

M E N U

# EXPERIENCES

ORGANIC  FORTUNA



# OUR PHILOSOPHY

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Our beautiful venture begins with the purpose of adding love and well-being in the family. We began our learning through healthy and nutritious eating, creating a change in the quality of increasingly simple foods and with much more natural flavors.

As Ticos with family we love sharing time at the table, that is the experience we want to share with our clients.

We share love through the alchemy of food, through the experience of our past family generations sharing food.

We started undertaking 9 years ago and we have our restaurant in La Fortuna de San Carlos called Orgánico Fortuna. In this place we share the most creative nutrition creations for our body and soul in an atmosphere of good energy and positive messages.

We transmit our philosophy of pura vida, supporting local businesses that protect our natural ecosystem with fair payments to all members of the collaboration chain until you create your plate.

Each element counts for our creations and we are sure you are deserving of the best quality and nutrition for your being. Create a more intimate experience, preparing the environment, the food to share quality time with family, as a couple or in groups of good friends.

You can support change on a planet with loving choices. Let's do it together, your food heals you!

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A hand with pink floral nail art holds a piece of porous bread dipped in a vibrant red sauce. Below, a white bowl contains a similar dish with meatballs, white cheese, and fresh herbs, garnished with a tomato rose and green leafy vegetables. The background is a blurred green lattice.

# APPETIZERS



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## HUMMUS MIX

Delicious mix of chickpea hummus, carrot hummus and beet hummus

## TOMATO CREAM

A base of fresh tomatoes, mixed with delicate spices, accompanied by avocado, plant-based cheese and corn chips.

## AYOTE CREAM

A sweet squash cream, sprinkled with gluten free croutons and pumpkin seeds.

## TUNA TARTAR

Tower of fresh tuna mixed with lemon, ginger, sesame oil, chives and avocado.

## PEJIBAYE CREAM

A creamy combination of pejibaye drizzled with toasted almonds.

## TROPICAL MIX

Pico de gallo, crunchy mango, guacamole and beans, accompanied by magical chips (green plantain, sweet potato and cassava).



# MAINS

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# MAINS

## FISH

### FIHS & CHIPS

A delicious dorado marinated with a mixture of herbs and coconut. accompanied by magic chips (plantains, cassava and sweet potato).

### HARMONY TUNA

Fresh cut of tuna sealed with sesame seeds accompanied with citrus potatoes and fresh vegetables.

### CORAL PASTA

Our gluten-free pasta with shrimp and fish in a basil sauce.

### GRATITUDE

A sea bass fillet bathed in an avocado and almond sauce on a bed of fresh vegetables and herbed potatoes.

### DORADO TACOS

Three dorado tacos accompanied by mango pico, lettuce, kale and purple cabbage with chipotle dressing.



## CHICKEN

### CHICKEN OF THE JUNGLE

Chicken breast in pomodoro sauce with mozzarella cheese gratin accompanied by puree and seasonal vegetables.

### THAI CHICKEN

Fresh chicken pieces and vegetables in teriyaki sauce accompanied by jasmine rice.

### CHICKEN BOWL

Chicken bowl in tropical sauce, quinoa, fresh vegetables and avocado.

### VEGETARIAN

Watermelon salad, arugula mix with fresh lettuce, walnuts and feta cheese garnished with orange juice and a balsamic reduction.

### QUINOA BOWL

Mixed salad of quinoa, apple, feta cheese, walnuts and hearts of palm.

## VEGAN

### ARENAL SOUL

Get creative with our mix of Walnut Nuggets, brown rice, hummus, beans, sweet plantains and a delicious Greek salad.

### VEGAN BOLOGNESE

Gluten-free pasta in house-made pomodoro sauce, sautéed with falafel, natural spices and Parmesan-style cashew cheese.

### SPICY QUINOA BOWL

Roasted potato, spiced chickpea and vegetable quinoa salad

### CREAMY CASHEW PASTA

Quinoa pasta in a creamy cashew and bell pepper sauce, with light spicy notes, surrounded with our option of vegan Parmesan cheese and crispy cashew.

### CAESAR SALAD

Classic vegan Caesar tossed with chickpeas and gluten free croutons, magic drizzle and cashew dressing.

### FALAFEL PASSION

Falafel, chickpea hummus, Greek salad, accompanied by pita. **Has gluten**



# DRINKS

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# DRINKS

## POWERFUL PAPAYA

Papaya, oat milk and cinnamon

## TROPICAL PASSION

Pineapple, carambola, ginger, protein and honey

## BORA BORA TEA

Strawberry, berries, elderberry and papaya

## JAMAICA FLOWER TEA

## ICED TEA

## MAGIC TEA

Butterfly flowers

## KOMBUCHA

Homemade Probiotic Drink

*Additional option \$10 per person*

## WHITE WINE

## RED WINE

## PINK WINE

## BLEEDING

## PINA COLADA



# DESSERTS

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# DESSERTS

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**STRAWBERRY OR PASSION FRUIT CHEESCAKE**

**BROWNIE WITH ICE CREAM**

**RAW HAZELNUT PIE**

**FLAMBEATED TROPICAL FRUIT & ICE CREAM**

**COCONUT FLAN**

**HOT DRINKS**

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**COFFEE**

A delicious Costa Rican coffee choreado from Cerros del Fuego

**HERBAL DIGESTIVE TEA**







# PRICING



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**2 people:** \$200

**+ 3 people:** \$75 per person

## **INCLUDES:**

2 appetizers

2 main courses

1 dessert

Natural drink

Chef

Transportation

Service

and love in all preparations!

