



Smoothies

Green Detox	\$8
Green Apple, Pineapple, Banana, Ginger, Spinach, Cilantro, Lime	
Detox	\$8
Mango, Pineapple, Passionfruit, Banana	
Energy	\$8
Banana, Peanut Butter, Oats, Soy or Almond Milk, Cacao	
Pineapple Basil	\$5
Watermelon Pineapple	\$5
Papaya	\$8
Soy or Almond Milk, Cinnamon, Honey	

Bottled Water

San Pelegrino 500ml	\$5
San Pelegrino 750ml	\$8
Fiji Mineral 500ml	\$6
Fiji Mineral 1L	\$10

Mocktails

Coco Breeze	\$8
Lime, Coconut Water, Mint	
Blueberry Julep	\$8
Juanilama, Blueberries, Lime, Ginger Beer	
Arnold Palmer	\$5
Lemonade, Iced Tea	
Mint Lemonade	\$5
Center of Joy Iced Tea	\$5
Black Tea, Orange, Lime, Ginger	

Cocktails

\$13

Hibiscus Spritz	
Aperol, Sparkling Wine, Hibiscus Soda	
Espresso Martini	
Vodka, Coffee Liqueur, Costa Rican Coffee	
Joy Tini	
Costa Rican Cacique Rum, Lavender, Lime, Lemongrass Syrup, Berries	
Berry Gin & Tonic	
Tropical Margarita	
Blanco Tequila, Orange Liqueur, Passionfruit, Jalapeño, Lime	
Mamie Taylor	
Bourbon, Lime, Ginger Beer	
Rum Old Fashioned	
Aged Rum, Bitters, Orange	
Costa Rican Mojito	
Cacique, Mint, Lime, Soda	

Tea & Coffee

Served Hot or Cold

Chai	\$7
Herbal and Caffeinated Tea	\$3
Chocolate	\$5
Matcha	\$7
Iced Coffee	\$6
Frappuccino	\$10
Vanilla, Chocolate, Caramel	
Americano	\$3
Americano with Milk	\$4
Latte	\$5
Cappuccino	\$5
Mochaccino	\$6
Add Almond, Soy, or Oat Milk	
	\$2



Breakfast

Costa Rica Pura Vida \$16

Costa Rican Rice and Beans,
Two Eggs Your Style, Tomato
Sauce, Sweet Plantain, Avocado,
Choice of Toast or Tortillas

Blue Toast \$15

One Egg Your Style, Sourdough
Bread, Refried Beans, Fresh
Cheese, Avocado, Tomato Sauce

Avocado Toast \$16

Sourdough Bread, Two Eggs,
Avocado, Cherry Tomato, Alfalfa,
Spicy Herb Olive Oil

French Omelet \$11

Two Eggs, Gouda, Spinach,
Mushroom, Baked Tomato,
Fresh Herb Bread

French Toast \$11

Two Slices of French Toast, Fruit,
Strawberry and Blackberry Jam,
Caramelized Nuts, Maple Syrup

Forest Bowl \$12

Oatmeal, Soy Milk, Strawberry,
Golden Berry, Blueberry, Cacao
Nibs, Caramelized Nuts

Morning Burrito \$15

Flour Tortilla, Guacamole,
Mushrooms, Cherry Tomato,
Red Pepper, Onion

Flour Tortilla, Two Eggs, Cheddar,
Spinach, Red Pepper, Bacon

Flour Tortilla, Two Eggs, Gallo Pinto,
Sour Cream, Plantain, Avocado

Salads

El Bosque Bowl \$12

Grilled Free-Range Chicken,
Balsamic Dijon Dressing, Mixed
Lettuce, Red Onion, Cucumber,
Cherry Tomato, Carrot,
Strawberry, Apple, Radish

Loma Linda \$15

Tuna, Chimichurri, Mixed Lettuce,
Quinoa, Chickpea, Cherry Tomato,
Red Onion, Mango, Carrot,
Radish, Beetroot

Tropical Salad \$16

Grilled Free-Range Chicken,
Passion Fruit Dressing, Mixed
Lettuce, Roasted Orange, Heart
of Palm, Cherry Tomato, Carrot,
Coconut, Nuts, Croutons

Sandwiches

Homemade Ciabatta Bread

Cuban \$15

Shredded Beef, Ham,
Mozzarella, Pickle, Mustard

Chicken \$13

Shredded Chicken, Mozzarella,
Arugula, Tomato, Pickle,
Mustard, House Mayo

Veggie \$16

Vegan Bean Patty, Mushrooms,
Potato Cheese, Arugula,
Pickle, Tomato

Happy Burger \$16

Plant Based Patty or Beef Patty,
Potato Cheese, Mushroom,
Pickle, Guacamole, Lettuce,
Tomato, Red Onion, Chipotle,
Mustard, House Fries

Nature's Table



CENTER of JOY

Lunch

Chicken Masala \$23

Chicken Masala, Basmati Rice,
Coconut Milk, Onion, Ghee,
Chinese Leaf Lettuce,
Heart of Palm, Mixed Veggies

Cauliflower Risotto \$21

Free-Range Chicken, Pomodoro
Sauce, Cauliflower Rice, Cashew,
Mushroom, Chive, Onion

Frutti Di Mare Pasta \$22

Fettuccini, Clam, Mussels, Prawn,
Calamari, Herb Tomato Sauce

Penne Carbonara \$18

Penne, Bacon, Egg, Parmesan,
Herb Olive Oil, Toasted Bread

Tea & Coffee

Served Hot or Cold

Chai \$7

Herbal and Caffeinated Tea \$3

Chocolate \$5

Hot Chocolate & Marshmallow \$6

Matcha \$7

Iced Coffee \$6

Frappuccino \$10

Vanilla, Chocolate, Caramel

Americano \$3

Americano with Milk \$4

Latte \$5

Cappuccino \$5

Mochaccino \$6

Add Almond, Soy, or Oat Milk \$2

Soup \$12

Squash, Coconut Milk, Tomato, Carrot,
Onion, Garlic, Garlic Bread

Tomato, Pesto, Parmesan, Carrot,
Onion, Garlic, Garlic Bread

For the Kids

Happy Ham and Cheese Sandwich \$9

Ham, Chesse, Ciabatta Bread, Butter

Fruit Bowl \$10

Mixed Seasonal Fruits, Honey.
Kids-Size Chicken Quesadilla

Kid-Size Quesadilla \$10

Shredded Chicken, Mozzarella,
Guacamole, Flour Tortilla

Desserts

Vegan Brownie \$5

Lactose-Free Vanilla Ice Cream \$3

Caramel Flan \$5

Passion Fruit Cheesecake \$6

Dessert of the Day \$7

Ask Your Server for More Info

Cookies \$3

Butter Cookie

Chocolate Chip

Carrot Oatmeal

Ask your Server For Today's Cookie