



VILLA BUENA ONDA

FIVE DAY MEALS

DAY 1

LUNCH

- a- Chicken quesadilla with guamacole, pico de gallo, natilla
- b- Meat sandwich & French fries

DINNER

Starter

- a- Seafood soup
- b- Caprese salad

Main course

- a- Au gratin fish, mashed potatoes & vegetables
- b- Beef in mushroom sauce, mashed potatoes & vegetables

Dessert: Coconut flan

DAY 2

BREAKFAST

- a- Traditional Tico breakfast: “Gallo Pinto”, sour cream, sweet fried plantains, local fresh cheese, eggs (any style) and fresh corn tortillas.
- b- Pancakes with strawberry or banana syrup

LUNCH

- a- Fish tacos
- b- Hamburger and French fries

DINNER

Starter:

- a- Squid salad
- b- Mexican tortilla soup

Main course:

- a- Parmesan chicken with mixed vegetables
- b- Fish with herb sauce and mixed vegetables

Dessert: Chocolate cake

DAY 3

BREAKFAST

- a- Villa Buena Onda breakfast: two eggs (any style) on a homemade corn tortilla, refried Black Beans, avocado, pico de gallo and cheddar cheese.
- b- Gringo Breakfast: eggs (any style), breakfast sausage or bacon, hash browns and toast

LUNCH

- a- Costa Rican Casado: with meat, chicken or fish, served with white rice, black beans, fried plantain, a homemade corn tortilla and cabbage salad.
- b- Chicken fingers, salad and French fries





DINNER

Starter:

- a- Watermelon salad
- b- Fish ceviche

Main course:

- a- Red wine beef
- b- Fried whole snapper

Dessert: Tres leches

DAY 4

BREAKFAST

- a- Egg burrito
- b- Coco's Poached Eggs: two poached eggs, arugula, avocado, and tomato on whole grain toast.

LUNCH

- a- Arroz con pollo
- b- Beef fajitas

DINNER

BBQ (chicken, meat, fish, sausage and vegetables), salad bar, rice, French fries

Dessert: Arroz con leche

DAY 5

BREAKFAST

- a- Ham & cheese omelette
- b- Fruit with granola & yogurt