



O C E A N ' S H A R V E S T

*Choose 1 from each Course.
\$90 per person (min 10 people)*

S T A R T E R

SHRIMP BRUSCHETTA

Shrimp and feta cheese Bruschetta with caramelised onion, ground cherries and Balsamic glaze

THAI SPICED FISH CAKE

Little patties made with fresh - CATCH of the DAY, Thai-inspired herbs and spices, served with zesty asian chilli sauce

CHEESY STUFFED MUSHROOMS

Mushrooms baked with garlic butter and 3 cheeses

S O U P

SEAFOOD BISQUE

A luscious seafood bisque, brimming with shrimp, lobster, and crab, harmonizes delicate flavors for a sumptuous and indulgent soup experience.

Please note that our produce and seafood is prepared with fresh, locally sourced ingredients, ensuring the highest quality and flavor, subject to availability.

M A I N

THE BIG SEAFOOD PLATTER

An exquisite medley of fresh vegetables and seafood platter awaits, featuring whole fish in banana leaf, succulent shrimps, delectable crabs, tender mussels, and more. These are expertly prepared through marination, grilling, searing, and/or curing techniques. Served alongside handcrafted garlic-butter, maple bacon BBQ sauce, spiced coconut, and zesty Asian sauce, (Big platter to be shared)

PAN SEARED 'CATCH OF THE DAY'

Pan-fried Fish, served with seasonal roasted vegetables and passionfruit-mango beurre blanc

SEAFOOD CASSEROLE

Experience the harmony of a diverse seafood mix sautéed in a tangy tomato marinara sauce. Served alongside toasted sourdough bread, this flavorful dish is elevated with a sprinkle of fragrant herbs and shaved Parmesan cheese, delivering a delightful blend of textures and tastes.

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S I D E S

CHOOSE ANY 2 SIDES

HERBED WILD RICE

COCONUT JASMINE RICE

CREAMY MASHED POTATOES

PLANTAINS/ PATACONES

ROASTED CHEESY SWEET
POTATOES

ALL MAINS INCLUDE A GARDEN SALAD

D E S S E R T

STICKY TOFFEE PUDDING

Date sponge, soaked in salted butterscotch sauce,
served with Vanilla Ice-Cream

TRIPLE CHOCOLATE BROWNIE

triple chocolate brownie, made with 100% locally
sourced Costa Rican Cacao, served warm with bourbon
chocolate sauce and Vanilla Ice-cream

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OUR CHEF

Ruch is a medicinal chef from Australia.

Through generations of her mother's family she is exposed to Indian traditions, such as Ayurveda and, additionally Chinese Medicine in her beautiful foundation and approach to food.

Ruch studied the culinary arts and won gold in several competitions in Australia and China. During the pandemic she ended her world travels in Costa Rica where she draws creativity from working with the various fruits and vegetables she has discovered here. And thus, Ruch is sought after for private dining experiences and several RETREATS & FARMS in Guanacaste.

She truly holds in her heart that food is medicine, traditions, rituals, and so much more. She continues to create and study the North, Central and South American plants and herbs to hone her craft.

be conscious of
what you put in your
body- start with the
grain of salt...



RUCHITA THORAT

Licensed Holistic and Integrative Health Coach