



## **Cold Appetizers**

### **Hummus and Pita \$8.75**

Creamy Chickpea and Tahini Mediterranean Dip made with our own recipe, accompanied with Olive Oil, Kalamata Olives and Grilled Homemade Pita Bread.

### **Seabass Ceviche \$14.00**

Lemon Juice and Aji Pepper marinated fresh Seabass from the Pacific with Red Onions, Avocado, Sweet Corn and Cilantro. Accompanied with Homemade Corn Tortilla Chips.

### **Sweet Corn Guacamole and Salsa \$10.00**

Fresh mashed Avocados with Roasted Sweet Corn, Bell Peppers, Onions, Cilantro, Tomatoes, Lemon Juice, and Pico de Gallo Salsa. Accompanied with Homemade Corn Tortilla Chips.

### **Tomato and Avocado Tartar \$7.00**

Prepared with Mango, Cucumber, Mushrooms, Scallions, Arugula, Balsamic Vinegar, Extra Virgin Olive Oil and Baked Corn Tortilla Chips.

## **Hot Appetizers**

### **Hot Spinach and Artichoke Dip \$11.00**

Houston's Style Cheese Dip with a Costa Rican flare. Made with fresh Spinach, Pecorino and Mozzarella Cheeses and served Hot with Homemade Tortilla Chips.

### **Soup of the Day \$6.00**

Taste our daily homemade Traditional Costa Rican Soup.

### **Tomato and Basil Soup \$6.00**

Fresh Ripe Tomatoes, Roasted Onions and Garlic, fresh Basil, Oregano, Rosemary, Extra Virgin Olive Oil and Vegetable Stock, accompanied with Garlic Grissini Croutons.

### **Heirloom Tomato Tart \$17.00**

Crispy Parmesan Crust with Tasty Organic Heirloom Tomato Filling and a Soft Goat Cheese Foam, accompanied with fresh Greens and White Balsamic Vinaigrette.

### **Camarones al Ajillo \$18.00**

6 oz. of Fresh Shrimp sautéed with Garlic, Leeks, Cilantro, White Wine and Old Bay Seasoning. Accompanied with Grilled Ciabatta.

## **Salads**

### **Grilled Pineapple and Shrimp Salad \$16.00**

Grilled and diced Costa Rican Pineapple and fresh poached Shrimp accompanied with Organic Arugula, Cherry Tomatoes and Bell Peppers. Tossed with our special Pineapple and Curry Vinaigrette.

### **Grilled Chicken & Tropical Salad \$12.50**

Owner's recommendation. Oregano and Lemon Oil Grilled Chicken served over a Mix of Greens with Cherry Tomatoes, Costa Rican Wild Blackberries, Toasted Cashews, Goldenberries, Quinoa and Hearts of Palm. Tossed with a Light Vinaigrette.

### **Caesar Salad \$10.00**

Traditional Romaine Lettuce, Grana Padano Cheese and Garlic Croutons tossed with our Creamy Parmesan (Caesar Style) Dressing.

### **Latin Cobb Salad \$12.00**

Mixed Organic Greens with Grilled Chicken Breast, fresh Avocado, crispy Bacon, Roasted Corn, Cherry Tomatoes, Hearts of Palm and a Hard-Boiled Egg. Tossed with our Roasted Pineapple Vinaigrette and topped with Crispy Corn Tortillas.



## **Tres Cascadas**

DINNER

### **Greek Salad \$10.00**

Fresh Organic Tomatoes, Cucumber, Red Onion, Bell Pepper, Kalamata Olives, Basil and Greek Feta tossed with a Light Oregano Vinaigrette.

## **Traditional Costa Rican**

### **Tico Beef Taquitos \$12.00**

Traditional plate from the countryside of Costa Rica, with Shredded Beef and seasonings, served with Coleslaw on top with a typical "Salsa Rosada" (Pink Sauce).

### **Patacón Tostada. \$11.50**

Fried Green Plantains topped with Refried Beans, Chicharrón (Fried Pork), Pico de Gallo Salsa, fresh Avocado and Napa Cabbage Slaw.

### **"Frijoles con Chancho" \$12.00**

Translated as "Beans with Pork", this is a Traditional Stew dish made with Beans, harvested in La Fortuna Area, and Locally Raised Pork. Served in Pork Broth and accompanied with White Rice and Fried Sweet Plantains.

### **Pargo Frito \$21.75**

A Traditional Dish from the Puntarenas Province of Costa Rica, Whole Snapper with Tail, Boned and Fried. Accompanied with Green Plantain "Patacones" and Costa Rican Slaw.

### **Chicharrones \$15.50**

Costa Rican Fried Pork served with "Yuca Sancochada" (Poached Cassava) Pickled Onions and Homemade Corn Tortillas.

### **Traditional Casado \$18.50**

Your choice of Grilled Beef Sirloin, Chicken Breast, Grilled Fish or Grilled Vegetables. Accompanied with Cheese and Corn Tortilla "Prensadas", White Rice, Red Beans, Sweet Plantains, Lime Cabbage Slaw and a Fried Egg.

### **Shrimp Fried Rice \$22.25**

Pacific Coast Traditional Fried Rice made with Shrimp, Vegetables and Anato Paste, accompanied with Homemade Pickled Vegetables "Escabeche" and French Fries.

### **"Arroz con Pollo"**

#### **(Rice with Chicken) \$18.25**

Costa Rican Holidays Rice Dish, made with Shredded Chicken, Vegetables and Anato Paste, served with fresh Avocado and a Beet Salad called "Ensalada Rusa", made with Potatoes and a Hard-Boiled Egg.

## **Vegetarian & Vegan**

### **Vegetable Wok with Tofu \$16.50**

Sautéed Baby Vegetables, Broccoli, Bell Peppers, Onions, Celery, Bean Sprouts, Green Beans, Shiitake Mushrooms, Bok Choy and Tofu with our Special Asian Sauce, accompanied with Steamed Jasmine Rice.

### **Black Beans and Cheese**

#### **"Sincronizadas" \$15.00**

Fried Corn Tortillas Stuffed with Black Bean Dip and Cheese. Accompanied with Pico de Gallo Salsa, Quinoa Salad, Avocado and Cilantro Sauce.

### **Fettuccini with "Meatballs" Aurora \$16.50**

Fettuccini and Chickpea "Meatballs", Pomodoro Sauce, Cream and Basil, accompanied with a Garlic Crostini.

### **Mushroom Ravioli \$17.50**

Mushroom and Goat Cheese stuffed Ravioli, served with Aglio Olio Sauce and Grana Padano Cheese and accompanied with an Arugula and Escarole Salad with White Balsamic Vinaigrette.

### **Vegan Mandarin Fried Rice \$16.25**

Steamed Rice with Zucchini, Onions, Bell Peppers, Shiitake Mushrooms, Bean Sprouts, Celery, Carrots, Ginger, Garlic, Cashews, Soy Sauce and Sesame Oil. Accompanied with a Small Broccoli Green Salad.



## Entrées

### **Penne Bolognese \$16.50**

Sautéed Italian Penne Pasta with our Homemade Bolognese Sauce, accompanied with freshly shaved Grana Padano Cheese and Garlic Crostinis.

### **Veggie Lasagna \$18.50**

Homemade Lasagna layered with assorted Roasted Vegetables, Mushrooms, Creamy Cauliflower Béchamel Sauce and Mozzarella. Accompanied with Pomodoro Sauce and Parmesan Cheese.

### **Seafood Linguini \$25.00**

Fresh Linguini Pasta sautéed with Shrimp, Mussels, Octopus, Clams, Sauvignon Blanc Wine, Garlic, Chili Flakes, Parsley and Lime Juice. Accompanied with Garlic Crostinis.

### **Pork and Shrimp Lo Mein \$26.00**

Asian Sautéed Rice Noodles with Shrimp, Pork, Ginger, Garlic, Green Beans, Bell Peppers, Red Onion, Scallions, Celery, Broccoli and Bean Sprouts with our Homemade Asian-Style Sauce.

### **Roasted Lemon & Salsa Sea**

#### **Bass \$26.00**

7 oz. Oven Roasted Sea Bass Fillet topped with a Tangy Lemon flavored Salsa, served over Yellow Saffron Rice Pilaf and Roasted Seasonal Vegetables.

#### **Orange Sea Bass \$23.00**

Pan Grilled Sea Bass with Orange Reduction, served with a Red Quinoa, Strawberry and Crispy Corn Tortillas Salad.

### **Blackened Ahi Tuna \$28.50**

Prime Costa Rican Ahi Tuna blackened with our special Seasoning Mix, topped with a fresh Tropical Fruit Salsa. Accompanied with Coconut and Cilantro Creamy Rice, fresh Avocado and Roasted Sweet Plantains wrapped in Bacon.

### **Springs Chicken Curry \$24.50**

Slow Cooked Chicken Breast in our Homemade Curry, Coconut Milk and Ginger Sauce, sautéed with fresh Vegetables. Accompanied with steamed Jasmine and Wild Rice, Sesame Seeds and Organic Microgreens.

### **Citrus and Herb Roasted**

#### **Chicken \$24.50**

A Slow Roasted Half Chicken, accompanied with Ladoregano Potatoes, Napa Cabbage Slaw and Soft Homemade Corn Tortillas.

### **Chicken Enchiladas \$16.75**

Homemade Corn Tortilla stuffed with Shredded Chicken, Mushrooms and Mozzarella, gratinated with Green Tomatillo Sauce and Mozzarella. Topped with Lettuce, fresh Avocado and Tomato, accompanied with a side of Sour Cream and Hot Molcajete Sauce.

### **Parmesan Chicken \$18.25**

Parmesan breaded Chicken Breast served with a Creamy Lemon and Prosciutto Sauce. Accompanied with a Small Green Salad, dressed with White Balsamic Vinaigrette and Garlic a Crostini.

### **Mango BBQ Baby Pork Ribs \$26.50**

12 oz. of Mojo Braised Baby Pork Ribs, glazed with our Homemade Mango BBQ Sauce. Served with Roasted Greek Potatoes and Creamy Napa Cabbage Slaw.

### **Braised Short Rib \$38.00**

7 oz. Slow Cooked Short Ribs with Coffee, Red Wine and Ripe Tomatoes. Accompanied with Homemade Black Garlic Mash Potatoes and Grilled Broccoli.

**The Springs**  
Resort & Spa

Arenal, Costa Rica



## Special Cuts

Enjoy our selection of local and imported Prime Cuts, served with your choice of our Homemade Sauces.

- Filet Mignon** (7 oz.) \$38.00
- Rib Eye Steak** (14 oz.) \$38.75
- Strip Loin** (12 oz.) \$42.50
- Pork Chop** (14 oz.) \$35.00
- Sirloin Steak** (8 oz.) \$32.00

**Sauces:** Chimichurri, Béarnaise, Au Jus, Vierge, Sweet Onion Jelly, Blackberry Port, Blue Cheese, Mint Salsa Verde.

## Sides

- Greek Potatoes** \$5.00
- Baked Potato** \$4.00
- Grilled Vegetables** \$4.00
- Asparagus with Onions and Bacon** \$6.00
- Grilled Portobello** \$5.50
- Roasted Bell Peppers** \$5.25
- French Fries** \$5.00
- Green Salad** \$5.00
- Sweet Plantains** \$5.00
- Sautéed Vegetables** \$4.25
- Spinach & Mushrooms** \$5.25
- Green Beans with Almonds and Ajvar** \$5.00
- Sautéed or Grilled Shrimp** (6 oz.) \$15.00

## Additional Sides

- Napa Cabbage Slaw** \$3.25
- Corn Tortillas** \$4.00
- Pico de Gallo Salsa** \$6.00
- Guacamole** \$8.00
- Jasmine Rice** \$4.50
- White Rice** \$4.00
- Garlic Crostini** \$4.00

## Pizza and Flatbreads

### Mexican Fiesta Flatbread \$14.50

Homemade "Salsa Rostizada", Bean Dip, Grilled Chicken, Roasted Sweet Corn, Mozzarella and fresh Avocado.

### Shrimp and Pineapple Flatbread \$18.25

Topped with Garlic Butter, Pacific Shrimp and Roasted Pineapple, drizzled with Chimichurri and fresh Cilantro.

### Pizza Margarita \$12.50

Pomodoro Sauce, fresh Heirloom Tomatoes, Mozzarella di Buffala and Basil.

### Ham & Mushrooms Pizza \$14.00

Pomodoro Sauce, Smoked Ham, fresh Mushrooms, Bell Peppers and Mozzarella.

### Sausage & Jalapeño Pizza \$14.00

Pomodoro Sauce, Italian Sausage, Pickled Jalapeños and Mozzarella.

### Pepperoni Pizza \$14.00

Pomodoro Sauce, Italian Pepperoni, Bell Peppers and Mozzarella.

### Cheese Deluxe Pizza \$15.00

Béchamel Sauce, Blue Cheese, Mozzarella and Feta with fresh Arugula.

### Veggie Pizza \$12.00

Pomodoro Sauce, Grilled Vegetables, Bell Peppers, Red Onion, Olives and Mushrooms with Mozzarella.

### Prosciutto & Arugula Pizza \$15.00

Pomodoro Sauce, Mozzarella, Oregano, fresh Prosciutto and fresh Arugula.

Consuming raw or undercooked meat, seafood, poultry or eggs may increase the risk of foodborne illness. Please notify your server of any specific food allergies or intolerances. Prices do not include tax or gratuity.

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