

## BREAKFAST

<b>BREKKIE BURRITO</b> Scrambled eggs, cheese, guacamole, chipotle sauce, crispy onions & salsa fresca. Add bacon (+1800)	6500
<b>VEGAN BREKKIE BURRITO OR BOWL</b> Curried breakfast potatoes, black beans, guacamole, salsa fresca, crispy onions, pickled red onions, signature golden sauce	6500
<b>AVOCADO TOAST</b> Grilled sourdough w/ goat cheese spread, two poached eggs, half avocado, sprouts & lemon. Gluten-free seeded sourdough (+1200)	7000
<b>BREAKFAST SANDWICH</b> Grilled sourdough, scrambled eggs, mozzarella, tomato, pesto & baby arugula with marinara sauce on the side. Gluten-free seeded sourdough (+1200)	6500
<b>PROTEIN OAT BANANA PANCAKES (GF)</b> House-made wild blueberry jam, protein powder, crispy bacon, syrup & granola	7000
<b>MORNING BOWL (GF)</b> Wholegrain rice, gallo pinto, fried queso fresco, salsa fresca, avocado, fried egg, sour cream & tortilla casera	6000
<b>SMOKED SALMON TARTINE</b> Grilled sourdough w/ smoked salmon, poached egg, creamy goat cheese, cucumber, dill, capers & red onion	7500
<b>CHIA BOWL (GF, VG)</b> Chia seeds, coconut milk, almond butter caramel, tropical fruit & granola	6500
<b>PITAYA SMOOTHIE BOWL (GF, VG)</b> Fresh pitaya (dragonfruit), seasonal fruit, banana, granola, sliced almonds, hemp seeds & goji berries	7000
<b>BRUNCH PLATTER</b> Toasted sourdough, avocado spread, goat cheese, poached egg, chia pudding with tropical fruit & raw cake or croissant of choice. Gluten-free seeded sourdough (+1200)	9000

## SALADS & BOWLS

<b>RAINBOW BOWL (GF, VG)</b> Brown rice, avocado, organic beans, cheddar, green cabbage, salsa, topped with our famous golden sauce. Add mojo pork carnitas or organic chicken (+1800)	6000
<b>KALE RANCH SALAD (GF, VG)</b> Local kale, roasted butternut squash, avocado, crispy onion with vegan ranch dressing. Add grilled organic chicken (+1800)	6000
<b>CLASSIC CESAR (GF)</b> Mixed greens, grilled organic chicken, bacon, toasted sourdough, shaved parmesan, cherry tomatoes & creamy caesar dressing. Gluten-free bread (+1200)	7500
<b>THAI NOODLE SALAD (GF, VG)</b> Rice noodles with marinated pan-fried oyster mushrooms, green & red cabbage, green beans, carrots, coriander, crushed peanuts, sesame seeds & peanut sauce	7000

## FOCACCIA SOURDOUGH SANDWICHES

Choose gluten-free seeded sourdough (+1200)

<b>SPICY ITALIAN</b> Italian cold-cuts, aioli, lettuce, tomato, red onion, jalapeño and red wine vinaigrette	7500
<b>NOSARA BEACH CLUB</b> Rotisserie chicken, bacon, lettuce, tomato, swiss cheese, pesto aioli & red wine vinaigrette	7500
<b>CHIPOTLE CHICKEN</b> Rotisserie chicken, lettuce, tomato & chipotle aioli	5000
<b>CRISPY OYSTER MUSHROOM (VG)</b> Avocado, lettuce, tomato & vegan dill ranch	7000

## TOASTED SOURDOUGH

Choose gluten-free seeded sourdough (+1200)

<b>AVO TUNA MELT</b> Grilled country loaf, house-smoked fresh ahi tuna salad, cheddar, avocado, jalapeño & tomato	7000
<b>GRASS FED PATTY-MELT BURGER</b> Grilled country loaf, grilled onions, cheddar, lettuce, tomato	7500
<b>NUTRITIOUS HUMMUS (VG)</b> Grilled country loaf, hummus, roasted cauliflower, sprouts, avocado & cucumber	5500
<b>CUBANO</b> Grilled sourdough focaccia, mojo pork carnitas, swiss cheese, pickles & dijon	6500

## BURRITOS

Grilled spinach tortilla

<b>ACHIOTE CHICKEN</b> Pulled organic chicken, rice, beans, guacamole, sourcream, pickled red onions & salsa fresca	7000
<b>CARNITAS</b> Slow cooked pork shoulder, coleslaw, black beans, brown rice, pickled red onions & salsa fresca	7000
<b>GRILLED SHRIMP</b> Grilled shrimp, cheddar cheese, brown rice, beans, guacamole, salsa fresca, sourcream & cabbage	8500
<b>EL VEGANO</b> Crispy oyster mushrooms, rice, beans, guacamole, cabbage, salsa fresca & signature golden sauce	7000

## PLATTERS & SHARING

<b>ALL YOU KNEAD IS BREAD</b> Grilled selection of freshly made sourdough bread, olive oil, house aioli	3500
<b>GUACAMOLE</b> Guacamole served with crispy plantain chips	5000
<b>NAMASTE NACHOS</b> Fresh corn chips, black beans, cheese, sour cream, guacamole, salsa fresca, house pickled jalapenos & organic greens. <b>Choose between:</b> mojo pork carnitas (+1800), achiote pulled organic chicken (+1800), crispy oyster mushrooms (+1800), grilled shrimp (+2500)	7000

## DRINKS

### ORGANIC COLD-PRESSED JUICE

All organic cold-pressed juice freshly made

<b>SUPER GREEN</b> Kale, celery, parsley, cucumber, ginger, pineapple, coconut water	4900
<b>BEETOX</b> Beet, spinach, orange, apple, ginger	4900
<b>IMMUNE BOOST</b> Pineapple, carrot, orange, turmeric, cayenne pepper	4900
<b>WATERMELON RECOVERY</b> Watermelon, coconut water & lime	4500
<b>COCONUT WATER</b>	2800
<b>PURE CELERY JUICE</b>	5200
<b>ORANGE JUICE</b>	2800

### SMOOTHIES

16oz, vegan, gluten-free, naturally sweetened

<b>MORNING KICK</b> Organic banana, pineapple, passion fruit, ginger and orange juice	4000
<b>MANGO PINEAPPLE BLISS</b> Pineapple, organic banana, mango and orange juice	4000
<b>WILD BLUE</b> Organic oat mylk, blueberries, banana and almond butter	5000
<b>CHOCO SUPER SHAKE</b> Banana, organic oat mylk, peanut butter, raw cacao and dates	5000
<b>GREEN GODDESS</b> Pineapple, spinach, papaya, mango, coconut water and spirulina	5000

### BAKED GOODS

<b>Spinach &amp; feta quiche (GF)</b>	3000	<b>Carrot cake</b>	2500
<b>Banana muffin (GF, VG)</b>	2500	<b>Monkey bread</b>	2800
<b>Basque cheesecake (GF)</b>	3500	<b>Oatmeal cookie</b>	1250
<b>Coconut cream pie</b>	3000	<b>Oat walnut cookie (GF, VG)</b>	1500
<b>Chocolate cake (VG)</b>	3500	<b>Coconut macaroon (GF)</b>	1250
<b>Brownie (GF)</b>	2500		

### CROISSANT

<b>Croissant</b>	1800	<b>Almond croissant</b>	2800
<b>Pain au chocolat</b>	2800	<b>Ham &amp; cheese croissant</b>	2800

### RAW TREATS

All gluten-free & vegan

<b>Energy ball</b>	1800	<b>Snickers cake</b>	3250
<b>Superfood brownie</b>	3000	<b>Papaya coconut cream cake</b>	3250

## ORGANIC COFFEE

Organic coffee from Guanacaste, Costa Rica

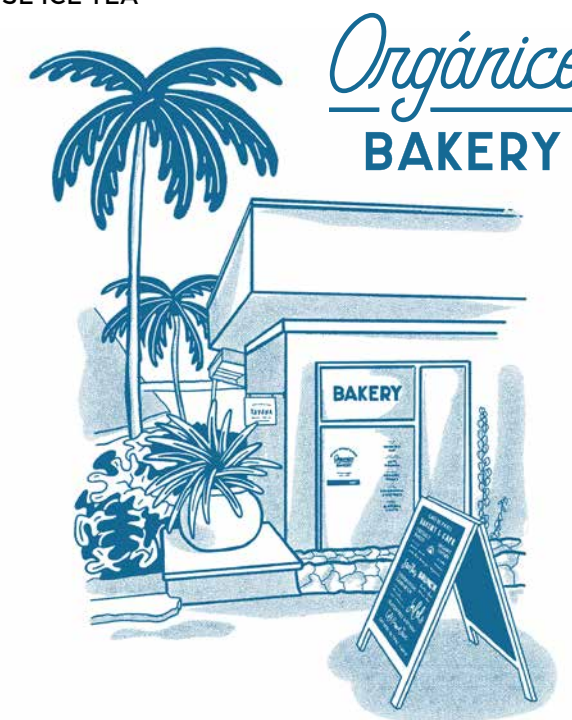
<b>FILTER COFFEE</b>	1250	<b>CHAI LATTE</b>	2500
<b>AMERICANO</b>	1800	<b>DECAF</b>	1800
<b>CAPPUCCINO</b>	2500	<b>HOT CHOCOLATE</b>	2500
<b>LATTE</b>	2500	<b>ESPRESSO</b>	1800
<b>ICED LATTE</b>	2700	<b>DIRTY CHAI</b>	3000
<b>COLD BREW</b>	3000	<b>TEA</b>	1800

## SPECIALITY DRINKS

<b>MATCHA LATTE</b> Matcha & organic oat mylk	4000
<b>ORGANIC BANANA COFFEE</b> Espresso, organic oat mylk, organic banana, ice & cinnamon	4000

## LEMONADE

<b>PASSION FRUIT</b>	2500
<b>MINT HIBISCUS</b>	2500
<b>HOUSE ICE TEA</b>	2500



OPEN DAILY  
7am-5pm

OUTDOOR CAFÉ  
Monday to Saturday  
7am-5pm

All you knead is love! (And croissants.) Our baked goods and breads are made daily in house. All breads are made from sourdough with 24-36 hours of fermentation, which means they taste amazing and are easy to digest. Fresh produce is sourced from local, organic and biodynamic farms, and our meat is free-range and hormone free.

GF = Gluten-Free

VG = Vegan

10% service not included

## DESAYUNO

<b>BREKKIE BURRITO</b>	<b>6500</b>
Huevos revueltos, queso, guacamole, salsa chipotle, cebolla crocante y salsa fresca. Añadir tocineta (+1800)	

<b>VEGAN BREKKIE BURRITO O BOWL</b>	<b>6500</b>
Papas de desayuno al crispy, frijoles negros, guacamole, salsa fresca, cebollitas crisy, escabeche de cebolla morada. Escoger entre burrito y un bowl	

<b>AVOCADO TOAST</b>	<b>7000</b>
Masa madre tostada con queso de cabra, 2 huevos pochados, mitad aguacate, brotes y limón. Masa madre de semillas sin gluten (+1200)	

<b>BREAKFAST SANDWICH</b>	<b>6500</b>
Pan masa madre tostado, huevos revueltos, mozzarella, tomate, pesto y rúcula con salsa marinara al lado. Masa madre de semillas sin gluten (+1200)	

<b>PROTEIN OAT BANANA PANCAKES (GF)</b>	<b>7000</b>
Mermelada casera de arándanos silvestres, proteína en polvo, tocino crujiente y sirope	

<b>MORNING BOWL (GF)</b>	<b>6000</b>
Gallo pinto saludable, queso fresco frito, salsa fresca, aguacate, huevo frito, natilla y tortilla casera	

<b>SMOKED SALMON TOSTADA DE MASA MADRE</b>	<b>7500</b>
Masa madre tostada con queso cremoso de cabra, huevo pochado, pepino, eneldo, alcaparras y cebolla morada	

<b>CHIA BOWL (GF, VG)</b>	<b>6500</b>
Semillas de chía, leche de coco, mantequilla de almendras, frutas tropicales y granola	

<b>PITAYA SMOOTHIE BOWL (GF, VG)</b>	<b>7000</b>
Pitaya fresca, fruta de temporada, banano, granola, almendras en rodajas, semillas de cáñamo y bayas de goji	

<b>BRUNCH PLATTER</b>	<b>9000</b>
Tostada de masa madre con aguacate y queso de cabra, huevo pochado, bowl de frutas tropicales, budín de chía y tu elección entre cualquier 'raw cake' o un croissant. Masa madre de semillas sin gluten (+1200)	

## ENSALADAS & BOWLS

<b>RAINBOW BOWL (GF, VG)</b>	<b>6000</b>
Arroz integral, frijoles orgánicos, queso cheddar, repollo verde, salsa fresca, aguacate cubierto con nuestra famosa salsa dorada. Carnitas de cerdo al mojo (+1800) Pollo orgánico mechado con achiote (+1800) Hongos ostra crujientes (+1800)	

<b>KALE RANCH SALAD (GF, VG)</b>	<b>6000</b>
Kale local, calabaza asada, aguacate, cebolla crujiente con aderezo ranch vegano. Agregar pollo orgánico a la parilla (+1800)	

<b>CLASSIC CESAR (GF)</b>	<b>7500</b>
Lechugas mixtas, pollo a la parrilla, tocino, masa madre tostada, parmesano rallado, tomates cherry y cremoso aderezo César Pan sin gluten (+1200)	

<b>THAI NOODLE SALAD (GF, VG)</b>	<b>7000</b>
Lechugas orgánicas, fideos de arroz, hongos ostra crujientes, repollo, vainicas, zanahorias, culantro, semillas de sésamo y aderezo de maní	

## SÁNDWICHES DE FOCACCIA

*Elige masa madre de semillas gluten free (+1200)*

<b>SPICY ITALIAN</b>	<b>7500</b>
Alioli, lechuga, tomate, cebolla morada, jalapeño y vinagreta de vino tinto	

<b>NOSARA BEACH CLUB</b>	<b>7500</b>
Pollo asado, tocineta, lechuga, tomate, queso suizo y alioli de pesto	

<b>CHIPOTLE CHICKEN</b>	<b>5000</b>
Pollo asado, lechuga, tomate y alioli de chipotle	

<b>CRISPY OYSTER MUSHROOM (VG)</b>	<b>7000</b>
hongos ostra crujientes, aguacate, lechuga, tomate y salsa ranch vegano, eneldo	

## SÁNDWICHES DE MASA MADRE TOSTADO

*Elige masa madre de semillas gluten free (+1200)*

<b>AVO TUNA MELT</b>	<b>7000</b>
Ensalada de atún ahi fresco ahumado en casa, queso cheddar, aguacate, jalapeño y tomate	

<b>GRASS FED PATTY-MELT BURGER</b>	<b>7500</b>
Torta de res, cebollas asadas, lechuga, tomate queso cheddar, masa madre tostada	

<b>NUTRITIOUS HUMMUS (VG)</b>	<b>5500</b>
Hummus, coliflor asada, brotes, aguacate y pepino	

<b>CUBANO</b>	<b>6500</b>
Pan focaccia tostado, carnitas de cerdo al mojo, queso suizo, pepinillos y dijon	

## BURRITOS

*Tortilla de espinaca*

<b>ACHIOTE CHICKEN</b>	<b>7000</b>
Pollo mechado, arroz integral, frijoles, guacamole, natilla, cebolla morada en escabeche, salsa fresca	

<b>CARNITAS</b>	<b>7000</b>
Carnitas de cerdo, ensalada de repollo cremoso, frijoles, arroz integral, cebolla morada en escabeche, salsa fresca	

<b>GRILLED SHRIMP</b>	<b>8500</b>
Camarones a la parrilla, queso cheddar, arroz integral, frijoles, guacamole, natilla, repollo	

<b>EL VEGANO</b>	<b>7000</b>
Hongos ostra crujientes, arroz integral, frijoles, guacamole, repollo, salsa dorada de la casa	

## PLATOS Y COMPARTIR

<b>ALL YOU KNEAD IS BREAD</b>	<b>3500</b>
Pan masa madre tosado de la casa, aceite de oliva, aioli de la casa	

<b>GUACAMOLE</b>	<b>5000</b>
Guacamole servicio con chips de platanitos	

<b>NAMASTE NACHOS</b>	<b>7000</b>
0Chips de maíz frescos, frijoles negros, natilla, salsa fresca, guacamole, jalapeños en escabeche de la casa y lechugas orgánicas. <b>Escoger entre:</b> Carnitas de cerdo al mojo (+1800), Pollo orgánico desmenuzado con achiote (+1800), Hongos ostra crujientes (+1800), camarones (+2500)	

## REFRESCOS

### JUGO ORGANICO COLD-PRESSED

*16oz siempre frexco y con ingredientes orgánicos*

<b>SUPER GREEN</b>	<b>4900</b>
Kale, apio, perejil, pepino, jengibre, piña, agua de pipa	
<b>BEETOX</b>	<b>4900</b>
Remolacha, espinaca, naranja, manzana, jengibre	
<b>IMMUNE BOOST</b>	<b>4900</b>
Piña, zanahoria, naranja, cúrcuma, pimienta cayena	
<b>WATERMELON RECOVERY</b>	<b>4500</b>
Sandia, agua de pipa, limon	
<b>AGUA DE PIPA</b>	<b>2800</b>
<b>100% APIO ORGANICO</b>	<b>5200</b>
<b>JUGO DE NARAJA 100% ORGANICO</b>	<b>2800</b>

## SMOOTHIES

*16oz, vegano, libre de gluten, endulzantes naturales*

<b>MORNING KICK</b>	<b>4000</b>
Banano orgánico, piña, maracuyá, jengibre y jugo de naranja	
<b>MANGO PINEAPPLE BLISS</b>	<b>4000</b>
Piña, banano orgánico, mango y jugo de naranja	
<b>WILD BLUE</b>	<b>5000</b>
Leche de avena orgánico, arándanos, banano y mantequilla de almendras	
<b>CHOCO SUPER SHAKE</b>	<b>5000</b>
Banano, leche de avena orgánico, mantequilla de maní, cacao y dátiles	
<b>GREEN GODDESS</b>	<b>5000</b>
Pina, espinaca, papaya, mango, agua de pipa, spirulina	

## PANADERIA

<b>Quiche de feta y espinaca (GF)</b>	<b>3000</b>	<b>Brownie (GF)</b>	<b>2500</b>
<b>Muffin de banano (GF, VG)</b>	<b>2500</b>	<b>Queque de zanahoria</b>	<b>2500</b>
<b>Cheesecake basco (GF)</b>	<b>3500</b>	<b>Monkey bread</b>	<b>2800</b>
<b>Pie de coco</b>	<b>3000</b>	<b>Galleta de avena</b>	<b>1250</b>
<b>Queque de chocolate (VG)</b>	<b>3500</b>	<b>Galleta avena y nogal (GF, VG)</b>	<b>1500</b>
		<b>Macaron de coco (GF)</b>	<b>1250</b>

## CROISSANT

<b>Croissant</b>	<b>1800</b>	<b>Croissant de almendra</b>	<b>2800</b>
<b>Pain au chocolat</b>	<b>2800</b>	<b>Croissant jamon y queso</b>	<b>2800</b>

## RAW

*Todo gluten free y vegano*

<b>Energy ball</b>	<b>1800</b>	<b>Queque de Snickers</b>	<b>3250</b>
<b>Superfood brownie</b>	<b>3000</b>	<b>Queque de papaya y coco</b>	<b>3250</b>

## ORGANIC COFFEE

*Organic coffee from Guanacaste, Costa Rica*

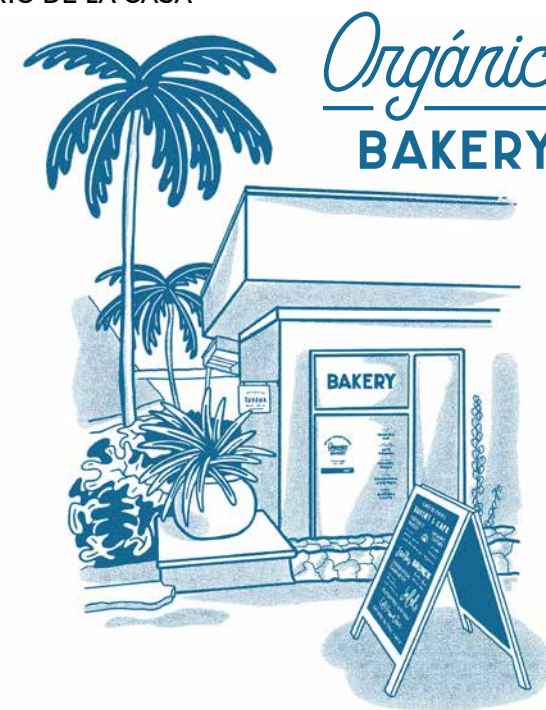
<b>CAFE CHORREADO</b>	<b>1250</b>	<b>CHAI LATTE</b>	<b>2500</b>
<b>AMERICANO</b>	<b>1800</b>	<b>DESCAFEINADO</b>	<b>1800</b>
<b>CAPPUCCINO</b>	<b>2500</b>	<b>CHOCOLATE CALIENTE</b>	<b>2500</b>
<b>LATTE</b>	<b>2500</b>	<b>ESPRESSO</b>	<b>1800</b>
<b>LATTE FRIO</b>	<b>2700</b>	<b>DIRTY CHAI</b>	<b>3000</b>
<b>CAFE FRIO</b>	<b>3000</b>	<b>TE</b>	<b>1800</b>

## SPECIALITY DRINKS

<b>MATCHA LATTE</b>	<b>4000</b>
Matcha y leche de avena orgánica	
<b>ORGANIC BANANA COFFEE</b>	<b>4000</b>
Espresso, leche de avena organica, banano organico, hielo & canela	

## LEMONADE

<b>MARACUYA Y MENTA</b>	<b>2500</b>
<b>JAMAICA CON MENTA</b>	<b>2500</b>
<b>TÉ FRÍO DE LA CASA</b>	<b>2500</b>



**TODOS LOS DIAS**  
7am-5pm

**EL RANCHO**  
Lunes a Sabado  
7am-5pm

All you knead is love! (y croissants.) Nuestra repostería y panes los hacemos diaramente en casa. Todos los panes son hechos de masa madre con una fermentación de 24 a 36 horas, lo que hace que sean fáciles de digerir y tengan un sabor exquisito. Nuestros ingredientes son de origen local y de fincas orgánicos al igual que nuestras carnes las cuales no tienen hormonas.

GF = Sin Gluten

VG = Vegano

10% servicio no incluido