

KITCHEN WITH PHILOSOPHY

We have a hydroponic garden, where we produce lettuce, spinach, leek, chives, chard, parsley, thyme, rosemary, sage, oregano, coriander, arugula and celery, among others. These products are fresh and we only use nutrients to ensure their quality.

Trout comes from our lakes. **Fruit preserves** are from local products. The stick tomato, papayuela, gooseberries, figs and peaches are fruits that we buy from neighbors, or that are in our garden, and we process them right here. **The bread we serve is 100% homemade.**

Kilometer Zero, adapting our kitchen to the closest ingredients. Our zero kilometer dishes, also known as "short chain", are produced and marketed locally, in addition to reducing our ecological footprint.

All our dishes are cooked and produced with **100% Costa Rican staff**, and they work with care and attention to detail.

We always take care of the **quality of the suppliers** and thus get fresh products brought from San José.

Your health is important to us. In each dish we seek to balance the nutritional value, but also the color, flavor and textures to achieve maximum satisfaction.

SOUPS AND SALADS

Soup

+TAX



Every day we make a soup based on the best moment of our vegetables

\$12 \$14.76

Fresh flavors from the backyard



Caesar salad with grilled chicken breast, croutons, parmesan and homemade traditional dressing

\$18 \$22.14





Hand picked lettuce salad, egg, tomato bouquet, olives, corn, heart of palm and Turrialba cheese with almond pesto

\$16 \$19.68




TROUTS

Smoked trout

+TAX

-  Smoked trout bruschetta with red onion, capers, cucumber, avocado and diced tomato with dill mayonnaise \$16 \$19.68
-  Smoked trout wrap with carrot, cabbage and marinated zucchini, spearmint, yogurt sauce and cassava chips \$17 \$20.91


Fresh trout


-  Trout wrapped in bacon and vanilla sauce with rustic mashed potatoes and sautéed vegetables \$20 \$24.6
-  Grilled trout over banana leaf and Creole potato picadillo with local cabbage salad \$18 \$22.14
-  Norwegian style trout with apple chutney, fresh roasted cheese and sautéed petit pois with raisins \$18 \$22.14


CHEF SUGGESTIONS

Meats and mountain stews


+TAX


 Grilled chicken breast in mushroom sauce and seasonal vegetable stew served with white rice \$19 \$23.37


 Red bean and roasted pork taco, guacamole, pico de gallo and fried potatoes \$20 \$24.6

 Pork rib posole, white rice, minced onion, cilantro and pico de gallo. Traditional recipe to keep you warm and happy \$18 \$22.14

Beef meatballs in homemade tomato sauce, sautéed green beans, white rice and local cabbage salad \$18 \$22.14

 Grilled beef tenderloin in red wine sauce, with potatoes, marinated mushrooms and roasted cherry tomatoes \$22 \$27.06


 Olla de carne. Traditional beef stew with corn, sweet potato, cassava, green plantain and potato served with homemade tortilla \$18 \$22.14

 Beef tongue in Costa Rican creole sauce with chickpeas and a side of rice \$19 \$23.37


THE WORLD IN COSTA RICA

The World in Costa Rica

+TAX

 Homemade pizza dough to taste; our waiter will inform you the daily fresh selected ingredient


\$18 \$22.14

 Penne rigatte, authentic Italian Bolognese (vegetarian option with mushrooms)



\$18 \$22.14

Trogon's Beef burger topped with tomato, mozzarella, candied onion, cucumber, bacon, mustard dressing and rustic potatoes

\$18 \$22.14

 Cassava and mushroom meatballs in pepper almond sauce, rice, sautéed broccoli with sesame seeds and local cabbage salad

\$18 \$22.14


  Lentil and spinach burger topped with tomato, mozzarella, candied onion, cucumber, mustard dressing and cassava chips

\$17 \$20.91

SWEETS AND MINI ADULTS




Daily sweets

+TAX

-  Sweets made daily with the best seasonal selected products and fruits \$7 \$8.61



Kids

-  Grilled chicken breast with potatoes \$15 \$18.45
-  Bolognese pasta (vegetarian option with mushrooms or veggies) \$15 \$18.45
-  Golden breaded trout fingers with potatoes \$15 \$18.45