried eggs on onion bread with garlic macadamia mayo, served with veggie crudite tossed in the same garlic macadamia mayo

LA BURRA

cassava tortilla wrap filled with scrambled eggs, grilled veggies, avocado, dressed with garlic macadamia mayo, served over garden greens

SHAKSHUKA (KF)

two eggs cooked in homemade spiced tomato sauce with turmeric & cumin, served with fiber bread

MASALA TORTA (KF)

savory masala-seasoned egg cake, bathed in curry sauce, served with fiber bread and avocado

ADDITIONALS

FRESH FRUIT PLATE

PRANA BREAD

carrot and banana cake, almond butter

SWEET

SWEET ZUCCHINI MUFFINS (KF)

moist zucchini muffins served with ghee and almond cream

CACAO BOWL (VF)

coconut milk & banana smoothie bowl topped with rawnola, spirulina, banana, blackberry, and cacao nibs

CHIA PUDDING BOWL (VF)

coconut milk chia pudding served with fresh tropical fruits

GREEN POWER BOWL (KF, VF)

smoothie bowl made from young coconut, avocado, spinach, and moringa, topped with cacao nibs and blackberries

CACAO PORRIDGE (KF)

warm, creamy porridge made from coconut and cacao, naturally sweetened, topped with seeds or nuts

COCONUT PANCAKES (KF)

coconut flour pancakes, served with fresh tropical fruits and Caribbean honey sauce

RAWNOLA & ALMOND MILK

TOASTED FIBER BREAD

2 EGGS ANY STYLE

VF = Vegan Friendly; KF = Keto Friendly

Savory dishes can be made vegan upon request

All selections are gluten-free, grain-free, dairy-free; sweetened dishes use calorie-free, natural monk fruit

Please inform the kitchen of dietary allergies, restrictions, or preferences

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SMALL PLATES

SNACKS

GUACAMOLE PLATE (VF)

avocado, cilantro, red onion, lime, tomato,
served with raw crackers & veggie crudité

ZUCCHINI HUMMUS PLATE (VF)

homemade hummus of zucchini and chickpeas,
served with raw crackers & veggie crudité

PROBIOTIC TABOULI (VF)

cucumber, carrot, avocado, moringa, katuk,
fermented cabbage, and fenugreek sprouts

CLEANSING RAW ROLLS (VF)

carrot, cucumber, and avocado wrapped in chinese
mustard greens, served with mango-ginger sauce

MANGO CEVICHE (VF)

mango, red onion, & cilantro ceviche with a
citrus touch, served with crispy yucca chips &
cooked sweet potato

SOUPS

THAI COCONUT SOUP (VF)

chilled, blended soup of fresh coconut milk,
lemongrass, ginger, and sunflower seeds

GREEN GAZPACHO (VF)

chilled, blended soup with juanilama and katuk
leaves, avocado, kale, lemongrass, parsley, and
a citrus note, served with fiber bread

SALADS

TUANIS SALAD (VF)

arugula, spinach, cherry tomatoes, mango,
squash, heart of palm, pumpkin seed,
turmeric-guava dressing

JUNGLE SALAD (VF)

garden greens, beets, carrots, tomatoes,
sunflower seeds, roasted almonds, green
goddess dressing

STUFFED AVOCADO SALAD (VF)

half avocado filled with roasted butternut squash,
garden greens, mandarin juice, and tarragon

WARM ROASTED VEGGIE SALAD (VF)

roasted beets, carrots, zucchini, and onions,
served over greens, with warm balsamic
vinaigrette, topped with toasted sunflower seeds

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Dishes can be customized with extra seasonally-available protein: shrimp, chicken, fish, or beef

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MAIN COURSES

VEGGIE GALLOS (VF)

Costa Rican tacos made with cassava & turmeric tortillas, portobello mushrooms, onions, avocado, & roasted bell pepper sauce

QUINOA & PORTOBELLO RISOTTO (VF)

simmered quinoa with onion, garlic, and turmeric, bound with almond and potato cream; served with roasted portobello mushrooms and seasonal vegetables

RAW VEGAN PIZZA (VF, KF)

raw pizza crust with flax and carrot flour, topped with basil pesto, tomato, bell pepper, red onion, green olives, bok choy, and sunflower seed vegan cheese

CARIBBEAN PLANTAIN BOWL (VF)

mashed green plantain with shredded coconut, roasted heart of palm in coconut sauce, tropical pico de gallo, and crispy scallions

MEDITERRANEAN NOODLES (VF)

carrot and ayote noodles mixed with carrot, broccoli, and cauliflower, coated in Mediterranean tomato sauce

PRENSADA (VF)

Costa Rican quesadilla made with cassava tortilla, grilled vegetables, katuk & cashew green sauce, served with guacamole and pico de gallo

ROASTED SWEET POTATO TOWER (VF)

layers of roasted sweet potato and zucchini with confit chickpea purée, enhanced with creamy citrusy white sauce

PURA VIDA WRAP (KF, VF)

flax tortillas, filled with grilled zucchini & eggplant, caramelized onion, bell pepper, butter lettuce, tomato, & avocado, with cilantro pesto and roasted vegetable dipping sauce

HACIENDA VEGGIE BURGER (KF)

veggie patty on fiber bread with butter lettuce, fresh tomato, pickled cucumber, garlic aioli, and sweet tomato sauce; served with vegetable crudités and garlic macadamia mayo dipping sauce

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PROTEIN ADD-ONS & SWEETS

ANIMAL PROTEINS

BEEF STEW (KF)

tender pieces of beef slow-cooked in a rich, aromatic sauce with a blend of herbs and spices, delivering deep, comforting flavors

FRESH SHRIMP & TUSCAN SALSA (KF)

fresh, succulent shrimp sautéed and paired with vibrant Tuscan-style salsa, served with cauliflower rice

FISH IN MOJO SAUCE (KF)

fresh white fish fillet cooked in garlic and lime mojo sauce, delivering zesty, citrusy brightness

CHIMICHURRI GRILLED CHICKEN (KF)

marinated chicken breast grilled to golden perfection, served with fresh parsley and celery chimichurri

SWEETS

LEMON PIE (VF)

mandarin lime, cashew cream, coconut milk, macadamia, walnut, pecan crust

BLACKBERRY CHEESECAKE (VF, KF)

low-carb non-dairy cheesecake with creamy filling and crisp crust

TAPAS DE CHOCOLATE (VF)

a selection of small, rich chocolate bites

PLANT BASED PROTEINS

LENTIL BALLS (VF)

delicious lentil balls baked to perfection, served with creamy vegan nacho sauce, garnished with julienned onions & fresh cilantro

HEMP PATTY (VF)

hemp and heart of palm patties, lightly pan-seared, served with mild curry sauce and a fresh raw carrot salad

CHICKPEA & SEED CAKE (VF)

savory chickpea & seed cake, lightly baked then pan-seared, served with creamy macadamia and parsley sauce, accompanied by seasonal roasted vegetables

AVOCADO CHOCOLATE MOUSSE (VF)

silky smooth chocolate mousse made from ripe avocado, offering a rich and creamy vegan treat

CHAYOTE CRUMBLE PIE (VF, KF)

warm dessert with tender spiced chayote pieces, almond crust, served with creamy olive oil ice cream

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HACIENDA DEL SOL

JUICES & SMOOTHIES

JUICES

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

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 Juices & Smoothies are VF = Vegan Friendly

Please ask your Primal Health Coach if a particular smoothie can be made Keto Friendly

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HACIENDA DEL SOL

NUTRITIONALS & TO-GO MENU

available all day on the bar:

HOMEMADE GINGER TEA

available by request from the kitchen:

COCONUT KEFIR

packed with good probiotics that can help facilitate digestive adjustment

PRIMAL NUTRITION BOMB

the optimal 'multivitamin' - incorporates nose-to-tail organ meats from our grass-fed, pasture-raised, local lamb, giving you a potent boost of bioavailable nutrients for deep nourishment

COCONUT WATER

pure and refreshing coconut water straight from the coconut - great source of electrolytes

ELECTROLYTE SHOT

the ultimate hydration - clean sea salt sourced naturally on-site, potassium and magnesium

TURMERIC SHOT

potent anti-inflammatory and immune booster

GINGER SHOT

powerful antioxidant with anti-inflammatory properties

CELERY SHOT

effective healing remedy with digestive benefits

DEPARTURE DAY TO-GO FOOD

We are happy to offer you a main, side, dessert, and beverage on the day of your departure. Any additional food outside of this will be charged at checkout. Here are our favorite to-go options as they travel well:

MAIN

raw vegan pizza, prensada, or hacienda burger

SIDE

fresh fruit, guacamole, or tuanis salad

DESSERT

vegan cheesecake (may melt at warm temperatures)

BEVERAGE

coconut water, juice, or smoothie

Please order in advance to ensure that your meal is ready at your specified departure time.

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HACIENDA DEL SOL

INFUSIONS & TEAS

GINGER TEA

helps reduce nausea as well as strengthen the immune system, reduce inflammation, gastrointestinal pains, and metabolic syndromes

HIBISCUS TEA (JAMAICA FLOWER)

helps reduce blood pressure and lower levels of bad cholesterol

MINT TEA

relieves indigestion and stomach discomfort. also helps combat headaches as it has vasodilator properties, regulating blood flow, thus reducing headache pain.

JUANILAMA TEA (LIPPIA ALBA)

acts as a sedative and antispasmodic for conditions such as colitis and gastritis

SPEARMINT & CINNAMON

relieves mild flu symptoms and strengthens the immune system as they contain antioxidant properties, calcium, fiber, and magnesium

SPEARMINT TEA

treats indigestion, intestinal gas, and liver inflammations, as it acts on the gallbladder and activates bile production, relieving pain and dizziness

GINGER WITH SPEARMINT TEA

relieves digestive and respiratory problems, menstrual pains, insomnia, and stress

LETTUCE TEA

contains vitamin C, folic acid, and potassium, acts as a natural relaxant and sedative

LINDEN TEA

helps achieve a state of relaxation, aids in sleeping and physiological nighttime rest

TEZACATELIMÓN TEA

ancient plant with incredible analgesic and anti-inflammatory effects. combats headaches

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