



Lunch Menu

APPETIZER

Shrimp Ceviche \$ 11.00

✓ Guacamole with Tortilla Chips & Salsa Chimol \$ 8.00

Nachos with Refried Beans & Melted Cheese \$ 6.00

Smoked Salmon Tostadas with Onion, Sour Cream and Tomato \$ 9.00

Spicy Chicken Wings \$ 7.00

SALADS

Traditional Caesar Salad \$ 9.00, with Chicken Breast \$ 11.00, with Shrimp \$ 13.00

✓ Three Hearts Salad \$ 9.00

Over Green Leaves, Artichokes, Avocado & Hearts of Palm

Mixed Field Greens Salad \$ 8.00

With Tomato, Cucumber, Hearts of Palm, Avocado & Apple Dijon Vinaigrette

SANDWICHES

Made with Whole Wheat Bread or Baguette and Accompanied with French Fries

Waffled Turkey Breast & Cheese or Ham & Cheese Sandwich \$ 12.00

Steak, Wasabi & Blue Cheese Sandwich \$ 15.00

✓ Grilled Garden Vegetables Sandwich, \$ 13.00

Eggplant, Onions, Carrot, & Bell Pepper topped with a Pesto Dressing

Traditional Hamburger with Cheese and Bacon \$ 12.00

Shrimp Hamburger Served with a Cilantro Dressing \$ 14.00

✓ Denotes vegetarian offerings



PASTA

Pasta Linguini with Shrimp \$ 16.00

Fresh Tomato and Basil Sauce and Parmesan Cheese

FROM THE CARIBBEAN SEA

Fish or Shrimp Tacos, served with a Spicy Homemade Salsa \$ 9.00

The Catch of the Day Pico Bonito \$18.00

Steamed with Organic Herbs from our Garden, Tomato, Jalapeño & Onion

Broiled Jumbo Shrimp with “Ajillo” \$ 19.00

Sautéed in Olive Oil, Garlic & Chopped Guajillo Chile

A TASTE OF HONDURAS

Honduran Style Fish Ceviche \$ 9.00

Marinated in Lime Juice, Onion, Cilantro, Tomato & Jalapenos Pepper

Chicken Tostadas \$ 8.00

Minced Lettuce over a Corn Tortilla, Shredded Chicken, Tomato, Red Onion, Cilantro, Avocado & Cheese

Coconut Breaded Shrimp, Sweet & Sour Sauce \$ 18.00

Served with Rice, Beans & Plantain Tostones

DESSERT

Caramel Custard \$7.00

Cheese Cake with Strawberries \$ 8.00

Chocolate Brownies with Vanilla Ice Cream \$ 6.00

Assorted “Haagen Dazs” Ice Cream & Sherbets \$ 8.00

Prices are in USD. 12% Sales Tax are already added to the price/ 10 % Gratuities will be added to your Bill

12/12