

Sentido Norte

ALL DAY MENU

SPICED LOCAL CASHEWS <small>V, VG, GF</small> cayenne, tapa de dulce, lemon zest	6	VEGGIE SANDWICH <small>V, VG</small> eggplant, zucchini & portobello antipasto, sundried tomatoes, roasted chile morrón	19
GUACAMOLE & SALSA <small>V, VG, GF</small> daily homemade chips	10	ROAST BEEF SANDWICH slow braised beef, refried beans, avocado, rocket lettuce and pickled veggies	18
PATACONES <small>V, VG, GF</small> guacamole, pico de gallo, jalapeño	10	MILANESE SANDWICH breaded chicken breast, melted mozzarella, rocket lettuce, sundried tomatoes, roasted chile morrón	18
QUESADILLA cheese, beans, pico de gallo; pork, chicken or zucchini & mushrooms	16	CHAMELEON BURGER avocado, panama pepper aioli, caramelized onions, chile morrón, choice of swiss or melted goat cheese	19
TUNA LETTUCE CUPS raw tuna, tomato, onion	12	<i>- burger and wrap are served with choice of salad, french fries or sweet potato fries -</i>	
FISH OF THE DAY CEVICHE <small>GF</small> fresh fish, avocado, taro root	14		
FISH OR SHRIMP TACOS <small>GF</small> tico slaw, guacamole, huancaína sauce	16		
SEARED TUNA SALAD greens, limon dulce, tataki soy dressing	21		
GARLIC OCTOPUS POKE seaweed, avocado, and sticky rice	22		
GRILLED CHICKEN WRAP greens, avocado & tomato, spicy aioli	12		
CESAR SALAD romaine lettuce, kale, plantain croûtons, homemade dressing add chicken +7, fish or shrimp +13	18		
CHEESE PLATE <small>GF</small> selection of local artisanal cheese	30		
VEGAN BOWL <small>V, VG, GF</small> quinoa, mushroom and squash picadillo, salad, spicy garbanzo beans	19		

Drinks

SENTIDO NORTE LEMONADE coconut water, lime, coconut cream, served frozen	8
HIBISCUS ICED TEA coastal hibiscus, cinnamon, clove	8
ICED MATCHA sweetened with blue zone honey almond or regular milk	8
GOOD MORNING MARY celery, pineapple, orange, cucumber with tito's vodka +15	8
COSTARICAN CRAFT BEERS	8

PRIX FIXE \$30: choice of one dish, one dessert, one beer or one non-alcoholic drink

To the best of our ability we source all of our products from local farmers and fishermen. Sentido Norte is vegetarian friendly and mostly gluten-free. All menu prices are in US\$ and include 13% tax and 10% service