



## Breakfast Menu

### Local Shrimp and Corn Chorreada

Sweet corn pancake, sautéed prawns, sunny side up egg, avocado, onions, jalapeño, okra 17

### Smoked Tuna Toast

Nectar's smoked tuna, red onion, tomato, lettuce, avocado caper cream cheese spread 17

### 3 Egg Arugula Omelette

Fresh arugula, tomatoes, feta cheese, black olives, mushrooms, roasted potatoes 16

### Gallo Pinto

2 Eggs any style, rice, beans, plantain, fried local cheese, hand-made corn tortillas 16

### Surfer's Bowl

2 Eggs any style, spicy local chorizo, rice, beans, tomatillo sauce, pickled jaiba, corn tortillas 17

### Huevos Rancheros

2 Eggs sunny side up, cheese, Mexican salsa, guacamole, refried black beans, sour cream, hand-made corn tortillas 15

### Néctar's Pancakes

With chocolate chips 16  
or bananas 14

### Banana Bread French Toast

Maple syrup, blackberry coulis 15

### Healthy Morning Bowl

Home-made granola, seasonal fruit, locally produced gluten free yogurt 14

### SIDES:

Home-made toast	3	Bacon	6	Spicy Chorizo	6	Guacamole	4
Tortillas	3	Gallo Pinto	5	Fruit	5	Roasted Potatoes	5
		2 Eggs any style				4	

*We strive to support our local farmers, fishermen and meat producers. We serve sustainably sourced seafood and do not serve endangered, vulnerable or threatened species. All of our eggs are organic, free range, and sourced from local farmers. Taxes included.*



## Lunch Menu

### **Guacamole and Chips**

Homemade corn tortillas, fresh avocado 8

### **Nectar's Ceviche**

Daily catch, lime juice, patacones 13

### **Costa Rican Typical Casado**

Rice, beans, sweet plantain, mixed green salad  
chicken 14 fish 16 prawns 17

### **Rainbowl Vegan Bowl**

roasted squash, chickpeas and sweet potato, jasmine basil rice, steamed kale, mixed greens, pickled radish, tahini dressing 14

### **Don Fernando's 8oz Beef Burger**

Melted cheese, caramelized onions, bacon, hand cut fries, BBQ sauce, cilantro aioli 18

### **House Smoked Tuna Niçoise Salad**

Mixed greens, baby potatoes, cherry tomato, green beans, olives, hard eggs, herb vinaigrette 17

### **Hacienda Okhra Grilled Chicken Salad**

Hacienda Okhra organic mixed greens, kale, arugula, mizuna, green lentils,  
roasted okra, semi- aged Costa Rican goat cheese, radish, dill vinaigrette 16

### **Green Curried Grilled Prawn Salad**

Mixed organic fresh greens, roasted cashews, carrots, avocado, purple cabbage, cherry tomatoes,  
heart of palm, sesame ginger vinaigrette 19

### **Seared Rare YellowFin Tuna**

Seasonal raw vegetables, green papaya, sesame seeds, soy ginger vinaigrette 16

### **Quinoa Crusted Shrimp**

Mixed greens, cucumber, roasted red pepper, sundried tomato, sea salt roasted sunflowers seeds,  
feta cheese, green and black kalamata olives, hummus,  
tahini lime dressing 19

### **Fish Tacos**

Grilled catch of the day, homemade corn tortillas, lettuce,  
pickled red onions, refried beans, guacamole, jalapeños 16

*We strive to support our local farmers, fishermen and meat producers.  
We serve sustainably sourced seafood and do not serve endangered, vulnerable or threatened species  
Taxes included*



## **Sushi Menu** (3:30pm – 9:00pm)

### **Mixed Fish Poke**

Fresh catch, tuna, prawn, cucumber, avocado,

soy & sesame 15

### **Tako Poke**

Asian octopus tartar, avocado 14

### **Tuna Sashimi**

Spicy jalapeño 13

### **Veggie Roll**

Soy marinated mushrooms, kale, avocado,

lime zest 11

### **Spicy Tuna Roll**

Sriracha, cucumber 13

### **Panko Crusted Prawn Roll**

Tuna, mango, avocado, cream cheese 15

### **Sesame Tuna Roll**

Avocado 14

### **Smoked Tuna Roll**

Orange, daikon, wasabi aioli, avocado 15

### **Rainbow Roll**

Fresh catch, tuna, prawn, cucumber, avocado,

soy & sesame 17

*We strive to support our local farmers, fishermen and  
meat producers.  
We serve sustainably sourced seafood and do not serve endangered,  
vulnerable or threatened species.*



## Dinner Menu

### **Smoked Fish Salad**

Homemade smoked fish, roasted sacha inchi, chili ancho emulsion 13

### **Organic Hibiscus Leaf Salad**

Mizuna, toasted macadamia, Costa Rican goat cheese, blackberry vinaigrette 10

### **Pacific Rock Octopus Salad.**

Mixed greens, capers, kalamata olives 14

### **Shrimp Risotto**

Green onion, herb paprika noisette 15

### **Nectar's Tuna Tartar**

Asian or Mediterranean style 13

### **Homemade Mushroom Truffle Gnocchi**

Mushroom consommé, parmesan, arugula, bacon crisp 14

### **Pork Tenderloin**

Costa Rican sliced pork tenderloin, corn rocoto dip, sweetcorn crutons 14

### **Tasting of Ceviche**

Fresh catch, passion fruit, jalapeño

Octopus, avocado, tomato, ginger 15

### **Spiced & Herbed Crispy Calamari & Shrimp**

Pineapple-chipotle aioli, cas aioli 16

### **Catch of the Day**

Cauliflower puree, sautéed spinach, fresh lime, salsa verde 25

### **Togarashi Spiced Seared Tuna**

Turmeric jasmine rice, green tea ginger dehydrated mushrooms, asian slaw 26

### **Chef's Seafood Special**

Fresh Catch, sautéed shrimp, mussel, layered potato, spinach coconut sauce 27

### **Costa Rican Grass-Fed Beef Tenderloin**

Roasted potatoes, sautéed oyster mushrooms, asparagus, almond pepper emulsion 30

### **Gourmet Costa Rican Lamb Burger**

Sundried tomato pesto, feta, sage aioli, sweet potatoes fries 27

### **Local Chicken Breast**

Pan seared chicken breast, coconut curry vegetables, quinoa 24

**We strive to support our local farmers, fishermen and meat producers.**

**We serve sustainably sourced seafood and do not serve endangered or threatened species.**

Taxes included