

Buffet Lunch Selections

THE TICO BISTRO \$55

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 \$60

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

Buffet Lunch Selections

THE MEDITERRANEAN \$55

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 \$45

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

Buffet Lunch Selections

RIVERSIDE BBQ \$50

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