

Blue Osa 7-Day Menu



Eat Well.

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

– Luciano Pavarotti



Blue Osa 7-Day Sample Menu

Saturday

Breakfast

Coffee

Granola

Morning Fruit

Scrambled Eggs and Garden Spinach

Sweet Bread (GF)

Lunch

Mixed Bean soup (GF, V)

Whole Wheat Vegetable Wraps (GF, V)

onion, cucumber, tomato, peppers and avocado

Yucca chips (GF, V)

Oven-baked Zucchini Fries (GF)

Watermelon with lemon

Dinner

Green Salad (V, DF, GF)

radish, cucumber, scallions and ginger soy dressing

Coconut-encrusted Mahi Mahi with Mango Salsa

Curried Mashed Cauliflower (GF, V, DF)

Five Spice Black Beans (V, DF, GF)

Dessert

Coconut Milk Flan with Caramelized Spicy Pineapple (GF)

Sunday

Coffee and tea

Granola

Morning Fruit

Brunch

Corn Salad (GF, V)

fresh corn, red pepper, cucumber and red onion

Vegetable Pizza with local Turrialba Cheese (V)

Apple and Cabbage Slaw with mustard vinaigrette (GF, V)

White Beans with Tomato and Fresh Herbs (GF, V)

Afternoon Snack

Cold Fresh Fruit Smoothie Shots (GF, V)

Carrot Tea Cake (GF, V)

Bananas and Apples

Dinner

Green Salad (GF, V)

tomato and cucumber with zesty vinaigrette

Arroz con Pollo

A Costa Rican specialty

Fresh Guacamole (GF, V)

Patacones (GF, V)

fried plantains

Picadillo de Chayote

squash

Cilantro Red Beans (GF, V)

Dessert

Mango Cake with Cream Cheese Frosting (GF)

Blue Osa 7-Day Sample Menu

Monday

Coffee and tea

Granola

Morning Fruit

Brunch

Minestrone Soup with Garlic Croutons (GF, DF)

Spinach and Tomato salad (V)

Beets Salad tossed with Parsley and Oranges (GF)

Warm Lentil and Pea Salad with Scallions (GF, V, DF)

Afternoon Snack

Empanadas

Papaya Gazpacho

Dinner

Green Salad (GF, V)

tomatoes, red onions and basil with balsamic vinaigrette

Zucchini Spaghetti with Pesto (GF, DF)

Garbanzo Beans with Garlic and Oregano (V, DF)

Ratatouille

Oven-baked Rosemary Yucca (V)

Dessert

Lemon Tart (GF)

Tuesday

Coffee and tea

Granola

Morning Fruit

Brunch

Mixed Vegetable Soup (GF, V)

Green Salad (GF, V)

cucumber, green beans and lemon vinaigrette

Vegetable Frittata (V)

Roasted Tomato with Cheese and Herbs

Baked Apple Slices and Starfruit with Nuts

Snack

Fresh Cucumber, Green Papaya and Carrot Sticks served with Hummus (GF, V)

Green Smoothie Shots

Bananas and Apples

Dinner

Green Papaya Salad with Thai Dressing (GF, V)

Mahi Mahi Thai Fish Curry with Seasonal Vegetables (GF)

pineapple, red pepper and red onion

Pad Thai (V)

bananas, soy sauce and chili

Napa Cabbage with Sesame Oil, Soya Sauce and Chili

Lentils with Cilantro and Coconut Milk (GF, V)

Dessert

Guanabana Coconut Milk Flan (DF, GF)

Coconut Cookies

Blue Osa 7-Day Sample Menu

Wednesday

Coffee and tea

Yogurt

Morning Fruit

Brunch

Red Beet Soup

Shashuka

Israeli Baked Eggs

Gluten-Free Yucca Bread Sticks

Red Beans and Rice

Cucumber Yogurt Salad

Afternoon Snack

Vegetable Quesadilla

Pineapple Smoothie Shots

Bananas and Apples

Dinner

Green Salad (V, GF)

Rustic Focaccia Bread

carrot, cucumber, red onion and tomato with lemon vinaigrette

Eggplant and Chayote Lasagna (V, GF)

Oven-roasted Cauliflower and Broccoli (V, GF)

White Beans with Thyme (GF V)

Dessert

Carrot Cake(GF V)

Thursday

Coffee and tea

Granola

Morning Fruit

Brunch

Crusty Onion Rolls

Green and Red Cabbage Slaw with Starfruit Marmalade (V, DF)

Cucumber, Tomato and Red Onion salad (GF, V, DF)

Zucchini Flan (GF, V)

Afternoon Snack

Peanut Butter Cookies

Fruit Smoothie

Watermelon

Dinner

Green Salad (GF, V)

shaved radish, avocado and cucumber

Barbecued Chicken with a Spicy Glaze (GF)

Baked Mashed Squash with Cheese (GF)

Carrots with Balsamic Reduction (GF, V, DF)

Black Beans with Chocolate (GF, V, DF)

Dessert

Flourless Orange Tortes (GF)

Blue Osa 7-Day Sample Menu

Friday

Morning Fruit & Granola Coffee / Tea

Brunch

Garden Green Salad with Cucumbers, Tomato & Avocado white onion with Herb Vinaigrette (GF V)

Mixed Vegetable Soup (V)

Bean Patti Hamburger (V)

Spicy Mango Salad (V)

Curry Red Beans with spinach, onions and garlic (GF V)

Snack

Nachos with Cheese, Beans and fresh Vegetables (V)

Tomato Gazpacho (V GF DF)

Fresh Papaya Juice (varies upon various fruit availability)

Dinner

Roasted pineapple, chopped lettuce, corn, green bean, raisin, red onion

Cauliflower gratin

Sautéed Zucchini Rise with Cilantro (GF V)

Roasted Squash with Savory Walnuts (GF V)

Stewed Lentils (V GF)

Dessert

Blue Osa's Star Fruit Crumble with Fresh Vanilla Whip Cream