

# Chef Chris

## Appetizers

Chips & Salsa

Chips & Guacamole

Herbed Cream Cheese Dip – served with either tortilla chips or breadsticks

Hummus

Bruschetta – Toast piled with fresh tomato, basil, cheese & olive oil

Ceviche

Bacon wrapped Figs

Nachos

Caprese Bites – Fresh mozzarella cheese with tomato and basil

## Salads

Sprouts, Chinese cabbage, carrots, spring onions and sesame oil dressing

Arugula, cherry tomatoes, parmesan cheese, with balsamic & olive oil dressing

Lobster, tomato, red onion, and parsley in oil & vinegar dressing

Ensalada Exotica – mixed greens, fresh local fruit of the season, avocado and mixed vegetables

# **Soups**

Seafood soup with coconut milk and vegetables

Gazpacho Andaluz – cold tomato soup with sweet red peppers and onions

Thai Vegetable

Carrot with ginger and cilantro

Lentils with basil

Broccoli with seaweed

# **Chicken Dishes**

Chicken with lime, ginger, honey, scallions and chili – served with rice pilaf and vegetables

Chicken kabobs with a sate sauce (made with peanut butter) – served with jasmine rice, zucchini and eggplant

Chicken Breast with pepper – served with Mashed Potatoes (a la abuela) and vegetables

# **Beef Dishes**

Tenderloin grilled with either a Roquefort sauce or pepper sauce

Filet mignon grilled with a port wine sauce

T-bone steak grilled with a sauce made of tomatoes, onions, basil and chili

# **Pork Dishes**

Pork Filet prepared in an antique mustard sauce – served with basmati rice, cherry tomatoes and patacones

Pork Ribs with a jalapeno sauce – served with mashed potatoes (a la abuela) and vegetables

Barbequed Ribs – served with rice and vegetables

## **Seafood Dishes**

Whole Red Snapper in a Hanoi sauce (soy sauce, ginger and garlic) – served with jasmine rice and sautéed vegetables

Mahi Mahi in a coconut sauce – served with jasmine rice and sautéed vegetables

Marlin wrapped in banana leaf, thai style – served with jasmine rice and sautéed vegetables

Jumbo Shrimp in a garlic sauce – served with jasmine rice and sautéed vegetables

## **Pastas**

Pomodore – Spaghetti with fresh tomato, basil and parmesan

Tagliateli a la Carbonara

Linguini with tuna, capers, olives, and tomato

## **Vegan Dishes**

Textured Soy Protein sautéed with vegetables – served with quinoa

“Marmita del Mar” - dish made with seaweed, potatoes and onion and served with brown rice

Carmelized tofu with teriyaki, scallions, ginger and served with jasmine rice

## **Side Dishes**

Potatoes a gratin

Mashed Potatoes (a la abuela)

Homemade French fries

Sauteed Vegetables

Rice (Brown, White, Basmati or Jasmine)

Beans

## **Deserts**

Plantains carmelized with cinnamon and served with ice cream

Tropical Fruit Salad

Carmelized Apple Tart

Brownie served with ice cream

## **Breakfast**

Eggs any way you like – add cheese or vegetables if you like to scrambled

Omelet – your style, add your choice of ingredients – cheese, onions, sweet pepper, mushrooms, ham

Pancakes

Typical Costa Rican Breakfast – Gallo Pinto (dish made of rice, beans, onions, sweet red pepper, cilantro and spices) – served with tortillas, scrambled eggs and fried plantains

Fresh Fruit Plate- variety of local, fresh fruit

Fresh Juices

Muesli with fruit, yogurt, honey and or syrup

Oatmeal with bananas, raisins and or dried fruit

Bacon, Sausage