

# BREAKFAST

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## TRADITIONAL GUANACASTE GALLO PINTO

Eggs any style, homemade tortillas, avocado, fresh farm cheese, sweet plantains, and sour cream.

## DILL AND ZUCCHINI CHEESE OMELET

Served with a green salad with bacon bits, grilled cherry tomatoes and herb pesto. Served with house toast or handmade corn tortillas.

## LIGHT BREAKFAST

House toast with eggs any style, tomato, butter, and homemade marmalade.  
Served with seasonal fruit.

## GALLO RANCHERO

A fried egg with smoked grilled cheese, homemade tortilla, avocado, beans, arugula, cilantro.  
Served with sour cream with Cumin.

# Sweet

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## CARIBBEAN FRENCH TOAST

Banana bread prepared with coconut milk and cinnamon, with fresh strawberries, banana, mint, coconut, and almonds topped with sweet lavender syrup.

## CHIA PUDDING

Creamy yogurt with coconut milk and homemade granola, served with seasonal fruits, basil, and tarragon.

## HOMEMADE BANANA PANCAKES

Strawberries, golden berries, mint, sunflower seed

Sauce to choose: Chocolate and ginger sauce / Sweet lavender and lime sugarcane syrup / Fruit compote with vervain.

# Sandwiches and Toasts

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Served with a season fruit salad

## BENEDICT BREAKFAST TOAST

Home Hollandaise sauce, poached egg, sautéed organic greens, smoked bacon and grilled cheese.

## BREAKFAST SANDWICH ON CIABATTA BREAD

Cheekpeas and white beans hummus, egg omellette with smoked cheese, bacon arugula, sweet pepper with pesto and ranchera sauce.

## RICOTTA TOAST

Whole wheat bread, apple, banana, homemade granola, salted caramel and basil.

## AVOCADO TOAST

Whole wheat bread, mashed avocado, fried egg, Bagaces cheese and sprouts from our garden.

# Side Orders

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Two Eggs Any Style

Bacon

White or Whole Wheat Toast

Fruit Plate

Blackberry Muffin

Granola Bar

Homemade Granola with Milk

# Fresh Juices

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Freshly Squeezed Orange Juice

Seasonal Fresh Fruit Juice

Taxes included / At Hotel Belmar we strive to offer simple, fresh and balanced Costa Rican food.

The menu may vary depending on chef recommendations, seasonal variations, or availability of products in our farm.  
Our commitment is to offering the best available local produce.

## DESAYUNO

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### PINTO GUANACASTECO

Tortillas palmeadas, aguacate, queso de nuestra finca, plátano maduro, huevos al gusto y natilla.

### OMELETTE DE ZUCHINNI, ENELDO Y QUESO

Tomates cherry, ensalada verde con bits de tocino casero y pesto de la casa. Servido con tostada de pan de la casa o tortillas.

### DESAYUNO LIVIANO

Tostadas de pan de la casa, huevos al gusto, mantequilla, tomate y mermelada casera, servido con fruta de temporada.

### GALLO RANCHERO

huevo frito con queso ahumado a la plancha, tortilla casera, aguacate, frijoles arreglados, arugula y culantro, salsa de tomate tradicional. Servido con natilla con Comino.

## Dulce

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### TOSTADA FRANCESA CARIBEÑA

Pan de banano preparado con leche de coco y canela; fresas, banano, hierba buena, coco y almendras. Servido con sirope de lavanda y tapa de dulce.

### PUDDING DE CHÍA

Yogurt y leche de coco, granola casera, servida con frutas de temporada con albahaca y estragón.

### PANCAKES CASEROS DE BANANO

Fresas, uchuvas, hierba buena y semillas de girasol. Salsas a escoger: Chocolate / Sirope de lavanda y tapa dulce / Compota de frutas y juanilama.

## Sándwiches & Tostadas

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Servidos con ensalada de frutas de temporada

### TOSTADA DE DESAYUNO BENEDICTINA

Salsa holandesa de la casa, huevo pochado, verdes de la huerta, tocino ahumado y queso ahumado de la finca.

### SANDWICH DE DESAYUNO

Hummus de garbanzo y frijoles blancos, omelette con queso ahumado, tocino, arugula, chile morrón con pesto y salsa ranchera.

### TOSTADA DE RICOTTA

Pan integral, manzana criolla, banano, granola, caramelo salado y albahaca.

### TOSTADA DE AGUACATE

Pan integral, aguacate, huevo frito, queso San Antonio y brotes de la huerta.

## Ordenes

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Dos huevos al gusto  
Tocino  
Tostadas de pan blanco o integral  
Plato de Frutas  
Muffin de mora  
Barra de granola  
Granola de la casa con leche

## Jugos Naturales

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Jugo de Naranja Natural  
Jugo de Frutas Frescas

Impuestos incluidos / En el Hotel Belmar buscamos ejecutar cocina costarricense simple, fresca, y balanceada. El menu puede variar según sugerencia del chef, cambios estacionales o disponibilidad de productos en nuestra finca.