

## *Buffet Lunch Selections*

### THE TICO BISTRO \$44

*Sopa Negra*

*Patacones, Guacamole & Pico de Gallo*

*Fresh Sea Bass Ceviche*

*Tico Slaw*

*Green Salad with Fresh Papaya & Guayaba Vinaigrette*

*Grilled Tenderloin of Beef with Chimichurri  
and Caramelized Onion*

*Grilled Mango Chicken*

*Grilled Mahi Mahi with Pineapple & Passion Fruit Salsa*

*Black Beans & Rice*

*Fried Plantains*

*Yuca Gratin*

*Assorted Tropical Fruit*

*Housemade Tres Leches*

*Rolls with Creamery Butter*

*Coffee, Springs Iced Tea*

### A TASTE OF THE EAST \$44

*Organic Edamame with Sweet Soy Glaze*

*Summer Rolls with Shrimp, Napa Cabbage, Carrots &*

*Cilantro with Sweet Chili dipping Sauce*

*Organic Mixed Greens with Carrot, Mandarin Segments,  
Green Onion, Peanuts and Ginger Sesame Dressing*

*Grilled Salmon with Teriyaki Glaze*

*Korean Style Baby Back Ribs*

*Stir Fry Vegetables: Broccoli, Onion, Mushroom, Carrot  
and Napa Cabbage with Garlic and Oyster Sauce*

*Pineapple Fried Rice, Egg, Onion, Celery, Carrot*

*Pad Thai or Drunken Noodles*

*Fresh Tropical Fruit*

*Coconut Egg Rolls with Chocolate Sauce*

**THE MEDITERRANEAN \$43**

Chilled Gazpacho  
Tomato and Caprese Salad  
Antipasto with Grilled Marinated Vegetables, Cold Cuts,  
Spanish & Greek Olives, Hummus  
Organic Mixed Greens with Cherry Tomatoes,  
Onion and Zesty Italian Vinaigrette  
Roasted Lemon and Garlic Chicken  
Grilled Mahi Mahi with Kalamata Olives & Tomatoes  
Arugula Pesto Spaghetti with Freshly Grated Grana Padano  
Housemade Focaccia Bread & Ciabatta Bread  
Housemade Tiramisu  
Espresso Panna Cotta

**SPRINGS DELI \$42**

Organic Mixed Greens with Assorted Salad Dressings  
Arenal Potato Salad – Potato, Bell Pepper, Cilantro  
Bean Salad with Chickpeas, Black Beans & Lime Vinaigrette  
Assorted Tropical Fruit  
Assorted Sandwiches & Wraps:  
Curried Chicken Salad Wrap, Apples, Almonds,  
Raisins, Green Onion  
Grilled Vegetable Sandwich with Roasted Red Pepper Aioli  
Grilled Beef Tenderloin, Grilled Onions and Horseradish Aioli  
Turkey with Smoked Gouda, Fresh Arugula  
and Whole Grain Mustard Aioli  
Housemade Potato and Root Vegetable Chips  
Molten Chocolate Cake  
Tropical Fruit Tart

**RIVERSIDE BBQ \$42**

*Caesar Salad*  
*Classic American Potato Salad*  
*Pesto Pasta Salad*  
  
*USDA Choice Hamburgers*  
*Hot Dogs*  
*Grilled Chicken with Housemade*  
*BBQ Sauce*  
*Pulled Pork Sliders*  
  
*Roasted Corn and Pepper Saute*  
*Grilled Vegetables*  
*Potatoes Baked on the Grill*  
  
*Appropriate Condiments*  
  
*Cookies*  
*Brownies*

**SPRINGS BOXED LUNCH \$30**

*Housemade Pasta Salad*  
  
*Choice of:*  
*Roast Chicken Sandwich with Gouda, Arugula and Guava Aioli*  
*on Housemade Focaccia*  
  
*Or*  
*Marinated Grilled Vegetable Sandwich with Provolone, Spinach and*  
*Arugula Pesto Aioli*  
  
*Whole Fruit*  
  
*Chips*  
  
*Housemade Cookie*  
  
*Bottle of Water*