



Starters

The Springs Hummus \$8

Served with Local Fresh Vegetables, Kalamata Olives and Pita Bread

Creamy Spinach and Palmito Dip \$8

Served with Homemade Tortilla Chips

Fresh Sea Bass Ceviche \$12

With Avocado, Cilantro, Red Onion, Cherry Tomatoes and served with Homemade Chips

A Trio of "Arepitas" (Sampler Plate) \$10

Shredded Pork, Grilled Adobo Chicken, and Grilled Sea Bass with Guacamole, Pico de Gallo, Black Bean Dip and Mozzarella Cheese

Roasted Shrimp Quesadilla \$12

Jumbo Shrimp, Roasted Corn and Aged Cheddar Quesadilla served with Chipotle Sour Cream, Freshly Made Guacamole and Pico de Gall

Salads

Springs House Salad *Small \$8 - Large \$14*

Organic Mixed Greens, Feta Cheese, Pecans, Fresh Papaya and Strawberries with House Guava Balsamic Vinaigrette

Mexican Salad *Small \$9 - Large \$16*

Mixed Greens, Grilled Chicken, Tico Cheese, Roasted Corn, Bell Peppers and Freshly Made Guacamole served with Pico de Gallo Dressing and Tortilla Chips

The Springs Caesar *Small \$9 - Large \$16*

Organic Romaine, Grana Padano Cheese, Homemade Garlic Croutons in a Lemon Caesar Dressing

Latin Cobb Salad *Small \$10 - Large \$18*

Organic Mixed Greens, Grilled Chicken, Tomato, Avocado, Egg, Crisp Bacon, Bleu Cheese and Tortilla Chips served with Chipotle Ranch Dressing

Springs Light Lunch \$12

Half Sandwich with Cup of Soup of the Day or Small Green Salad

Choice of Sandwich

Ham, Gouda and Romaine with Mango Aioli on Homemade Ciabatta

Bacon, Lettuce & Tomato with Tarragon Mayonnaise on White Toast

Grilled Cheese, Tomato & Mushrooms on Grilled Homemade White Bread

** Prices do not include taxes or gratuity*

The Springs
Resort & Spa
Arenal, Costa Rica



Tres Cascadas

LUNCH

Sandwiches

Sandwiches are served with your choice of French Fries, Homemade Root Chips or Small Green Salad

Slow Cooked BBQ Pulled Pork \$12

Topped with Creamy Vinegar Slaw and Caramelized Onions and served on our Springs Homemade Sesame Bun

Grilled Vegetarian \$12

Freshly Grilled Zucchini, Eggplant, Portobello Mushroom, and Arugula with Melted Gouda and Roasted Red Pepper Aioli on our Springs Homemade Ciabatta Bread

Curried Chicken Wrap \$12

Creamy Curried Chicken Salad with Apples, Raisins, Cashews and Green Onions in a Flour Tortilla Wrap

Cheese Steak \$14

Sautéed Tenderloin Strips, Onions, Bell Peppers, Mushrooms and Aged Cheddar on our Springs Homemade Ciabatta Bread

Chicken Avocado Club Sandwich \$12

Recado Marinated Chicken, Crisp Bacon, Fresh Avocado, Gouda Cheese, Organic Tomatoes and Herbed Mayonnaise, served on your choice of Homemade White or Whole Grain Bread

Springs Cheeseburger \$12

Certified Angus Beef, Aged Cheddar, Lettuce, Tomato, Grilled Red Onion and Dill Pickles served on our Springs Homemade Sesame Bun

Entrees

Costa Rican Casado \$18

Choice of Grilled Fish, Chicken, Beef or Vegetables, served with Red Beans and Rice, Fried Plantains, Corn Tortilla, Turrialba Cheese and Cabbage Slaw

Fish Tacos \$16

Freshly Grilled Zucchini, Eggplant, Portobello Mushroom, and Arugula with Melted Gouda and Roasted Red Pepper Aioli on our Springs Homemade Ciabatta Bread

Sea Bass al Ajillo \$18

Slow Cook with Garlic, Butter and Lemon and served with Coconut and Sweet Plantain Rice and Sautéed Vegetables with Oregano Oil

Lomito Jalapeño \$24

Beef Tenderloin served with a Creamy Jalapeño and Beef Sauce accompanied with Roasted Garlic Mash Potatoes and Sautéed Spinach with Green Beans and Mushrooms

Spaghetti en Salsa Verde \$16

Choice Pasta served with a Creamy Spinach Sauce, Bread Crumbs, Shaved Grana Padano and served with Garlic Crostini

Arroz con Pollo \$16

Costa Rica's Traditional Dish of Rice, Chicken, Vegetables and Herbs served with a Small Green Salad

Arroz con Camarones \$18

Costa Rica's Traditional Coastal Dish with Rice, Shrimp, Vegetables & Herbs served with Chips, Lemon Slices and a Small Green Salad

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