

ENTRÉES

FROM LAND

CHICKEN PESTO PASTA

Chicken breast cooked with white wine, cream, and onions, served on top of penne pasta dressed with delicious macadamia nut pesto.

THE FALLS BURGER

A delicious angus beef patty grilled and served with your choice of cheese, bacon, tomato, onion, cucumber and lettuce.

BALSAMIC CHICKEN

Grilled chicken breast served in a balsamic reduction with grilled zucchini and potatoes, a burst of tangy goodness.

ARROZ CHAUFA

Fried white rice with your choice of chicken, pork or seafood. Fried with egg, Chinese scallion, and a pinch of ginger, walnuts and soy sauce.

TAMARINDO PORK TENDERLOIN

Pork tenderloin in tamarind sauce served with baked potato and vegetables. Ask to replace with BBQ sauce.

LOMO SALTADO

Sirloin stir fry with tomatoes, onions, and fried potatoes, marinated in soy sauce and served over rice.

TENDERLOIN IN MUSHROOM SAUCE

Costa Rica's finest tenderloin grilled and topped with our mushroom sauce, accompanied by a baked potato and sautéed vegetables.

CHEF'S CUT

Ask your waiter about our chef's cut with tamarind sauce, accompanied by mashed potatoes & vegetables.



FROM SEA

TUNA RISOTTO

With risotto, portabello mushroom, and caramelized red onion



FRIED RED SNAPPER

Entire fried snapper with fried plantain, salad, garlic butter sauce.

SHRIMP TAGLIATELLE

Fresh shrimp in a white wine, garlic and dill sauce poured over tagliatelle pasta cooked al dente.

DUO FROM THE SEA

Fish of the day, shrimp in a garlic sauce, purée, vegetables.

SEAFOOD QUINOTTO

Creamy white quinoa quinotto with yellow chilli, parmesan cheese, asparagus, and mixed seafood.

GRILLED OCTOPUS

Grilled with sweet potato purée, lemon & ginger mousse.

EXOTIC FLAMBE SHRIMP

Rum flambéed jumbo shrimp, cilantro rice, grilled pineapple bathed in coconut sauce.



Special of the Day

Ask your waiter for today's special.

DESSERT

FRIED ICE CREAM

Vanilla Ice cream fried tempura style.

FRUIT CREPE

Crepe with mixed fruit.

BANANAS FLAMBE

With Vanilla Ice cream

BROWNIE W/ICE CREAM

Mouth watering brownie a la mode

LEMON PIE

Served with strawberry topping

***PRICES DO NOT INCLUDE SALES TAX AND SERVICE**

APPETIZERS

TUNA SASHIMI

Fresh tuna covered in white and black sesame seeds, carefully prepared by our chef and accompanied by avocado pomade, soy sauce and wasabi.

FIRECRACKERS

Jalapeños stuffed with cream cheese, wrapped in chicken and bacon and fried to perfection. Can be spicy!

CEVICHE TICO

Fresh mahi mahi ceviche prepared with a mixture of onion, red pepper, and cilantro marinated to perfection and accompanied by handmade plantain chips.

CEVICHE THE FALLS

Our signature Peruvian style ceviche! Fish of the day in raw diced cuts marinated in lime juice, red onion, and rocoto pepper, served with sweet potato and sweet corn.

SALADS



CAPRESE SALAD

Served with mozzarella cheese, sliced ripe tomatoes, fresh basil, croutons, with olive oil, balsamic reduction and pesto.

GREEN SALAD

Mixed fresh lettuce served with cucumber, tomato, carrots, green beans, onion and red peppers with a dijon mustard and honey or ranch dressing. Add chicken for \$4, fresh fish for \$5 or shrimp for \$6.

CHICKEN CAESAR SALAD

Crisp romaine lettuce, freshly sliced parmesan, boiled egg slices offered with Caesar dressing.

Poke Bowl

Fresh tuna, rice, pineapple, avocado, mango, cucumber, chives with sesame seeds and our poke dressing.

Sushi Special

SERVED FRIDAY THROUGH SUNDAY

Ask your server for the sushi menu



TROPICAL TACOS

Shrimp sautéed in a Worcester sauce or meat trio served on soft corn tortillas with sautéed onion and sweet peppers. Top it with our fresh hot mango salsa. Shrimp:
Trio Steak/Chicken/Fish:

TIRADITO

Fish of the day in raw sashimi cuts marinated in lime and yellow aji.

CAUSA LIMENA

Layered mashed potato and tuna or seafood terrine served cold with kalamata olives



WINGS

With your choice of sauce: BBQ- Bufalo-
Mango-Tamarindo

VEGETARIAN

SALSA & GUACAMOLE OR HUMMUS WITH TORTILLA CHIPS

Homemade pico de gallo with guacamole or hummus with tortilla chips.

VEGGIE QUESADILLA

Sautéed with onions, peppers, green beans, carrots, and broccoli, wrapped in a flour tortilla with melted cheese. Served with salsa, sour cream, and guacamole.

VEGETARIAN CASADO

Our Costa Rican typical dish with vegetables, rice, beans, fried sweet plantains, fresh cheese, fried egg and salad.

VEGGIE BURGER

Delicious lentils patty, served with cheese, lettuce, tomato, pickle, carrot and caramelized onion.

ARROZ CHAUFA

Peruvian style fried white rice with egg, Chinese scallion, and a pinch of ginger, walnuts and soy sauce.



- DISH CAN BE SPICY

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Our breakfast is served daily from **7 a.m. to 10 a.m.**
Breakfast selections are available after 10 a.m. at regular menú prices.

As a guest at The Falls Resort your night's stay includes one Breakfast the following morning including items from the buffet.

Choose one of the following options:

Chia Pudding

Chía in coconut milk, seasonal fruit, pineapple marmalade and dried coconut.

Parfait

Granola, natural yoghurt, fruit

Garden Toast

Toasted ciabatta, avocado, lemon juice, fried onion, dried tomato, poached egg

French Toast

Two french toasts with fresh fruit, berry marmalade and custard cream.

Breakfast Burrito

Egg, gallo pinto, chips, banana, avocado. Accompanied by red bean sauce and sour cream.

EGGS

Simply Eggs

With your choice of two sides.

Huevos Rancheros

Corn tortillas, red bean sauce, fried egg, fried cheese, hot ranchero sauce.

Omelet

Turkey ham, onion, mozzarella cheese. Accompanied by the chef's specialty potatoes.

Egg White Omelet

Made with egg whites, zucchini, palm heart, spinach. Accompanied by Quinoa.

"Pura Vida"

Gallo pinto, eggs, ripe plantain, fried cheese, handmade tortilla, sour cream.

Gringo

Choice of egg, bacon, smoked sausage and fresh tomato.

PANCAKES

Classic Pancakes

With caramelized almond slices

Chocopancake

Chocolate chips, caramelized almond slices

Banana Pancake

Banana, caramelized almond slices

You can also enjoy fresh fruit, juices, cereal, toast with jam & butter, yogurt, and coffee or tea.