

DINNER MENU



EL SAPO BAR &
RESTAURANT



STARTERS

● ● GREEN SALAD \$12

Lettuce, arugula, Cherry tomatoes, sweet corn, crispy onion rings and a lavender strawberry vinaigrette.

Add catch of the day \$5

Add grilled chicken \$5

● ● BEET AND ZUCHINI SALAD \$14

Thin slices of beet and zucchini served with a lemon garlic vinaigrette, shaved parmesan, roasted garlic, pejibaye chips, and homemade mayonnaise.

● ● TOMATO SOUP \$13

Served with tortilla chips, basil and olive oil.

● ● ROASTED GARLIC CREAM \$13

Roasted garlic cream soup.

● ● HOUSE-CURED TROUT \$14

Thin slices of house-cured trout served with arugula salad, pejibaye chips, fresh heart of palm and sage vinaigrette.

● BEEF TENDERLOIN CARPACCIO \$16

Thinly sliced beef tenderloin served with arugula, pejibaye chips, Grana Padano cheese, olive oil and roasted garlic mayonnaise.

● GLUTEN FREE

● GLUTEN FREE UPON REQUEST

● VEGETARIAN

13% SALES TAX AND 10% SERVICE CHARGE INCLUDED

MAIN COURSES

PEPPER STEAK

\$32

Served with potatoes gratin, Cherry tomatoes, mini zucchinis, roasted herbed mushrooms and a creamy rum infused pepper sauce.

HOMEMADE GNOCCHI

\$20

Pejibaye gnocchi tossed in a garlic cream with nuts or in a tomato red wine sauce. Served with trout, crunchy bacon and basil.

● ● GARDEN FRESH PASTA

\$18

Homemade tagliatelle tossed with seasonal vegetables, mushrooms, basil and arugula pesto.



● CATCH OF THE DAY

\$29

Served with mashed sweet potatoes with dill and spearmint pesto, pickled chayote and carrot with ginger and kale chips.

● PESTO CHICKEN BREAST

\$23

Served with seasonal sauteed vegetables and fresh watermelon salad.

● SENDA RIBS

\$28

St Louis style ribs with our homemade BBQ sauce made from local artisan beer, fried cassava with lemon and green salad with garlic dressing.

● 🔥 HOMEMADE EGGPLANT RAVIOLI

\$20

Filled with an eggplant and vinegar roasted pepper and tossed in a heart of palm and mushroom sauce.

HOMEMADE RIB RAVIOLI

\$24

Homemade ravioli filled with shredded rib and tossed in a homemade tomato sauce with roasted garlic chips.

● GLUTEN FREE ● GLUTEN FREE UPON REQUEST ● VEGETARIAN 🔥 SPICY

13% SALES TAX AND 10% SERVICE CHARGE INCLUDED

VEGAN | VEGETARIAN

STARTERS

● **LAS NUBES SALAD** \$13

Tomato, fresh cuajada cheese, basil and arugula pesto.

● **GARDEN SALAD** \$13

Lettuce from our garden, baby corn, fresh heart of palm, cherry tomatoes, cucumbers and carrot with caramel toffee bites, nuts and garlic dressing. Served with patacon.

● **GREEN SALAD** \$12

Lettuce, arugula, Cherry tomatoes, sweet corn, crispy onion rings and a lavender strawberry vinaigrette.

● **TOMATO SOUP** \$13

Tortilla chips, basil and olive oil.

● **VEGGIE CEVICHE** \$13

Heart of palm, avocado, red onion, cilantro, celery and ginger, served with chili-salted patacones with cilantro.

Add shredded cheese to your patacones

● **ZUCCHINI AND BEET CRUDO** \$14

Thin slices of beet and zucchini served with a lemon garlic vinaigrette, shaved parmesan, roasted garlic, pejibaye chips, and homemade mayonnaise.

Add shaved parmesan

● **ROASTED GARLIC CREAM** \$13

Roasted garlic cream soup.

● **GLUTEN FREE**

● **GLUTEN FREE UPON REQUEST**

13% SALES TAX AND 10% SERVICE CHARGE INCLUDED

VEGAN | VEGETARIAN

MAIN COURSES

HOMEMADE GHOCCHI \$18

Peach palm gnocchi tossed in garlic and nuts cream and fresh basil or natural tomato sauce with red wine and basil.

Add shaved parmesan

VEGETARIAN BURGER \$18

Lentil and black bean patty in brioche bread with lettuce, tomato, Portobello and pickles, served with house fries.

Add cheddar and mozzarella cheese

● GARDEN PASTA \$18

Homemade tagliatelle tossed with seasonal vegetables, mushrooms, basil.

Add arugula pesto

● HOUSE VEGETARIAN GALLOS \$18

Fresh tortillas served with hot sauce and homemade banana ceviche.

Add shredded local cheese

● GARDENER'S RICE \$18

Rice mixed with diced vegetables, served with pico de gallo, refried beans and chili-salted patacones with cilantro.

Add shredded local cheese to your patacones

VEGETARIAN PANINO \$18

Grilled seasonal vegetables, tomato, arugula and roasted garlic mayonnaise, served with sweet potato fries.

Add semi-hard basil and pepper grilled cheese

🔥 HOMEMADE EGGPLANT RAVIOLI \$20

Filled with an eggplant and vinegar roasted pepper and tossed in heart of palm and mushroom sauce.

● GLUTEN FREE

● GLUTEN FREE UPON REQUEST

13% SALES TAX AND 10% SERVICE CHARGE INCLUDED

MINI EXPLORER'S MENU



KID'S PASTA **\$8**

Penne pasta with butter, olive oil or fresh tomato sauce.

LA PEQUE CHEESEBURGER **\$11**

100% Beef patty in a brioche bun with blend cheese cheddar & mozzarella and house fries.

CHICKEN FINGERS **\$10**

Lime-zested house fries.

MAC & CHEESE **\$10**

Grilled chicken, green beans and breadcrumbs.

DESSERTS

CHURROS

\$8

Sugar and cinnamon coated, served with hot chocolate dipping sauce or an artisanal “dulce de leche”.

BROWNIE

\$8

With local vanilla ice cream.

SALTED CARAMEL CHEESECAKE

\$8

With strawberries and salted caramel.

LEMON PIE

\$8

With homemade limoncello, creamy lemon meringue and homemade cookie.



CHAMPAGNE & SPARKLING

AYALA BRUT, Champagne, France
Bottle: \$140

BRUT NATURE. DEL FIN DEL MUNDO. Patagonia, Argentina
Bottle: \$80

WHITE WINE

SAUVIGNON BLANC

WILLIAM COLE RESERVE 2021, Valle de Casablanca, Chile
Bottle: \$45 | Glass: \$10

LOS VASCOS. Valle de Colchagua, Chile
Bottle: \$55 | Glass: \$12

CASAS DEL BOSQUE 2021. Casa Blanca, Chile
Bottle: \$55

ODFJELL ARMADOR 2021. Chile
Bottle: \$65

PINOT GRIGIO

CALLIA. Valle de Tulum, Argentina
Bottle: \$45 | Glass: \$10

AGUSTINOS ESTATE ORGANIC. Valle del Bío Bío, Chile
Bottle: \$45

WHITE WINE

CHARDONNAY

LOS VASCOS, Valle de Colchagua, Chile

Bottle: \$55 | Glass: \$12

KRONTIRAS (NARANJO) VEGANO ORGANICO BIODINAMICO,

Lujan del Cuyo, Mendoza / Argentina

Bottle: \$65

POSTALES DEL FIN DEL MUNDO 2021. Patagonia

Bottle: \$55

SALENTEIN RESERVA CHARDONNAY 2020. Argentina

Bottle: \$65

TORRONTES

CRIOS TORRONTES SUSANA BALBO 2021. Argentina

Bottle: \$50

MIKRON TORRONTES 2021. Argentina

Bottle: \$60

ROSE WINE

MICRON ROSADO (MALBEC) VEGANO ORGANICO BIODINAMICO,

Lujan del Cuyo, Mendoza / Argentina

Botella: \$55 | Copa: \$12

RED WINE

PINOT NOIR

WILLIAM COLE RESERVE. Valle de Casablanca, Chile

Bottle: \$55 | Glass: \$12

FIN DEL MUNDO RESERVA. Patagonia, Argentina

Bottle: \$65

RED WINE

MERLOT

LA PLAYA ESTATE 2020 VEGAN. *Valle de Colchagua, Chile*
Bottle: \$55 | Glass: \$12

LAPOSTOLLE GRAND SELECTION ORGANIC. *Valle de Rapel, Chile*
Bottle: \$55

MALBEC

PORTILLO, *Valle de Uco, Mendoza, Argentina*
Bottle: \$55 | Glass: \$12

KRONTIRAS NATURAL. *Luján de Cuyo Mendoza*
Bottle: \$65

NUNA CHAKANA 2021 . *Argentina*
Bottle: \$55

CABERNET SAUVIGNON

D'ALAMEL. *Valle Central, Chile*
Bottle: \$55 | Glass: \$12

CASAS DEL BOSQUE GRAN RESERVA 2019. *Chile*
Bottle: \$80

ODFJELL ARMADOR 2020. *Chile*
Bottle: \$65

BLEND

WILLIAM COLE WINEMAKERS COLLECTION, *Valle de Casa Blanca Chile*
Bottle: \$75

NUMINA SALENTEIN GRAN CORTE 2017, *Argentina*
Bottle: \$105

CLOS DE LOS SIETE BY MICHEL ROLLAND 2019, *Argentina*
Bottle: \$85



SIGNATURE COCKTAILS

QUETZAL COOLER **\$11**

Dragon fruit-infused Guaro Cacique, triple sec, orange and lime juice, vanilla syrup, homemade aromatic chai tea bitters.

BOTANICAL GREEN **\$11**

Tanqueray No. Ten gin, homemade limoncello, lime juice, culantro de coyote, basil, ginger syrup, lavender bitters.

EL SAPO DORADO **\$11**

Cachaça 51, passion fruit purée, lime juice, cinnamon syrup.

MONTEVERDE MARTINI **\$11**

Centenario 12y rum, Disaronno, espresso, vainilla syrup, cinnamon syrup Monteverde chocolate bitters.

CANA DULCE **\$8**

Guaro cacique, lime, grenadine and ginger syrup and panela.

CLASSIC COCKTAILS

MOJITO

\$9

Centenario rum, lime juice, peppermint and simple syrup.

MARGARITA

\$9

Jarana Silver tequila, Triple Sec and lime juice.

CAIPIRINHA

\$8

Cachaça 51, lemon and simple syrup.

OLD FASHIONED

\$14

Maker's Mark bourbon, orange zest, simple syrup and bitters.

NEGRONI

\$9

Ginebra Tanqueray Dry, Campari, vermouth rosso and bitters.

GIN TONIC

\$9

Tanqueray No. 10, tonic water, lemon and peppermint.

GUARO SOUR

\$7

Guaro Cacique, lemon, simple syrup and grenadine.

BLOODY MARY

\$9

Smirnoff, tomato juice, lime juice, salt, pepper, english sauce, homemade spicy sauce, bacon and celery.

MOSCOW MULE

\$9

Smirnoff, ginger beer and lime.

MOCKTAILS

- \$9 -

PIZOTE

Strawberry, basil, orange and lime juice, cinnamon syrup.

CHERENGA

Pineapple, peppermint, orange juice, simple syrup.

TAPIR

Beetroot, ginger, orange and lime juice, vanilla syrup.

SANGRIAS

- \$14 -

RED SANGRIA

Red wine, Licor 43, Cinzano Rosso, orange juice, lime juice and simple syrup.

WHITE SANGRIA

White wine, Passoa Passion Fruit, Licor 43, passion fruit juice, lime juice and simple syrup.

NON ALCOHOLIC DRINKS

COCA COLA	\$4	NATURAL WATER 750ML	\$7
COCA COLA LIGHT	\$4	NATURAL BEVERAGES	\$4
GINGER ALE	\$4	SMOOTHIES	\$5
CLUB SODA	\$4	MILKSHAKES	\$6

13% SALES TAX AND 10% SERVICE CHARGE INCLUDED

COSTA RICAN LAGERS

IMPERIAL	\$5	BAVARIA LIGHT	\$6
IMPERIAL LIGHT	\$5	BAVARIA GOLD	\$6
PILSEN	\$5		

LOCALLY BREWED CRAFT BEERS

LA PELONA American Indan Pale Ale, 6%	\$9
MAJADERA American Pale Ale, 5%	\$9
TUMBA CALZONES Ale De Flor de Jamaica, 5%	\$9
MALDITA VIDA American Barley Wine, 10%	\$9
MAMA CANDELA Tropical Stout, 7,80%	\$9
DOS MARES India Pale Ale 6.5%	\$9
AURORA Pale Ale 5.5%	\$9

SPIRITS & MORE

GIN

Bombay Sapphire	\$9
Tanqueray No. Ten	\$10
Hendrick's	\$11
Bulldog	\$11
The Botanist	\$11
Martin Millers	\$11
Star of Bombay	\$12

RUM

Centenario 12y	\$10
Centenario 20y	\$12
Centenario 25y	\$14
Centenario 30y	\$18
Zacapa 23	\$16
Zacapa XO	\$18

SPIRITS & MORE

TEQUILA

Milagro Silver	\$12
Milagro Reposado	\$13
Milagro Añejo	\$14
Don Julio Blanco	\$12
Don Julio Reposado	\$14
Don Julio Añejo	\$16

VODKA

Absolut	\$9
Ketel One	\$9
Grey Goose	\$10
Tito's	\$11
Beluga	\$11
Ciroc	\$11

OTHER DISTILLED LIQUORS

Cachaca 51, Brazil	\$8
El Señorío Joven, México	\$9
Pisco Santiago Queirolo, Peru	\$10

WHISKY

Jack Daniel's	\$9
Jim Bean Black	\$9
Maker's Mark	\$12
Chivas 18y	\$12
Buchanans 18y	\$12
Dalmore 12	\$14
Isle of Jura Superstition	\$18
Glenfiddich 12y	\$13

APERITIFS & DIGESTIFS

Campari	\$9
Aperol	\$8
Averna Amaro	\$9
Sambuca Romana	\$10
Cinzano Rosso	\$8
Baileys	\$9
Kahlúa	\$12
Frangelico	\$10
Amaretto Disaronno	\$10
Hennessy Cognac	\$12

At Senda we think honest, artisanal cuisine is the most flavorsome kind. That's why we source our ingredients responsibly, keep our food miles low and never compromise on freshness or quality. With every bite we serve carefully infused with Monteverde personality and a humble respect for our natural bounty, we're proud to bring you a deliciously sustainable taste of our national fare.

Buen provecho!

