

Welcome to Hotel Las Tortugas!



We are proud to offer our services to you.

Our facility represents a unique approach to conservation called Ecotourism. Our entire staff is from the local villages and is part of the local group who lobbied to create and now protect our wildlife park.

We use only natural and fresh ingredients when available. We hope you will agree that the extra preparation time is worth the wait.

We are learning English and are eager to practice both languages with you.

If you can communicate what you want we will try to make it for you, even if it is not on the menu.

Prices do not include 10% service and 13% Tax

# Breakfast – Desayuno

## North American Breakfast- Desayuno Norte American

2 Pancakes (banana) or French Toast, Ham or Bacon, Orange Juice, Coffee or Tea | 2 Panqueques (banana) o Tostadas Francesas, Jamon o Tocienta, Jugo de Naranja, Café o Té

## Typical Costa Rican Breakfast – Desayuno Tipico

Two Eggs any style, Gallo Pinto (local rice & beans dish), White Cheese, Plantains or Tortillas, Orange Juice, Coffee or Tea | Dos Huevos & Gallo Pinto, Queso Tipico, Platanos y Natilla, O Tortillas, Jugo de Naranja, Café o Té

## Country Breakfast – Desayuno Country

Two eggs any style, Gallo Pinto, Toast, Orange Juice, Coffee or Tea  
Dos Huevos, Gallo Pinto, Tostadas, Jugo de Naranja, Café o Té

## Omelet – Omelette

Your choice of: cheese, ham, tomato, mixed veggies, onion, mushrooms | Con los opciones de: queso, jamon, tomate, vegetales mixtos, cebolla, hongos

## Huevos Rancheros with Tortillas – Huevos Rancheros con Tortillas

## Two Eggs with Rice & Beans – Dos Huevos con Gallo Pinto

## Two Eggs with Toast – Dos Huevos con Tostadas

## Tropical Fruit Plate- Plato de Frutas

## Tropical Fruit plate with oatmeal or yogurt – Plato de Frutas con avena o yogurt

## French Toast – Tostadas Francesas

## Pancakes – Panqueques

## Banana Pancakes – Panqueques de Banano

## Granola with Milk

## Sides – Al Lado:

Toast – Tostadas (integral)  
Multigrain Toast – Tostada Multigrano  
Plantains  
Ham or Bacon  
Two Eggs  
Yogurt

**Beverages – Bebidas** \*See our full selection of frozen fruit drinks and juices at the back of the menu)

## Coffee or Tea – Café o Té

## Sandwiches and Boca Plates

*Our Bocas and Sandwiches come with French fries. You can replace it with house salad or rice (same price). Sandwiches are served with German integral bread, and a pickle.*

*We also offer multigrain bread for \$1.10 extra.*

### Club Sandwich

A house special double-decker club sandwich stacked high with chicken, ham, melted cheese, bacon, lettuce & tomato

### Fish or Chicken Burger

With lettuce and tomato on a whole-wheat roll (cheese \$1.10 extra)

### Hamburger or Cheeseburger in Paradise – Hamburgesa

(cheese - \$1.10 extra)

### Tenderloin Sandwich

Grilled sliced tenderloin with lettuce and tomato (cheese - \$1.10 extra)

### Grilled Cheese with Tomato and Onions - Sandwich a la plancha con queso, tomato y cebolla

### Cucumber, Tomatoes and Avocado (cheese - \$1.10 extra)

### BLT – Tocineta, Tomate, Lechuga

### Chicken Salad Sandwich

### Tuna Salad Sandwich

### Hotdog – Perro Caliente

### Salchipapa

### Lomito en Boca | Tenderloin grilled with peppers & onions

### Camarones en Boca

Two breaded, grilled Jumbo Shrimp with tarter sauce

### Pescado o Pollo en Boca

Choice of mahi-mahi or grilled chicken

### Chicken Fingers | Dedos de Pollo Empanizado

### Surf & Turf Boca for Two

Grilled Shrimp, Chicken, Mahi-mahi & Tenderloin

### Quesadillas

Plain cheese – queso

Add Veggies

Pollo (Chicken) or carne

Add Veggies

## Starters and Side Orders

### Chips and Salsa

### Chips and Salsa with Guacamole

### Nachos con Queso

### Nachos con Pollo o Carne (Chicken or beef)

### Platanos with frijoles o guacamole

Verde or maduros – choice of beans or guacamole

### French Fries – Papas Fritas

### Patacones with frijoles o guacamole

Choice of beans or guacamole

### Yuca Frita with frijoles o guacamole

Choice of beans or guacamole

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# On the Lighter Side – Fresh from the Sea

*Great as an appetizer or light meal*

## **Jumbo Shrimp Cocktail – Coctel de Camarones Jumbo**

Export-quality Jumbo-Shrimp served chilled over a bed of lettuce with hearts of palm, tomato and cocktail sauce

## **Ceviche (When Available)**

Made with fresh mahi-mahi and shrimp served with platano or chips

## **Sashimi (When Available)**

Fresh seared raw Tuna sliced thin and served with soy sauce, ginger and wasabi

## **Sashimi Salad (When Available)**

Fresh seared raw Tuna sliced thin & served with fresh greens, veggies, avocado, soy sauce, ginger and wasabi.

## Salads – Ensaladas

### **Ensalada Verde – Garden Sala**

**Ensalada Palmito** | Garden Salad with heart of palm

**Ensalada Don Luis** | Ham, cheese, avocado, hearts of palm, veggies

### **Ensalada con Pollo**

Hot pieces of Breast Filet Chicken sautéed with onions and peppers and served over a bed of lettuce with tomatoes, cucumbers, carrots and heart of palm

### **Ensalada con Pollo Deluxe**

House original with broccoli, cauliflower, red pepper, cilantro, olives and avocado

**Ensalada con Pescado** | House original with sautéed mahi-mahi

### **Ensalada con Pescado Delux**

**Ensalada con Camarones** | House Original with medium sized shrimp

### **Ensalada con Camarones Delux**

## Soups – Sopas

### **Sopa Negra – Black Bean Soup**

A hearty black bean soup with a side of rice, chopped tomatoes, onions and cilantro

**Con Huevo** | with a drop soup egg

### **Sopa Mariscos – Seafood Soup**

A deep sea treasure! Shrimp, muscles, clams, crab and mahi-mahi in a hearty chowder broth

### **Sopa de Pollo – Chicken Soup**

Served with rice. Brimming with local veggies and juicy pieces of chicken

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# Especialidades en Arroz

## Hot Rice Dishes

*Served with ensalada o papas – salad or French fries.*

### **Arroz con Palmito**

A creamy rice with heart of Palm and cheese. A local specialty

**Arroz Con Pollo** | Rice with chicken

**Arroz con Camarones y Palmito**

Rice with shrimp and palm hearts

**Arroz con Camarones**

**Arroz con Mariscos** | Seafood Rice

## Spaghetti

*All spaghetti dishes come with hot rolls with butter, small salad and veggies.*

**Pomodoro** | Red Tomato Sauce, **Pesto**, **Salsa Blanca** – white cream sauce

*Choose a sauce with any of the following variations.*

**Con Mantequilla – Butter Sauce**

**Con Carne – With Meat**

**Con Hongos – With Mushrooms**

**Con Pollo – With Chicken**

**Vegetariano – Sautéed Vegetables**

**Con Camarones – With Shrimp**

## Casados – Typical Costa Rican Plate

*Served with rice, beans, salad, tortillas or platanos maduros and your choice of the following:*

**Pollo** | Grilled chicken breast, option of garlic butter sauce

**Lomito – Grilled Tenderloin**

**Pescado – Grilled local Mahi-Mahi** | Option of garlic butter sauce

**Vegetariano – Mixed Veggies**

**Atun – Tuna**

# DINNER –CENA

*Most dishes include salad, rice, vegetables and fresh baked rolls.*

## **Pescado Tropical**

Fresh local mahi-mahi topped with a tropical fruit sauce

## **Dorado Menieure**

Fresh local mahi-mahi in a light butter lime sauce

## **Pescado a la Plancha (or al Ajillo)**

Fresh local mahi-mahi grilled or in a garlic butter sauce

## **Pescado Teriyaki** | Grilled teriyaki fish with local veggies

## **Tuna** | Prepared peppered, with garlic or grilled

## **Fish and Chips**

Pescado empanizado served with Tartar Sauce, coleslaw and fries

## **Jumbo Shrimp** | Option of breaded, grilled, in garlic, curry or teriyaki

## **Filet Mignon – Lomito**

### **Filet Mignon – Lomito** | Grilled – A la Plancha

### **Filet Mignon with Mushrooms**

Served in a creamy mushroom sauce

### **Filet Mignon with Onions**

### **Peppered Steak**

Served in a creamy sauce with peppercorns

### **Lomito Oriental**

### **Teriyaki Steak**

Lomito a la plancha con salsa Teriyaki

## **Chicken – Pollo**

### **Pollo with Mushrooms**

Chicken breast topped with creamy mushroom sauce

### **Curry Chicken**

### **Teriyaki or Garlic Chicken** | Classic Teriyaki chicken

### **Oriental Stir Fry** | Pollo with wine, pesto or garlic sauce

### **Stir Fry Garlic Chicken**

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# Beverages – Bebidas

## All Natural Fresh Fruit Juices- Frescos Naturales

Your choice of: Watermelon – Sandia, Papaya, Banana, Lemonade, Orange, Pineapple, Fruit Punch, Mint Lemonade, Coffee or Iced Tea blended.

In water

In milk

## Natural Fruit Juices from Concentrate

Blackberry – Mora, Passion Fruit – Maracuya, Mango, Guanabana – Soursop, Sour Guava – Cas, Mixed Fruit, Star Fruit – Carambola

In water

In milk

## Hot Chocolate – Chocolate Caliente

## Milk Shake – Batidas Helado

## Sodas – Refrescos Gaseos

## Bar

### Cerveza – Beer

Pilsen, Imperial, Imperial Light  
Bavaria Light, Bavaria Gold, Bavaria Dark  
Heineken  
Corona  
Smirnoff Ice  
Michelada

Refreshing beer served in a cold mug with lime juice and a salted rim

### Fresh From the Blender

Margarita  
Mango Margarita  
Piña Colada  
Daiquiris

### Specialty Cocktails

Mimosa  
Tequila Sunrise with Cuervo Gold  
Cranberry with lime and Absolute  
Cuba Libre with Ron Centenario Rum  
Malibu Caribbean Rum and OJ  
Mojito  
Mai Tai  
Planter's Punch  
Tom Collins  
Caipirinha  
Bloody Mary  
Cacique Guaro and Fresca, Coke or OJ  
Baileys, Amaretti or Café Rica on Ice  
Toasted Almond – Kahlua, Amaretto and milk on Ice

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## Deserts – Postres

### **Coconut Flan – Flan de coco**

A sweet coconut custard

### **With Ice Cream – Con Helado**

### **Ice Cream Dish**

Vanilla or chocolate ice cream

With caramel or chocolate sauce

### **Fruit Salad with Vanilla Ice Cream**

Ensalada de Frutas con Helados

### **Cheesecake**

### **Fresh Baked Homemade Apple Pie**

Pastel de Manzana served hot or cold

A la Mode

## Hot Beverages and After Dinner Drinks

### **Hot Chocolate – Chocolate Caliente**

### **Coffee – Café**

### **Espresso, Cappuccino o para llavar**

### **Coffee with Hot Milk – Coffee con Leche**

### **Kahlua, Bailey's, Amaretto, or Café Rica**

With coffee and whipped cream

With milk or ice

### **Mocha Coffee – Café mocha with whipped cream**



## Wine- Vino

**Copa Vino** | By the Glass

**Marques de Carceres** | Rioja

**Marques de Carceres** | Rioja Creanza 2015

**Casillero del Diablo** | Shiraz

**Casillero del Diablo** | Cabernet Sauvignon

**Navarro Correas** | Coleccion Privada Malbec

**Satori** | Pino Grigio

**Blue Nun Finest Sparkening Wine**

**Riunite Rosado**

**S, Orsolla** | Vino Espumante

## House Wine (Chilean) – Vino de la Casa

**Tinto** | Concha y Toro Frintera Cabernet Sauvignon

**Blanco** | Concha y Toro Frintera Sauvignon Blanc

**Shiraz** | Concha y Toro Frintera

## Chilean Wine

**Tinto** | Casillero del Diablo, Cabernet Sauvignon

**Blanco** | Casillero del Diablo, Sauvignon Blanc

**Tinto** | Casillero del Diablo, Merlot 2004

**Blanco** | Casillero del Diablo, Chardonnay