



Lunch Menu

Capitán Suizo
BEACHFRONT BOUTIQUE HOTEL

Starters

Tuna salad - \$14

Salad with fresh tuna, cherry tomato and mixed leaves served with a mustard and maple dressing.

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

Tomato and cucumber gazpacho - \$7

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

Ceviche Capitán - \$10

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

Ceviche de palmito - \$8

This ceviche's main ingredient is heart of palm, combined with typical local ingredients of lime, coriander, mango and bell pepper; this makes a refreshing starter. Served with yuca (also known as cassava or manioc) sticks.

Spinach and feta salad - \$11

Served with caramelized nuts and beetroot.

Salad from our garden - \$8

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

With grilled chicken - \$12

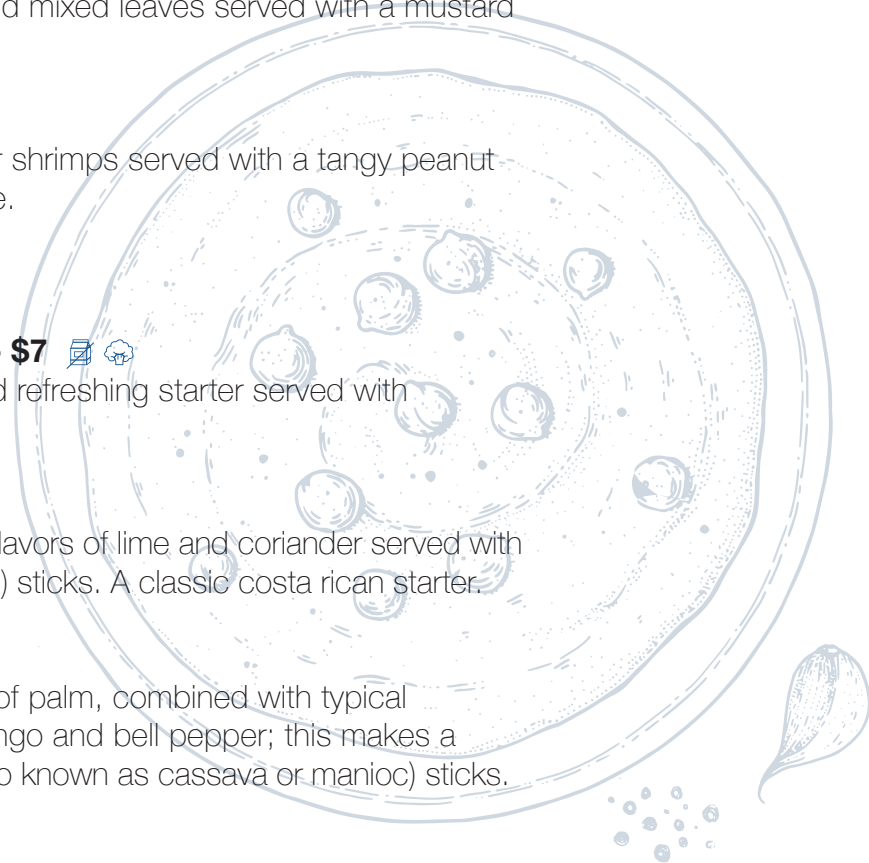
With grilled fish of the day - \$14

Garlic bread - \$4

Order of home made garlic bread.

Yucca sticks with refried beans - \$5

Typical costa rican starter of yucca (also known as cassava or manioc) and refried beans.



Mains

Capitán hamburger - \$17

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

Chicken burger - \$16

Grilled chicken breast, tomato, bacon, caramelized onions, homemade Tamarindo-sauce and homemade bread bun. Served with french fries or salad.

Portobello mushroom burger - \$15

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

Tacos

A plate of three tacos - fresh homemade soft tortilla served with cabbage salad, three different sauces, namely pico de gallo, guacamole, and Mexican salsa verde and your choice of:

Fish tacos - \$17

Shrimp tacos - \$22 

Chicken tacos - \$15

Portobello tacos - \$15 

Beef tacos - \$18

A plate of three tacos - fresh homemade soft tortilla served with cabbage salad, three different sauces, namely pico de gallo, guacamole, and tamarind-sauce.

Fish and chips - \$16

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

Chicken wrap - \$16

Fresh salad, mashed beans and sliced grilled chicken in a flour wrap. Served with french fries, guacamole and pico de gallo.

Veggie wrap - \$15

Fresh salad, vegetables and mushrooms, mashed beans and cheese served in a flour wrap. Served with french fries, guacamole and pico de gallo.

Caprese sandwich - \$15  

Homemade wholemeal bread filled with mozzarella cheese, arugula, tomato and pesto. Served with french fries or a garden salad.

Goat cheese sandwich - \$16 

Homemade focaccia bread, grilled eggplant, zucchini, bell pepper, sun-dried tomatoes and locally produced goat cheese. Served with french fries or garden salad.

Nachos - \$11  

Corn chips with guacamole, pico de gallo (diced tomatoes, onion, coriander and lemon juice), mashed black beans and cheese.

With chicken - **\$13**

With beef - **\$15**

Beef carnitas - \$18  

Sautéed beef loin pieces with onion, bell peppers and jalapeño chili, served with coleslaw salad and cajun fries.

Chicken wings - \$14  

Chicken wings glazed with a honey and ginger glaze, served with coleslaw, a coriander sauce and cajun fries.

Mezze mix - \$12  

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

With white wine and lemon chicken - **\$15**

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

Garden bowl - \$13   

Lettuce of the season, tomato, quinoa, cucumber, avocado, pumpkin, hummus and chickpeas. Served with a mustard and maple dressing.

With grilled chicken - **\$17**


Cesar salad - \$12 

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

With grilled chicken - **\$16**

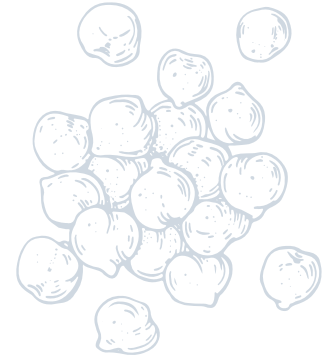
Peanut bowl

Salad bowl with sushi rice and quinoa mix, cucumber, radish, carrot, avocado and edamame. Served with raw tuna or tofu with teriyaki glaze or grilled Sea bass. Served with a ginger and peanut dressing.

Tofu - **\$15** 

Tuna - **\$22**

Sea bass - **\$18**



Casado

Typical costa rican dish of rice and beans, plantain ceviche, creole salad, avocado and your selection of:

Grilled fish of the day - **\$14**

Grilled chicken - **\$13**

Steak and onion - **\$15**

Garlic and lemon shrimps - **\$18** 

Scrambled or fried eggs with veggies - **\$11** 



Chifri Capitán - **\$12**

Typical costa rican dish of rice, large red beans, pork rinds, tortilla chips and pico de gallo.

Pasta



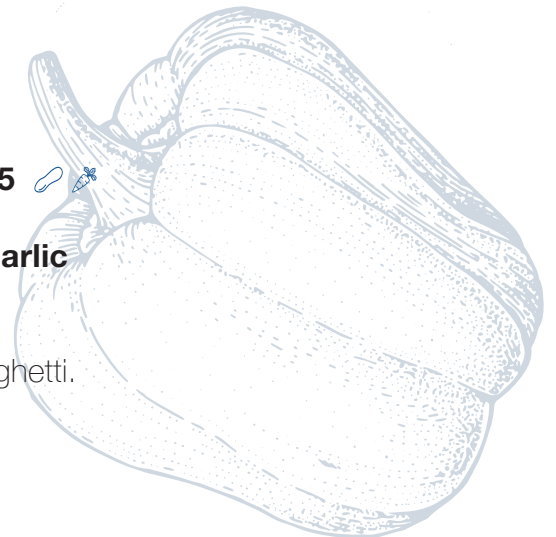
With ground beef bolognese ragout - **\$17**

Tomato sauce - **\$13**  

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

Tagliatelle with shrimps cooked in a white wine and garlic reduction - **\$22**  

Your choice of tagliatelle, spaghetti, penne or gluten free spaghetti.



vegan



vegetarian



lactose-free



shellfish



nuts



gluten-free



spicy

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