



## Tamarindo Restaurants

Nibbana

Seasons by Shlomy

El Coconut

La Baula

Carolina's

# NIBBANA



## APPETIZERS

Iced Melon Soup with Oriental spices  
Layered Tomato, Eggplant and Cheese Garnished with Olive Oil & Basil  
Andalusian Gazpacho Tureen  
Trio of Ceviches from Guanacaste  
Crab Tiramisu with an Avocado Mousse and Fresh Tomato  
Fresh Tuna Tartare with Ginger, Soja Sauce and Sesame Seed  
Shrimp Cassolettes a la Toscane

## SNACK

(only served at lunch time)

Special of the Day

Chicken or Fish Tacos  
Shrimps Tacos

## SANDWICHES

<b>Croque Monsieur</b>	Bread, Cheese and Ham
<b>Croque Madame</b>	Bread, Cheese, Ham and Egg
<b>Club</b>	Tomato, Ham and Salad
<b>Cannibal</b>	Steak, French Fries
<b>Fisherman</b>	Tuna, Salad and Tomato
<b>Milano</b>	Mozzarella, Basil and Tomato

## HAMBURGERS

Hamburger  
Hamburger Cheese or Bacon, or Avocado

## SALADS

<b>Italian</b>	Tomato, Fresh Mozzarella Cheese and Basil
<b>Greek</b>	Green lettuce, Onion, Tomato, Cucumber, Feta and Black Olives
<b>Caesar</b>	Green Lettuce, Croutons, Chicken and Parmesan Cheese
<b>Tropical</b>	Green Lettuce, Pineapple, Shrimp and Gamba

## PASTA & RISOTTO

Pasta with Vegetables and Bacon  
Seafood Pasta with a Creamy Saffron Sauce  
Jumbo Shrimp Risotto with a Lemon Fruit and Basil Sauce  
Woodland Mushroom Risotto Seasoned with Parsley  
Spinach and Ricotta Ravioli with Italian Tomato Sauce

## PIZZAS

(only served at lunch time)

<b>Onion</b>	with ...Onion
<b>Margarita</b>	Mozzarella, Tomato Sauce
<b>Veggie</b>	Vegetarian
<b>Hawaiian</b>	Ham and Pineapple
<b>Meat Lovers</b>	Ham, Salami and Pepperoni
<b>Pepperoni</b>	Ham, Hot Pepper and Pepperoni
<b>Four Seasons</b>	Ham, Olives, Onion and Basil
<b>Regina</b>	Ham, Mushrooms and Eggplant
<b>Sea Lovers</b>	Tuna and Mussels

## MEAT DISHES

Chicken with Caramel Sauce and Oven-Baked Polenta  
Fresh Beef "Tartare" Bathed in Cognac Sauce  
Beef chop in Three Sauces Served with a Log of Homemade French Fries (for 2)  
Beef Tenderloin with Herbs from Provence and a Vegetable "Tian"  
Lamb Chops with Candied Currants and Onions  
Mixed Grill of Meat

## SEAFOOD

Grilled Lobster Served with Cooked Vegetables with Four Spices  
Chunks of Lobster, Creamy Vegetable Sauce in a crust  
White Fish Fillet with Vegetables Slices Prepared in "Papillote"  
Grilled Tuna with a Fresh Mint Tomato Compote  
Mussels in a Szechuan Pepper Sauce Served with Homemade French Fries  
Grilled Jumbo Shrimps and Candied "Platanos" Banana  
Royal Pacific Plate (Lobster, Jumbo Shrimps and Fish)

## DESSERTS

Banana "Flambé" with Dark Rum and a Coconut Biscuit

Season's Fresh Fruit Salad

"Crème Brûlée" with Costa Rican Vanilla

"Crêpes Suzette" à la Préjoly

Fresh Fruit "Fondue" with Dark Chocolate (for 2)

Softly-Baked, French Chocolate Biscuit

## SEASONS BY SHLOMY



### APPETIZERS

#### **Sashimi**

Topped with sizzling sesame oil, ginger and green onions

#### **Calamari Tamarind**

Sautéed served along fresh garden vegetables and lemon chili

#### **Beetroot Mint**

And goat cheese salad

#### **Blackened Tuna**

Over lemon herb pasta

#### **Homemade Chicken Pate**

Served with a granny Smith chutney

#### **Stuffed Rigatoni**

With shrimp in a light creamy tomato sauce

#### **Eggplant**

And chickpea salad (veg)

#### **Mixed Field Green Salad (veg)**

With parmesan and gorgonzola tossed in a balsamic vinaigrette dressing

### ENTREES

#### **Middle Eastern Style Chicken**

Marinated in red wine and spices

#### **Filet Mingon**

8 oz. cut with choice of red wine and spices

#### **Pesto Rigatoni (veg)**

Penne pasta in a spinach walnut pesto

#### **Moroccan Couscous (veg)**

Butternut squash, zucchini and onion with turmeric and cumin

## **FISH AND SEAFOOD**

### **Red Snapper Filet**

Pan seared snapper with roasted eggplant and red pepper coulis

### **Mahi-Mahi**

Oven baked with a peanut ginger cilantro lime tapanad

### **Seared Tuna**

Fresh pacific yellow fin in a honey chili marinate

### **Tequila Shrimp**

Sauteed with garlic butter and tequila

### **Shrimp Scampi**

Over green salad with parmesan cheese

### **Seafood Pasta**

With shrimp, calamari, basil and tomato drizzled with a lemon vinaigrette

## **DESSERT**

### **White Chocolate Mousse**

With strawberries

### **Chocolate Collection**

Assortment of Homemade Ice Cream

### **Crème Brule**

## EL COCONUT



### APPETIZERS

#### **Spring Salad**

Green salad topped with fresh vegetables and homemade cream dressing

#### **Caprese Salad**

Fresh mozzarella cheese and tomatoes seasoned with extra virgin olive oil and fresh basil

#### **Miss Piggy's Salad**

A delightful blend of bacon, avocado, orange and fresh parmesan cheese on a bed of lettuce seasoned with Mustard Vinaigrette

#### **Neptune's Salad Special**

Crispy lettuce and vegetables topped with sautéed fresh seafood of the day

#### **Jumbo Shrimp Cocktail**

Pacific steamed jumbo shrimps served with pink cocktail sauce

#### **Avocado Filled With Shrimps**

Fresh avocado prepared with olive oil and spices, topped with sautéed shrimps

#### **Calamari in Garlic Butter**

Fresh calamari prepared with garlic butter and parsley

#### **Oriental Calamari and Shrimps**

Served in a delightful sauce of soya, fresh ginger and herbs

#### **Mussels in Cream Brandy Sauce**

Halves of Mussels prepared to perfection. A personal recipe of the chef.

#### **Mahi Mahi Marinated in Cream of Coco - The Improved Ceviche**

Three pleasures for the palate - Mahi Mahi, cream of coco and fresh coriander

#### **Smoked Salmon, the Norwegian Way**

Smoked Salmon served with "Eggerore" (something close to scrambled eggs)

#### **Carpaccio of Premium Export Beef**

Sliced as thin as leaves, seasoned with olive oil, lime juice, capers, and fresh parmesan cheese. Served with green salad on the side

#### **Carpaccio of Yellow fin Tuna**

As the above only when Yellow fin Tuna of superior quality is available

#### **Provencal Eggplant**

Breaded eggplant filled with Fresh Goat Cheese & Herbs and its coulis of oven baked tomatoes

#### **Gazpacho Andaluz**

Cold tomato soup as done in Spain. Served with cheese, croutons, cucumbers and paprika

## SEAFOOD

### **"Especial del Mar"**

A special selection of our finest and freshest products from the Pacific prepared with garlic butter

### **Cognac Flambéed Fresh Lobster**

Fresh lobster prepared on the grill and flambéed at your table

### **Lobster with Garlic Butter**

Simple and delicious

### **Tropical Delights**

Prepared with pineapple, raisins and a touch of ginger

Lobster

Jumbo Shrimps

### **Jumbo Shrimps Breaded with Coconut**

Served with a delicious sauce of mango and passion fruit on the side

### **Jumbo Shrimps "Al Diablo"**

Jumbo shrimps covered in red hot spices

### **Jumbo Shrimps in Garlic Butter**

Simple and delightful

### **Homemade Soup of the Pacific**

A creamy soup with a selection of today's fresh products of the Pacific topped with lobster

### **Mediterranean Catch**

Served with Mediterranean spaghetti prepared with mussels

### **Today's Catch, the Norwegian way!**

The fresh filet of the Day served with "Sandefjords Smor" (a creamy butter sauce with lime)

### **"Pescado Marisquero"**

Enjoy the catch of the day topped with sautéed shrimps and calamari in a thyme cream sauce

### **"Pescado Putta Nesca"**

Enjoy the catch of the day with a sauce of fresh tomatoes, olives, capers and anchovies

### **Today's Catch served with your choice of sauce:**

Garlic butter, fresh basil sauce, curry sauce or capers sauce

## RED MEATS

### **Surf & Turf Deluxe**

The best of both worlds: grilled fresh lobster and filet mignon in the same plate served with garlic butter and mushroom sauce on the side

### **Filet Mignon**

The finest of meats wrapped in bacon for extra juiciness and served with mushroom sauce

### **Tenderloin with Your Choice of Sauce**

Jalapeños, gorgonzola, green peppercorn or mushroom sauce

## CHICKEN

### **Mar & Tierra**

Filet of chicken crowned with jumbo shrimps served with yellow curry sauce and garlic butter

### **Grilled Filet of Chicken with Mango and Shrimp Sauce**

The true exotic delight

### **Grilled Filet of Chicken with Mushroom Sauce**

The sauce is enhanced with small pieces of bacon and leeks

### **Grilled Filet Chicken with Curry & Peach Sauce**

Don't ask, just enjoy!

### **Grilled Filet Chicken with Fresh Basil Sauce**

Homemade cream sauce that enhances the filet

### **Grilled Filet of Chicken with Juice of Lime**

Simple and light

## PASTAS

### **Pasta del Mar**

Fettuccini served with a selection of today's fresh products of the Pacific topped with grilled lobster and served with your choice of sauce (cream or tomato)

### **Mediterranean Spaghetti with Mussels**

Fresh mussels, tomatoes, basil, garlic and extra virgin olive oil with a touch of hot pepper

### **Pasta with Shrimps**

Fettuccini pasta with shrimps and your choice of sauce (cream or tomato)

### **Pasta Putta Nesca**

Penne served with a sauce of fresh tomatoes, olives, capers and anchovies

### **Pasta Primavera**

Fettuccini served with fresh and crispy vegetables with your choice of sauce (cream or tomato)

### **Pasta with Broccoli and Nuts**

Penne covered with a creamy sauce of broccoli and walnuts

### **Pasta with Gorgonzola Sauce**

Penne pasta with the tasty delight of gorgonzola cheese

### **Pasta Alfredo**

Fettuccini served with a creamy fresh basil sauce

# LA BAULA



## PIZZAS

### **Mozzarella**

Tomato sauce, mozzarella cheese and tomato slices, basil

### **Onion**

Tomato sauce, mozzarella cheese and onion

### **Salami**

Tomato sauce, mozzarella cheese and salami

### **Ham**

Tomato sauce, mozzarella cheese and ham

### **Pepperoni**

Tomato sauce, mozzarella cheese and pepperoni

### **Ham and Mushrooms**

Tomato sauce, mozzarella cheese, ham and mushrooms

### **Gorgonzola**

Tomato sauce, mozzarella cheese and gorgonzola cheese

### **Vegetarian**

Tomato sauce, mozzarella cheese, mushrooms, onion, olives, red pepper and tomato slices

### **Anchovies**

Tomato sauce, mozzarella cheese, and anchovies

### **Capricciosa**

Tomato sauce, mozzarella cheese, ham, mushrooms, olives, and artichokes

### **Hawaiian**

Tomato sauce, mozzarella cheese, ham and pineapple

### **Baula**

Tomato sauce, mozzarella cheese, ham, salami, onion, olives and mushrooms

### **Puttanesca**

Tomato sauce, mozzarella cheese, capers, anchovies and olives

### **Garlic**

Tomato sauce, mozzarella cheese, and garlic

### **Sausage Hot Dog**

Tomato sauce, mozzarella cheese, sausage hot dog

### **Tuna**

Tomato sauce, mozzarella cheese, and tuna

### **Prosciutto**

Tomato sauce, mozzarella cheese, and prosciutto

**Prosciutto and Arugula**

Tomato sauce, mozzarella cheese, prosciutto and arugula

**Prosciutto, Arugula and Parmesan**

Tomato sauce, mozzarella cheese, prosciutto, arugula and parmesan

**Hot Salami**

Tomato sauce, mozzarella cheese and hot salami

**Jalapeno**

Tomato sauce, mozzarella cheese and jalapeno

**Parmesan Sliced**

Tomato sauce, mozzarella cheese, and parmesan sliced

**Three Cheese**

Tomato sauce, mozzarella cheese, parmesan and gorgonzola

**Rúcula**

Tomato sauce, mozzarella cheese, and rúcula

**Special**

Make your own pizza

**SALAD**

**Mixed Salad**

Lettuce, carrot, cucumber, onion, heart of palm, bell pepper, tomato, black and green olives

**Focaccia**

Focaccia with rosemary and garlic

**DESSERTS**

**Ice Cream**

Chocolate, vanilla, almond, chocolate chip, coconut

**Tiramisu**

## **Appetizers**

Grilled Chicken Satay Thai style served with a peanut sauce and salad bouquet

Coconut jumbo shrimps with salad bouquet, served with a sweet and sour sauce

Smoked salmon with Salad and Wasabi dressing

Crispy mahi-mahi salad, served with assorted tropical sauces

Fresh garden salad with roasted nuts served with the dressing at your choice

## **Soups**

Tomatoes soup with fresh ginger

Exotic Papaya –curry soup

Soup of the day

## **Pasta**

Spaghetti with Broccoli and Gorgonzola

Fettuccine with Smoked Salmon in creamy Dill sauce

Fettuccine with herbs-white wine sauce and grilled chicken

Seafood pasta “Mediterranean” style, extra virgin olive oil, fresh tomatoes, black and green olives perfumed with fresh Basil

## **Fish and Seafood**

Fresh mahi-mahi filet with a delicate lemon sauce

Jumbo shrimps and mahi-mahi with a dill mousseline

Fresh tuna filet grilled in a spicy green curry sauce

Sautéed jumbo shrimps with a garlic butter sauce and fresh herbs

## **Meats and Poultry**

Carolinan's grilled surf and turf with jumbo shrimps and beef tenderloin)

Beef tenderloin grilled, “Cafe de Paris”

Beef tenderloin Russell style sautéed in a jalapeño chili sauce

Grilled Chicken served with wild mushroom sauce

\*Side dishes at your choice included: vegetables, salad, gratin potatoes, French fries, rice, yucca croquettes, and linguine

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