



ORGANICO   
·FORTUNA·

# MENU

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# OUR PHILOSOPHY

WE ARE A RESTAURANT THAT PLEASES EVERYONE,  
WITHOUT RESTRICTIONS OR LABELS.

We are a Costa Rican family passionate about sharing healthy food options, choosing the best organic, nature-friendly and conscious ingredients.

In our small business we seek to support those who care for the earth and believe that together we can create positive change for our planet. Create an atmosphere of love, good energy and inspire harmony.

WE INVITE YOU TO LIVE CONSCIOUSLY  
FEEDING YOUR MIND, BODY AND SOUL.

PEACE & LOVE,  
ORGANICO FORTUNA





# BREAKFAST

All of our dishes are made with love and organic ingredients from our favorite local farmers.

## PLANT-BASED DISHES

### CHOCO PANCAKES ₡7.500

Chocolate pancakes with hazelnut cream, seasonal fruit, and caramelized pecans.

### CHIA PARAFAIT ₡5.500

Full of omega-3, our chia pudding is made with almond milk and topped with grated coconut, nuts, and seasonal fruit.

### AVOCADO TOAST ₡5.800

Homemade bread covered with avocado cream, olive oil, Himalayan salt, and pepper.  
Add eggs + ₡1.000 / Gluten-Free Bread + ₡600

### MUSHROOM TOAST ₡4.900

Homemade bread covered in olive cream, sautéed mushrooms, and green sprouts.  
Gluten-free bread + ₡600

### FRENCH TOAST ₡5.300

Sweet bread served with strawberries, banana, maple syrup, and toasted almonds.  
Gluten-Free Bread + ₡600.

### BANANA PANCAKE ₡6.400

A potassium and energy-packed dish with fresh bananas mixed with gluten-free flour, accompanied by peanut butter and goji berries.

### AVOCADO PANCAKE ₡5.500

Delicious avocado pancakes made with oat flour, toasted almond seeds, served with a reduction of seasonal fruit and maple syrup.

### TICO BURRITO QUINOA ₡5.900

Wheat flour tortilla filled with quinoa gallo pinto, pico de gallo, avocado, and ripe plantain.  
Add tofu cheese + ₡1.500

### FRUIT BOWL ₡4.000

A mix of fresh seasonal fruit prepared with love.

## SMOOTHIE BOWLS

### SUNSHINE BOWL ₡6.000

An antioxidant smoothie bowl with acai, pitaya, bananas, oat milk, topped with homemade granola, chopped fruit, goji berries, and almond butter.

### JUNGLE BOWL ₡5.600

A creamy blend of vitamin C-rich mango, banana, oat milk, and turmeric, topped with homemade granola, fresh fruit, chia, and sunflower seeds.

### ENERGY BOWL ₡5.600

Power-packed smoothie bowl with banana, almond milk, cacao, tahini, topped with chopped fruit, granola, cacao nibs, and peanut butter.

### PROTEIN BOWL ₡5.600

Our smoothie bowl is full of amino acids and chlorophyll featuring banana, pineapple, golden berries, kale, and spirulina, topped with granola, chopped fruit, and hemp seeds & almond milk.



SERVED WITH LOVE UNTIL 11AM



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## OTROS PLATOS

### PAPAYA BOAT ₡4.900

A papaya boat filled with natural yogurt, fresh seasonal fruit, tahini topping, chia, pumpkin seeds, and honey. Substitute with coconut yogurt for an additional ₡1.500.

### TURKISH EGGS ₡5.900

Poached eggs, Greek yogurt, lemon zest sprinkled with spicy herb oil, dill, whole-grain homemade bread. Gluten-free option + ₡600

### HONEY PANCAKE ₡4.900

Wheat flour pancakes, almond slices, and chopped fruit topped with honey. A sweet start to your day!

### BENEDICT EGGS ₡5.900

Roasted potatoes, topped with poached eggs, hollandaise sauce, and crispy prosciutto. Add avocado + ₡1.000

### TICO BURRITO ₡5.900

Wheat flour tortilla, quinoa gallo pinto, pico de gallo, avocado, and ripe plantain. Additional eggs / cheese + ₡1.000

### ARENAL TOAST ₡5.900

Homemade bread, creamy scrambled eggs, and grated parmesan cheese accompanied by tomato, prosciutto, and spicy golden berry and ginger jam. Gluten-free option

### TORTI RICA ₡5.800

A corn tortilla topped with two fried eggs, feta cheese, avocado, and arugula drizzled with crispy herb and chili oil.

### CAPRESSE SANDWICH ₡5.500

A classic sandwich made with homemade bread, tomato spread, sliced mozzarella cheese, sprinkled with parmesan and basil. Gluten-free option + ₡1.000

### GALLO PINTO ₡5.500

Organic brown rice mixed with beans and quinoa, scrambled pasture-raised eggs, ripe plantain, avocado, tortillas, and pico de gallo.

### SHAKSHUKA ₡5.500

Eggs cooked in spicy tomato sauce, avocado, cilantro, whole-grain bread. Extra cheese + ₡1.000



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# APPETIZERS

All our appetizers are gluten-free

## **AZTEC SOUP** ₡5.500

A base of fresh tomatoes, mixed with delicate spices, accompanied by avocado, cashew cheese, and corn chips.  
Extra cheese +₡500

## **TUNA TARTARE** ₡9.800

A tower of fresh tuna in a mix of lemon, ginger, gluten-free soy sauce, sesame oil, chives, and avocado accompanied by garlic crostini.

## **MUSHROOM CEVICHE** ₡5.500

Our delicate crimini mushroom ceviche coated with juicy lime, red onion, sweet chili, cilantro, and Peruvian chili, accompanied by plantain chips and avocado.

## **WALNUT NUGGETS** ₡6.600

Our plant-based chicken is made from lentils and mixed nuts, breaded with almond flour and delicate spices, accompanied by homemade ketchup.

## **ARENAL MIX** ₡7.000

Our delicious trio of hummus accompanied by magic chips.

## **GREEN LIFE** ₡7.400

Lentil cakes filled with cashew cheese on a base of creamy cherry tomato sauce and drizzled with tofu ricotta.

## **GAZPACHO** ₡5.300

A blend of tomatoes, garlic, olive oil, green bell pepper, and cucumber served cold and made with love.

## **QUINOA SALAD** ₡4.900

Refreshing mixed greens, quinoa, mango, and avocado tossed in our citrus dressing.

## **CORVINA CEVICHE** ₡9.400

Delicious corvina ceviche with coconut milk, lime, chili, onion, cilantro, and avocado. Accompanied by sweet potato and roasted corn.

## **TUNA CEVICHE** ₡6.500

A fresh tuna ceviche delicately marinated with ginger, lemon, gluten-free soy sauce, red onion and coriander accompanied by magical chips and avocado.



# LUNCH & DINNER

All our dishes are prepared  
with the intention that your food is your medicine.

## PLANT-BASED DISHES

### FALAFEL SANDWICH ₡6.900

Homemade bread with delicious chickpea hummus and falafel accompanied by kale, chard, and pickles. Served with our special dressing and accompanied by roasted potatoes. Gluten-free bread + ₡1.000

### QUINOA BURGER ₡8.400

Homemade bread with a quinoa patty, kale, chard, lettuce, tomato, and avocado accompanied by roasted potatoes. Gluten-free bread + ₡1.000

### FALAFEL BURRITO ₡8.800

Flour tortilla, hummus, tzatziki, greek salad, falafel, arugula, and tahini dressing.

### TOFU SKEWERS ₡11.400

Delicious tofu skewers, onion, sweet chili, and pineapple served with jasmine rice and vegetables with our teriyaki sauce.

### CAESAR SALAD ₡10.600

Classic vegan caesar salad with lettuce, crispy vegan chickpea, croutons, and a rich cashew caesar dressing. Add grilled tofu + ₡2.500

### GARDEN SALAD ₡8.500

A bed of mixed greens including kale, spinach, chard, lettuce, carrot, beetroot, avocado, tomato, cucumber, and cashew cheese, lightly sprinkled with chia seeds, hemp, and walnuts.

### MUSHROOM RISOTTO ₡9.800

Creamy Arborio rice with coconut and cashew sauce, fine herbs, mushrooms, and white wine, topped with crispy toasted almond and arugula.

### PASSION FALAFEL ₡9.500

Delicious falafel on a bed of hummus accompanied by a rainbow salad and magic chips.

### CHIFRIJO ₡8.500

A bowl filled with brown rice, beans, pico de gallo, roasted falafel, and avocado, sprinkled with hemp seeds and accompanied by plantain chips.

### ZUCCHINI NOODLES ₡8.500

Fresh zucchini noodles bathed in homemade tomato sauce, mushrooms, hemp seeds, and cashew cream.

### SPICY QUESADILLA ₡9.000

A combination of spicy vegetables, beans, sweet corn, avocado, vegan mozzarella, jalapeños, pico de gallo, accompanied by chipotle vegan mayonnaise, guacamole, and pico de gallo.

### PEACE AND LOVE ₡9.400

Quinoa cakes in a tropical tamarind and ginger sauce, accompanied by a loving salad and caramelized ripe plantains.

### ARENAL NACHOS ₡9.400

A base of spicy beans, fresh greens, quinoa meat, avocado, and pico de gallo, bathed in vegan cream on magic chips.

### GREEN BOLOGNESE ₡9.600

Gluten-free pasta in homemade pomodoro sauce sautéed with falafel, natural spices, and cashew parmesan.

### OYSTER MUSHROOM TACOS ₡10.600

Three tacos with oyster mushroom fajitas, onion, sweet pepper, avocado, mashed beans, and pico de gallo.

### SPRING PASTA ₡9.600

Our gluten-free pasta with black olives, avocado, and fresh vegetables drizzled with cashew parmesan, olive oil, and herbs.





# LUNCH & DINNER

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## VEGAN TUNA BURRITO ₡7.500

A wheat tortilla covered with beans, plantains, greens, guacamole, our version of vegan chickpea and nori seaweed tuna, accompanied by a green salad.

## ARENAL SOUL ₡12.000

Vibrate creatively with our mix of walnut nuggets, brown rice, hummus, beans, sweet plantains, and a delicious Greek salad.

## TOFU BURGER ₡8.900

Homemade bread with a delicious tofu patty topped with spicy sweet and sour sauce, cucumber, carrot, cabbage, red onion, accompanied by roasted potatoes.  
Gluten-free bread + ₡1.000

## GRATIFYING BURGER ₡8.400

Homemade bread with a delicious bean and nut patty, lettuce, tomato, pickles, alfalfa sprouts, hummus, red onion, accompanied by roasted potatoes. Gluten-free bread + ₡1.000

## RAINBOW BOWL ₡10.500

Our radiant bowl of vegetables with avocado, carrot, onion vinaigrette, kimchi, brown rice, curry tofu, and mushrooms with our beetroot sauce.

## OTHER DISHES

### SHRIMP SKEWER ₡17.800

Our jumbo shrimp skewers with onion, pineapple, and sweet chili, accompanied by mashed potatoes and vegetables in a tropical sauce.

### TROPICAL SALAD ₡12.000

Grilled free-range chicken with a mix of massaged kale in a tropical vinaigrette, lettuce, tomatoes, caramelized pecans, avocado, red onion, and apple.

### CHICKEN SANDWICH ₡8.400

Homemade bread made with love, organic free-range chicken, cheese, avocado, kale, chard, spinach, and pickles, accompanied by roasted potatoes.  
Gluten-free bread + ₡1.000

### PURA VIDA PLATE ₡8.500

Our healthy traditional "casado" with brown rice, beans, ripe plantain, eggs, and salad accompanied by pico de gallo, tortilla, and choice of protein (chicken/ fish).

### TUNA SALAD ₡9.900

A bed of mixed greens, cucumber, cherry tomatoes, carrot, beetroot, caramelized pecans, and fresh sesame-marinated tuna, accompanied by yogurt dressing.

### PURE LIFE ₡10.800

A delicious shrimp salad prepared with avocado, cucumber, red onion, chickpeas, cilantro, jalapeño chili, and lime juice.

### MAHI-MAHI TACOS ₡12.000

Three crispy fish (Dorado) tacos with purple cabbage salad, lettuce, kale, roasted pineapple, pico de gallo, and avocado, accompanied by our special dressing.



# LUNCH & DINNER

All our dishes are prepared  
with the intention that your food is your medicine.

## **HAPPINESS BOWL ₡10.800**

An abundant bowl of free-range chicken in a tropical sauce, quinoa, sautéed vegetables, and a fresh salad.

## **GRATITUDE ₡10.800**

A tower of fresh vegetables topped by grilled fish in an avocado and toasted almond sauce accompanied by mashed potatoes.

## **QUEEN CORVINA ₡22.000**

A delicious piece of corvina topped with shrimp sauce, grilled vegetables, and carrot puree.

## **TUNA HARMONY ₡15.000**

Freshly seared tuna with sesame seeds accompanied by citrus potatoes and grilled vegetables.

## **AVOCADO AND SHRIMP PASTA ₡12.800**

Gluten-free pasta with shrimp bathed in a creamy avocado sauce with tomato chunks.

## **CORAL PASTA ₡12.600**

Our gluten-free pasta with shrimp, fish, and clams in basil sauce.

## **JUNGLE CHICKEN ₡16.000**

Free-range chicken and vegetables sautéed in teriyaki sauce, accompanied by jasmine rice.

## **FISH BURGER ₡9.200**

Homemade bread with a fish patty, lettuce, tomato, and onion; topped with tzatziki and accompanied by roasted potatoes. Gluten-free bread +\$1

## **CHICKEN CHIFRIJO ₡9.500**

A bowl of grilled chicken, brown rice, tender beans, pico de gallo, avocado, and plantain chips.

## **LOVE ROLLS ₡14.000**

Delicious rolls of free-range chicken bathed in bell pepper sauce and creamy carrot purée accompanied by an apple and strawberry citrus salad, drizzled with sesame dressing.

## **SALMON BOWL ₡14.000**

A delicate piece of sesame-crust salmon accompanied by cauliflower rice, avocado, and seasonal vegetables.





# BEVERAGES

Our milks are made with love  
and without added sweeteners.

## **BORA BORA TEA €2.200**

Red berries.

## **HIBISCUS FLOWER TEA €2.200**

## **HOUSE ICED TEA €2.300**

## **MAGIC TEA €2.600**

Butterfly pea flowers.

## **HOUSE KOMBUCHA €2.700**

## **FRUIT-INFUSED WATER €2.500**

Choose: strawberry, passion fruit, papaya, banana, blackberry, pineapple, starfruit.

## **EXTRA MILK €1.000**

(Almond milk, cow's milk, oat milk, coconut milk)

## **SMOOTHIES**

### **TROPICAL PASSION €3.100**

Pineapple, starfruit, ginger, honey, and hemp seeds.

### **POWERFUL PAPAYA €3.100**

Papaya, banana, oat milk, flax seeds, and cinnamon.

### **CHOCOBANANA €3.300**

Banana, coconut milk, cacao nibs, peanut butter, and cinnamon.

### **GREEN ENERGY €3.100**

Spinach, kale, chard, lemon, pineapple, & spirulina.

### **VITAMIN C BOMB €3.100**

Starfruit, goldenberry, lemon, ginger, and honey.

### **ARENAL PARADISE €3.100**

Mango, pineapple, passion fruit, and honey.

### **BERRY LOVE €3.100**

Blackberry, strawberry, banana, and almond milk.

## **SUPERFOODS SMOOTHIES**

### **MAGIC POTION €5.900**

Almond milk, spirulina, dates, almond butter, and a restoring blend (ashwagandha, goji berries, maca, CBD).

### **CACAO AND PROTEIN ADAPTOGENIC SMOOTHIE €5.900**

Hemp protein, avocado, dates, cacao nibs, maca, and plant-based protein.

### **I'M ILLUMINED €5.900**

Kale, mango, banana, almond milk, collagen, CBD, almond butter.

## **SUPERFOODS €800 each**

Add wellness to your drinks with our superfoods.

### **ANTI-INFLAMMATORY €800 each**

Turmeric - ginger - CBD oil - ashwagandha - Chia seeds.

### **ANTIOXIDANTES €800 each**

Ashwagandha - Lucuma - Goji berries

### **ENERGIZANTE €800 each**

Cacao - Maca - Pollen - Coconut oil.

### **PROTEIN €1000**

Chia seeds - Hemp seeds - Spirulina - Almond butter - Peanut butter - Plant-based protein.



Ask for our  
**Cold Press Juice**



# COFFEE

Our milks are made with love  
and without added sweeteners.

## TRADICIONAL

- AMERICAN** ₺1.500
- CAPUCCINO** ₺2.400
- MOCHA** ₺2.400
- MACCHIATO** ₺1.100
- ESPRESSO** ₺1.500
- DOBLE ESPRESSO** ₺1.600
- CORTADO** ₺1.500
- LATTE** ₺2.400
- FLAT WHITE** ₺2.400
- DIRTY CHAI** ₺2.400
- EXTRA** ₺1.000  
(Almond milk, cow's milk, oat milk, coconut milk, ghee)

## ICED COFFEE

- ICED COFFEE** ₺2.500  
Espresso and ice.
- VEGAN ICE COFFEE** ₺3.400  
Espresso, cinnamon, and almond milk.
- ICED LATTE** ₺3.400  
Espresso - milk - ice.
- ICED MOCCA** ₺3.400  
Espresso - milk - and cocoa.

## OUT-OF-THIS-WORLD COFFEES

- COCONUT COFFEE** ₺2.900  
Espresso, coconut water, ice.
  - GREEN COFFEE** ₺4.000  
Espresso, matcha, ice, brown sugar & almond milk.
  - STRAWBERRY FLAVOR** ₺3.600  
Espresso, strawberries & almond milk.
  - COSMIC ENERGY** ₺3.000  
Espresso, maca, cocoa, almond milk.
  - MONKEY COFFEE** ₺3.000  
Espresso, bananas, and coconut milk.
  - VEGAN MILKSHAKE** ₺4.000  
Vegan ice cream, fruit, almond milk
  - SPIRITUAL COFFEE** ₺4.000  
Espresso, coconut milk, nut butter, and vegan protein.
  - BUDDHA COFFEE** ₺4.000  
Espresso tahini, dates, almond milk, and cinnamon.
  - COLD LATTE AFFOGATO** ₺4.000  
Espresso, milk, coffee ice cream.
- ## HOT BEVERAGES
- CHAI TEA WITH ALMOND MILK** ₺2.500
  - HOT CHOCOLATE** ₺2.500
  - MATCHA LATTE** ₺2.500
  - GOLDEN MILK** ₺3.000
  - ORGANIC HERBAL TEA** ₺2.000
  - BULLET** ₺3.000  
(espresso, ghee, and hot coconut oil)
  - CACAO CEREMONIAL** ₺4.500



# DRINKS

## **PIÑA COLADA**

Pineapple, coconut cream, coconut milk, rum.

## **GUARAPO**

Sugar cane juice, ginger, lemon, and rum.

## **GINBUCHA**

Kombucha, gin, lemon, pineapple juice.

## **MAGICAL BLUE**

Blue magic tea, tonic water, gin, berries, lemon juice.

## **APEROL SPRITZ**

Prosecco, Aperol, soda, orange.

## **ESPRESSO MARTINI**

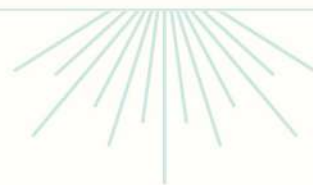
Vodka, espresso, coffee liqueur.

## **GLASS OF ROSÉ WINE**

## **GLASS OF WHITE WINE**

## **GLASS OF RED WINE**

## **HOUSE SANGRIA**





# DESSERT

Healthily sweetens your soul without refined sugar, gluten free\* and dairy free

## CHOCOLATE HAZELNUT AND AVOCADO PIE ₪4.800

Hazelnuts, avocado, cocoa, pecans, coconut oil, dates

## STRAWBERRY OR PASSION FRUIT CHEESECAKE ₪4.900

Creamy cashew base, coconut oil, agave, vanilla.  
Strawberry or passion fruit topping

## PITAYA PIE ₪4.800

Pitaya, strawberry, cashew, coconut oil, agave, dates, pecans

## RAW BROWNIE ₪4.000

Pecans, almonds, dates, coconut oil, cocoa nibs

## BROWNIE ₪4.900

Traditional hot triple chocolate brownie coconut vanilla ice cream  
\* contains gluten

## SWEET LIFE ₪3.500

Coconut cream base ice cream, nut butter topping

## ICE CREAM COOKIE ₪4.900

Gluten-free cookie, ice cream, almond topping and cocoa nibs

## COOKIES ₪1.600

Gluten free, vegan, raw, nut-based and maple

## CINNAMON ROLL ₪2.000

Vegan artisan bread. \*Contains gluten