

Prepared Foods by laVentana

Delicious & Whole Food Platters

Everything made using the best ingredients possible!

Check out our cafe menu at www.cafelaventana.com

***All dishes below serve 6-8 generous portions.** We happily try and accommodate special diets and specialize in vegetarian, vegan & gluten-free requests. Ask us if you would like something that is not here, or for help in planning a customized menu. We offer local delivery too!

Entrees

Seared Tuna Teriyaki Platter- Locally-caught, seared Yellowfin tuna with a sesame seed crust. Serve sliced with our homemade teriyaki sauce. c35,000.

Coconut-Lemongrass Fish of the Day Platter- We choose the freshest white fish available, either Mahi Mahi, sea bass or Marlin, and prepare it in a light, coconut milk broth infused with lemongrass, ginger & garlic. c35,000.

Miso Glazed Chicken Platter- Organic, grilled chicken breast glazed with our homemade Miso dressing. c35,000.

Homemade Lasagnas- All of our Lasagnas are made with homemade tomato sauce, fresh herbs and local cheeses. Choose from:

Meat with two cheeses c38,000.

Margarita with cheese, tomato & basil c35,000.

Vegetarian with cheese & roasted veggies c36,000.

Vegan & Gluten Free- Our very popular rendition of traditional lasagna, minus the dairy and noodles. Made with cashew cheese and fresh vegetables c38,000.

Coconut Curry- Curry Spices in a creamy coconut milk broth with mixed vegetables. Delicious served with rice. Choose from:

Organic chicken c35,000.

Local Shrimp c38,000.

Vegetarian with carrots, sweet potatoes & cauliflower 32,000.

Coconut Braised Spinach & Chickpeas- Satisfying vegan dish made with spinach, chickpeas, roasted tomatoes & onions braised in coconut milk seasoned with ginger, garlic & fresh lemon. Great served with rice! c30,000

Cauliflower Lentil Bake- A lentil, greens and tomato casserole topped with a creamy, vegan cauliflower purée. Satisfying, healthy and nutritious. A complete meal with a green salad! c32,000.

Vegan Enchiladas- Black bean & sweet potato enchiladas covered in homemade enchilada sauce and vegan cashew cheese. Topped with fresh salsa & avocado. c32,000.

Salads, Vegetables & Grains

Vegan Zucchini Gratin- Our version of a gratin, minus the cheese! Sliced zucchini layered with cashew cheeses and baked until crispy. A delicious side dish to an entree, but also rich enough to serve on its own for a lighter meal. c19,000.

Rainbow Salad- Greens with shredded beets, carrots, avocado, tomato, toasted walnuts and a Miso-Orange dressing. c16,000.

La Ventana Salad- Greens with hard boiled egg, carrots, tomato, red onion & avocado. Finished with our lemon-garlic house dressing. c12,000.

Green Goddess Salad- Greens, red onion, basil, avocado, organic chicken & our creamy, dairy-free, carrot dressing. c18,000.

Pesto Pasta Salad- Wheat Noodles tossed with basil pesto, farmers cheese, roasted tomatoes, zucchini & olives. c18,000.

Asian Noodle Salad- Wheat Noodles tossed with sautéed broccoli, carrots & sweet peppers, finished with our Sesame-Orange Vinaigrette. Ask for rice noodles for a Gluten-Free option! c18,000.

Roast Chicken Salad- Organic roast chicken, sliced apple, red onion, celery and toasted walnuts lightly dressed with lemon mayonnaise. c22,000.

Couscous Bowl- Couscous tossed with olives, local feta cheese, cucumbers, red onion and cherry tomatoes. A light and refreshing grain salad dressed with our fresh herb & red wine vinaigrette. c18,000.

Buddah Quinoa Platter- Protein-rich quinoa served with green beans, cherry tomatoes, roasted sweet potatoes, chickpeas, broccoli and toasted nuts with our vegan Buddah dressing. c24,000.

**Organic Chicken or Vegetable Patties can be added to any of our grain or salad bowls for c8,000.*

Coconut Rice Bowl c12,000.

Brown Rice Bowl c8,000

These rice bowls are perfect accompaniments to our curries, soups and chicken & fish platters!

Sautéed Mixed Vegetables- Sweet peppers, green beans, carrots, broccoli and garlic sautéed until crisp tender & tossed in a balsamic vinaigrette. c14,000.

Soups & Appetizers

Carrot-Ginger Soup- A vegan soup made with coconut milk. Delicious served hot, warm or chilled. c14,000.

Curried Squash Soup- Seasonal squash with curry spices and cream. c14,000.

Miso-Turmeric Butternut Squash Soup- Asian flavors and warming ginger season this cleansing, vegan soup. c14,000.

Salsa Fresca- All natural, fresh flavors with tomato, onion, cilantro and lime. c7,000.

Guacamole- No fillers, just pure avocado goodness. c9,000

Hummus- Creamy, homemade hummus with lemon & garlic. c8,000

Ceviche de Pescado- The freshest local fish marinated and "cooked" in lime juices with sweet pepper, cilantro & onion. We choose the best catch of the day...either Sea Bass, Marlin or Snapper. c32,000

Corn Chips- Locally made, crispy corn tortilla chips. Perfect with Salsa Fresca, Hummus, Ceviche & Guacamole. c6,000

Bruschetta Skewers- Marinated local cheese, fresh basil and cherry tomatoes finished with a roasted tomato vinaigrette. A great cocktail appetizer, delicious with our homemade focaccia bread. c18,000.

Mediterranean Platter- A complete spread with both roasted-red pepper & lemon-tahini hummus, sliced vegetables for dipping, homemade pita bread, marinated olives and toasted nuts. c25,000.

Breakfast, Brunch & Pantry

Frittatas- Baked egg dish with fresh herbs & cheese. Choose either:

Roasted Tomato & Basil Pesto c15,000.

Potato, Bacon & Onion c18,000.

Bagel Platter- A Dozen of our homemade bagels served with all the toppings! Sliced tomato & red onion, avocado, capers, hard boiled egg, roasted peppers, fresh herbs and two kinds of cream cheese. c28,000.

Gallo Pinto Bowl- A typical Costa Rican breakfast dish, made our way! Choose either brown or white rice mixed with black beans and lots of fresh cilantro, sweet peppers and onion. A great,

protein packed vegan dish on its own, and also perfect served alongside eggs or fresh fruit. c15,000.

La Ventana Granola- With oats, coconut, nuts, seeds, dried fruit & raw honey. c7,000.

Spicy Kimchi- Our popular kimchi by the pint! Great on sandwiches, rice, eggs and anywhere you want a little spice and your daily dose of healthy probiotics! c3500

Tropical Fruit Platter- Fresh Papaya, Watermelon & Pineapple. c8,000.

Homemade Focaccia Bread- Our multigrain bread is perfect for slicing for toast or sandwiches. Choose either Wholegrain, Rosemary, Onion, or Garlic. c5,000.

Pita Bread- Package of 8 pitas. c5,000.

Soft, Wholegrain Loaf- Sliceable loaf perfect for sandwiches and toast. c5,000.

Gluten-Free Grain Loaf- A satisfying, yeast-free loaf packed with whole, gluten-free grains like quinoa & millet. Delicious toasted! c6,000.

Fresh Muffins- Banana-Crumb, Blackberry, Carrot-Ginger, Zucchini, Banana-Coconut. c12,000./1 dozen

*Muffins can be made Gluten-Free c15,000./1 dozen

Desserts

Carrot-Ginger Cake with Cream Cheese Frosting. Layer Cake c18,000./ 1 dozen cupcakes c15,000.

Flourless Chocolate Cake, Gluten-Free. c18,000.

Spice Cake with Buttercream Frosting & Fresh Berries. Layer Cake c22,000./ 1 dozen cupcakes c16,000.

Chocolate Cake with Chocolate Frosting Layer Cake c18,000./ 1 dozen cupcakes c15,000.

Banana Sheet Cake with Vanilla-Cream Cheese Frosting c18,000.

Crumb Coffee Cake c16,000.

Blackberry Crumb Bars c15,000.

Coconut-Lime Bars c15,000.

Vegan Matcha-Swirl Cheesecake c26,000.

Cookies! Chocolate-Chip, Oatmeal Raisin, Cranberry-Chia, Peanut Butter c12,000./ 1
Gluten-Free Chocolate Crackle c15,000./1 dozen

Fresh Juices, Smoothies, Teas & Lemonades

Juices and teas are priced per large pitcher and serve 6-8 people. All homemade with the best ingredients!

Lemonade- Choose either plain, ginger, spicy (with fresh turmeric), pink (with fresh strawberries), passion fruit, basil or mint. c10,000.

Pressed Juices- Choose from these popular combinations or ask to customize your own!
Carrot, Orange & Ginger, OR Beet, Carrot & Apple OR Cucumber, Pineapple & Lemon c12,000.

Iced Teas- Choose either Hibiscus, Green Tea with Mint OR Chai Tea. c8,000.

Smoothie Packs- Individually portioned frozen smoothie set-ups! We've taken our most popular recipes and packaged them for easy, all-in-one smoothie preparation. Perfect for the vacation home, just add to the blender. Free of refined sugar. c10,000/6 pack, Choose from the following flavors:

Adaptogenic Smoothie: Cacao, Maca, Cinnamon, Dates, Nut Milk, Banana

Pura Vida: Pineapple, Banana, Ginger, Turmeric, Orange Juice, Coconut Oil

Green Energizer: Banana, Moringa, Kale, Pineapple, Orange Juice

Papaya Hydration: Papaya, Aloe, Orange Juice, Banana, Honey

Berry Passion- Blackberry, Strawberry, Mango, Passionfruit, Chia seeds, Orange Juice, Honey

At La Ventana we use reusable dishes and biodegradable containers whenever we can. We will gladly pick up our plates when you are all finished with them or you can drop them off at our cafe. Thanks for helping us to reduce waste!

Contact us on WhatsApp or in Costa Rica at 6260 4144. You can also send us a message on Facebook at Cafe La Ventana, Instagram at [laventananaturalfoodscafe](https://www.instagram.com/laventananaturalfoodscafe), or email jenniferpetrizzi@yahoo.com

la Ventana Menu for Cleansing, Retreats & Special Diets

In our cafe, and, on all of our menus, we offer dishes that are always prepared using the freshest whole foods we can source. This menu was created to offer some of those most nourishing items, as well as new selections, in one place. All of these bowls & platters are refined-sugar free and use top quality ingredients. Special dietary requirements that are met are noted after each dish and everything serves 6-8 portions.

Nourishing Bowls

Green Buddha Quinoa Bowl & Roasted Vegetables

Butternut Squash, Mushrooms, Eggplant, Zucchini and Sweet Peppers served with protein-rich quinoa. Finished with our creamy, herbal Buddha sauce. *Gluten-Free, Vegan, Nut-Free* c26,000.

Mediterranean Couscous Bowl

Feta Cheese, Olives, Cherry Tomatoes, Cucumbers, Fresh Herbs & Pickled Red Onions tossed with whole wheat couscous and dressed with a Red Wine Vinaigrette. *Vegetarian, Nut-Free, Soy-Free* c20,000.

Walnut Soba Noodle Bowl

Soba Noodles and Sautéed Greens with a Miso-Walnut & Lemon dressing, finished with toasted nuts. *Vegan* c28,000.

Asian Rice Noodle & Sea Vegetable Bowl

Julienned carrot, zucchini, red pepper, purple cabbage and toasted nori tossed with Rice Noodles & our Sesame-Ginger Vinaigrette. *Gluten-Free, Vegan, Nut-Free* c24,000.

Millet Red Pepper & Almond Bowl

A savory roasted-red pepper and almond sauce served with millet, marinated garbanzo beans, chili pepper & fresh parsley. *Gluten-Free, Vegan, Soy-Free* c32,000..

Miso Sweet Potato & Broccoli Bowl

Broccoli and roasted sweet potatoes served over brown rice, finished with a Miso-Tahini sauce and toasted sesame seeds. *Gluten-Free, Vegan, Nut-Free* c24,000.

Coconut Tofu with Cilantro Green Curry

Tofu, broccoli & green beans baked in coconut and green curry milk and served with golden turmeric rice. *Gluten-Free, Vegan* c38,000.

Cooked Vegetables & Legumes

Roasted Vegetable Mezze with Turmeric Oil

A platter with homemade hummus, pita bread & mixed vegetables drizzled with a Turmeric infused oil. *Vegan, Nut-Free, Soy-Free* c22,000.

Coconut Curry

A creamy coconut milk curry with sweet potato, cauliflower, carrots, fresh cilantro, basil & aromatic spices. *Vegetarian, Gluten-Free, Nut-Free, Soy-Free* c32,000.

Zucchini Gratin

Baked zucchini layered and seasoned with Cashew Parmesan Cheese and caramelized onions. *Gluten-Free, Vegan, Soy-Free* c19,000.

Miso Roasted Eggplant & Chickpeas

Eggplant, Tomatoes & Chickpeas deeply roasted with a savory Miso Glaze, finished with fresh herbs. *Gluten-Free, Vegan, Nut-Free* c28,000.

Cauliflower, Lentil & Greens Bake

A warming casserole of seasoned lentils and greens finished with a baked cauliflower & cashew cream topping. *Gluten-Free, Vegan, Soy-Free* c34,000.

Coconut Braised Spinach & Chickpeas

Light and satisfying with coconut milk, ginger, garlic, roasted tomatoes, sautéed onions, chickpeas and fresh spinach. *Gluten-Free, Vegan, Nut-Free, Soy-Free* c32,000.

Beet Hummus & Raw Vegetables

Creamy chickpea hummus made colorful and earthy with sweet beets, served with a raw vegetable salad of sliced radishes, carrots, cucumber, cherry tomatoes & arugula. Finished with warming spices and a lemon-garlic Vinaigrette. *Gluten-Free, Vegan, Soy-Free, Nut-Free* c20,000.

Cauliflower Tabbouleh

Cauliflower rice with lots of fresh mint, parsley, diced tomatoes, cucumber, spring onions and lemon juice. *Gluten-Free, Vegan, Soy-Free, Nut-Free* c20,000

Chickpea of the Sea

A vegetarian, fish-free tuna salad made with protein rich chickpeas, fresh herbs, red onion & celery. Creamy and tangy with a light lemon-tahini mayonnaise. *Gluten-Free, Vegetarian, Nut-Free, Soy-Free* c22,000.

Raw Vegetables & Salads

Rainbow Salad

Greens with shredded carrots, beets, tomato, avocado & toasted walnuts finished with our Miso-Orange dressing. *Gluten-Free, Vegan, Raw* c18,000.

Greens & Seeds

Mixed greens, herbs & lettuces with creamy avocado, sliced radishes, red onion and sunflower & hemp seeds all finished with our Creamy Carrot dressing . *Gluten-Free, Vegan, Raw* c18,000. .

Avocado, Cucumber, Pepita & Cilantro Salad

Cooling and creamy with a citrus-garlic vinaigrette and pumpkin seeds. *Gluten-Free, Vegan, Soy-Free, Raw* c19,000.

Zucchini, Arugula & Parmesan

Ribbons of zucchini tossed with spicy arugula, fresh lemon juice, olive oil, sea salt, chili flakes, sliced almonds & sprinkled with vegan cashew Parmesan cheese. *Gluten-free, Vegan, Soy-Free, Raw* c18,000.

Clean Meats & Protein

Tuna Poke Bowl

Sushi grade tuna diced and seasoned raw with sesame oil, soy sauce, scallions, cucumber and edamame. *Gluten-Free, Nut-Free, Raw* c38,000.

Shrimp Spring Rolls

Rice paper rolls with shredded fresh vegetables & herbs, local shrimp and rice noodles. Accompanied by a savory peanut dipping sauce. *Gluten-Free* c38,000.

Ginger-Crusted Chicken Platter

Organic chicken breasts with a Panko breadcrumb & ginger coating, lightly pan-fried in olive oil and served with an Asian-Scallion sauce. *Nut-Free* c38,000.

Tuna Teriyaki Platter

Seared Yellowfin Tuna, sliced and served with our homemade teriyaki sauce and toasted sesame seeds. *Gluten-Free, Nut-Free* c35,000.

Ceviche de Pescado

The freshest local fish marinated in citrus juice with sweet pepper, cilantro & onion. We choose the best catch of the day, either Sea Bass or Red Snapper. *Gluten-Free, Soy-Free, Nut-Free, Raw* c32,000.

Soups

Miso-Turmeric & Squash

A deeply flavored and warming soup with Butternut squash, golden turmeric and white miso. *Gluten-Free, Vegan, Nut-Free* c14,000.

Sea Vegetable Miso

A satisfying miso broth with carrots, mushrooms, scallions, nori, sesame and tofu. *Gluten-Free, Vegan, Nut-Free* c18,000.

Coconut Carrot-Ginger

A creamy yet light soup blended with coconut milk, carrots & fresh ginger. *Gluten-Free, Vegan, Soy-Free, Nut-Free* c14,000.

Gazpacho

A refreshing cold soup made traditionally with tomatoes, cucumbers & sweet peppers. *Vegan, Soy-Free, Nut-Free, Raw* c14,000.

Tomato-Lentil

Red lentils create a silky textured soup with crushed tomatoes, warming spices, coconut oil, cilantro & fresh lemon. *Gluten-Free, Vegan, Soy-Free, Nut-Free* c16,000.

Creamy Red Pepper & Tomato Soup

Richly warming with roasted vegetables and coconut milk. Finished with toasted coconut & fresh cilantro. *Gluten-Free, Vegan, Soy-Free, Nut-Free* c16,000.

Energizing Breakfast & Brunch

Gluten-Free Muffins Carrot-Ginger, Zucchini-Flax, Banana-Coconut, Blackberry-Oatmeal, Lemon-Hemp Seed. *Gluten-Free, Soy-Free, Nut-Free* c15,000./1 dozen

Cashew Yogurt with Fresh Fruit & Hemp Seeds *Gluten-Free, Vegan, Soy-Free, Nut-Free, Raw* c30,000.

Gallo Pinto Bowl A favorite Costa Rican classic breakfast dish with our La Ventana twist! A protein packed bowl with Brown rice, black beans, sweet peppers, sautéed onions and lots of fresh cilantro. *Gluten-Free, Vegan, Soy-Free, Nut-Free* c15,000.

Avocado Toast Platter Choose either our homemade, wholegrain bread or our Gluten-Free bread. Topped with mashed avocado, sea salt, red chili flakes & chia seeds. *Vegan, Soy-Free, Nut-Free* c20,000. *Gluten-Free option* c24,000.

Add fried eggs for + c8,000, or keep it vegan without. And, if you like spicy, add our naturally fermented kimchi + c4,000. for a probiotic boost too!

Vegan Breakfast Burrito Platter Brown rice, avocado, sautéed vegetables & housemade vegan sausage in a flour tortilla with our cashew cream cheese. *Vegan, Soy-Free* c36,000.

Green Frittata Dish Scrambled eggs with lots of sautéed greens like spinach, kale, basil & parsley, baked with fresh farmer's cheese on top. *Soy-Free, Nut-Free* c18,000.

Granola Our homemade granola packed with dried fruit, oats, nuts, seeds & sweetened with raw honey and fruit juices. *Gluten-Free, Vegetarian, Soy-Free.* c7,000.

Rainbow Brunch Board A little taste of everything with fresh tropical fruit, vegan & dairy cream cheeses, homemade wholegrain bread, vegan chorizo, smoked salmon & sliced radishes, tomatoes, onions & avocado. *Vegan, Vegetarian & Raw Diet Friendly* c55,000.

Sweet Treats

Vegan Panna Cotta Made with coconut milk & topped with fresh fruit. *Vegan, Gluten-Free, Nut-Free* c26,000.

Vegan Matcha Green Tea Cheesecake Made with cashew cheese and a nut crust, swirled through with antioxidant rich green tea! *Vegan, Gluten-Free, Raw* c26,000.

Flourless Chocolate Cake *Gluten-Free* c18,000.

Raw Chocolate Ganache Brownies *Vegan, Gluten-Free, Raw* 1 dozen/c18,000.

Vegan Carrot Cake with Buttercream Frosting *Vegan, Gluten-Free* c25,000.

Avocado-Chocolate Mousse *Vegan, Gluten-Free, Nut-Free* c22,000.

