

tarters

Tartar Capitán - \$14 🖻

Tuna and mango tartar with capers and served with a coriander, ginger, soy and sesame oil vinaigrette.

Salad from our garden - \$8 🎤 🖻

Assorted lettuce leaves, cherry tomatoes, cucumber, avocado, red onions and a hard boiled egg. Served with a green apple, parsley and onion dressing.

Goat cheese - \$13 * 🖉

Locally produced goat cheese, served warm over a homemade tomato marmalade with arugula, endive and basil salad with a citronette dressing.

This Andalusian cold soup is a light and refreshing starter served with homemade croutons.

Pumpkin soup - \$8 😔 💆

Pumpkin and coconut cream soup, served with homemade bread croutons.

Sopa negra - \$7 🎤 🖻 🕷

Traditional costa rican black bean soup with coriander, bell pepper and a hard boiled egg, served with rice.

Aztec soup - \$8 🕅

Warm tomato, bell pepper and celery soup, served with avocado, and fried tortilla strips.

🎤 vegetarian

🗖 lactose-free

le shellfish

🖉 nuts 🛛 🕷 gluten-free

🥖 spicy

Prices include sales tax (13%) and service tax (10%).



Spring rolls 🗟 🖉 🕷

Raw veggies and your choice of tofu or shrimps served with a tangy peanut sauce and an asian fish and lime sauce.

> Tofu - **\$10** 😡 Shrimps - **\$15** 🖢

Tenderloin carpaccio - \$16 *×*

Tenderloin carpaccio with a beetroot and passion fruit dressing.

Beetroot carpaccio - \$11 🖉 😔 🕷 🗖

Finely sliced beetroot with almond croquettes and a beetroot and passion fruit dressing.

Mixed ceviche - \$13 🐷 🕷 🗖

Raw Mahi-mahi and shrimp ceviche with balanced flavors of lime and coriander served with yuca (also known as cassava or manioc) sticks. A classic costa rican starter.

Crispy shrimps and calamari - \$14 $eqtilde{}$

Crispy breaded calamari and shrimps served with a tartar and a homemade chilly-sauce.

Caprese salad - \$14 🕷 🖉 🖉

🎤 vegetarian

Fresh mozarella cheese, tomatoes and basil served with homemade pesto sauce.

Cesar salad - \$9 🎤

Romaine lettuce, avocado, parmesan cheese and homemade croutons. Served with cesar dressing.

🐵 vegan

A lactose-free

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P huts

& shellfish

🕷 gluten-free 🛛 🖉

spicy

Bella Italia

Ravioli di zucca - \$17 🎤

Homemade pumpkin ravioli filled with pumpkin and parmesan cheese with a light butter, sage and orange zest sauce.

Pear and gorgonzola tortellini - \$17 🎤

Homemade tortellini with a pear and gorgonzola filling, served with a tomato, cream and gorgonzola sauce.

Linguini ai frutti di mare - \$21 Խ 🖻

Calamari, shrimps and mussels sautéed with Spanish chorizo, cherry tomatoes and white wine.

Penne with pesto, eggplant and cherry tomatoes - \$15 🎤

Tagliatelle with ground beef bolognese ragout - \$17 🗟

Tagliatelle with tomato sauce - \$13

Pasta options to choose from: Tagliatelle, spaghetti, penne or gluten free pasta #

🐨 vegan

🎤 vegetarian 🛛 🗖 lactose-free

🗞 shellfish

🕷 gluten-free

nuts

spicy

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Main Course

Chicken rolls - \$18 🕷

Chicken stuffed with mango, asparagus and bacon with an orange reduction, mashed potatoes and rosemary parmentier.

Queen of the Pacific - \$24

Grilled filet of Sea bass from the Pacific ocean on a bed of barley seasoned with homemade pesto and served with garden vegetables.

Seared tuna - \$26 🚿 🖻

Tuna marinated with Teriyaki sauce, served with vegetables seasoned with a dash of rice wine and sushi rice.

Glazed Tofu - \$18 🐨 🕷 🗖

Tofu marinated with Teriyaki sauce served with vegetables seasoned with a dash of rice wine and sushi rice.

Curry Capitan - \$15 🖓 🕷 🗖

Selection of vegetables form the garden with curry coconut milk, served with jasmin rice and mango chutney.

Add shrimps - **\$22** & Add chicken - **\$20**

Red snapper - \$20 🕷 🖻

Whole red snapper, baby potatoes and salad, served with a mediterranean tomato, mushroom and olive sauce.

Rib eye - \$27 🕷 🗖

Tender rib eye steak, with grilled vegetables and baby potatoes, served with Argentinian-style chimichurri sauce and herbs de Provence.

🐨 vegan 🛛 🖉 vegetarian

🖻 lactose-free 🛛 🐱 shellfish

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nuts

X gluten-free

1 spicy

Arroz con camarones - \$16 Խ 🖻 🕷

Cost rican rice and shrimp dish, served with a side salad and plantain patacones.

Capitán hamburger - \$17 🗾

Classic Capitán beef burger with tomato, bacon, caramelized onions and homemade bread bun. Served with french fries or salad.

Portobello mushroom burger - \$15 🎤

A juicy burger with portobello mushroom, tomato, onion an a pesto sauce and your choice of cheese or no cheese. Served with french fries or salad.

Mezze mix - \$12 🎤

Tabbouleh, hummus, baba ganoush and falafel served with home made pita bread.

With white wine and lemon chicken - \$15

With tahini, garlic and lemon shrimps - \$19 🐱

Fish and chips - \$16 🖻

Flakey pieces of Mahi-mahi surrounded by crispy beer batter, served with french fries and tartar-sauce.





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🖉 lactose-free

& shellfish 🖉 nuts

🕷 gluten-free

1 spicy

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