

Sentido Norte

LUNCH MENU

from 11:00am to 5:00 pm

Appetizers

PATACONES & GUACAMOLE <small>v, VG, GF</small>	10
with pico de gallo and jalapeño	
PEACH PALM HUMMUS	10
served with crudités and toasted bread	
CROQUETTES	12
yucca and chorizo croquettes	
FISH OF THE DAY CEVICHE <small>GF</small>	14
fresh fish, avocado, yellow ají pepper	
🍷 CESAR SALAD	14
romaine lettuce, rosemary croutons extras: chicken +7 fish or shrimp +13	
🍷 ATUNACHOS	15
chives, avocado, spicy tuna	
ASPARAGUS & ZUCCHINI SALAD	16
aged cheese, roasted pepper dressing	
FISH OR SHRIMP TACOS <small>GF</small>	16
tico slaw, guacamole, huancaína sauce	
🍷 QUESADILLA	16
mozzarella, refried beans, pico de gallo; pork, chicken or zucchini and mushrooms	

Smoothies & Juices

fruit juice	6
fruit smoothie	10
green smoothie	10
power smoothie	10
cacao and peanut butter smoothie	10

\$19 PRIX FIXE VALUE OPTION: select 1 app and 1 main (applies only to items marked with a 🍷)

Main Dishes

BRISKET & EGGS	15
smoked brisket, home fries, eggs to order	
🍷 GRILLED CHICKEN WRAP	17
avocado, tomato, greens, spicy aioli	
OPEN-FACED SANDWICH <small>v, VG</small>	19
baked leek, portobello, and brie	
BRISKET & CHEDDAR PANINI	19
with chipotle aioli	
🍷 CHAMELEON BURGER	19
swiss or goat cheese, avocado, red pepper, caramelized onions, panama pepper aioli	
🍷 VEGAN BOWL <small>v, VG, GF</small>	19
quinoa, mushroom and squash picadillo, spicy chickpeas, lettuce	
GRILLED SHRIMP SALAD	25
rocotto pepper sauce, tico slaw	
<i>Sandwiches, burger and wrap are served with choice of salad, french fries or sweet potato fries</i>	
CHAMELEON LEMONADE	10
coconut water, lime, coconut cream	
HIBISCUS SPRITZ	10
hibiscus, cinnamon, clove, seltzer	
ICED MATCHA	10
almond or regular milk, honey	
GOOD MORNING MARY	10
celery, pineapple, orange, cucumber with tito's vodka +5	
COSTARICAN LOCAL OR CRAFT BEERS	6/10

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% vat and 10% service