

# Sentido Norte

Breakfast for registered guests includes choice of one menu item, coffee or tea, and fresh fruit juice

<b>OVERNIGHT OATS</b> v, GF	8
almond milk, yogurt, cashews, fruits, local honey or tapa de dulce	
<b>FRUIT PLATE</b> v, GF	8
yogurt, granola and local honey	
<b>CHIA PUDDING</b> v, GF	12
almond milk, yogurt, mango and banana, cashews, local honey or tapa de dulce	
<b>FRENCH TOAST</b> v	12
sweet plantains 'del cielo', coconut, cashews & macadamia	
<b>TROPICAL PANCAKES</b>	15
grilled mango and pineapple, bacon, toasted coconut, cajeta sauce	
<b>AVOCADO TOAST</b> v, VG	16
whole wheat bread, eggs, grilled jalapeño oil, side of salad	
<b>OMELETTE</b> v	14
asparagus, spinach, caramelized onions & peppers, mushrooms, your choice of cheese	
<b>GRINGO BREAKFAST</b>	14
choice of eggs, buttered toast, bacon & fruit, home fries	
<b>TICO BREAKFAST</b> v	14
choice of eggs with gallo pinto, sweet plantain, grilled tico cheese & tortilla	
<b>BRISKET &amp; EGGS</b>	15
brisket, home fries, eggs to order	

## BREAKFAST MENU

### Housemade Knife & Fork Corn Tortillas

<b>CHICHARRÓN</b> GF	14
guacamole, chicharrón, cherry tomato salsa, choice of eggs	
<b>VEGAN</b> v, VG, GF	12
guacamole, refried beans, green salad, tomatoes, crispy taro root	
<b>HUEVOS RANCHEROS</b> GF	12
refried beans, avocado, spicy tomato salsa, fried tortilla, choice of eggs	

### Smoothies & Juices

fruit juice	6
fruit smoothies	10
green smoothie	10
power smoothie	10
cacao & nut butter smoothie	10

### Beverages

tea	3
brewed coffee	2.5
espresso	3
americano	3
café con leche	4
cappuccino	4
cold brewed coffee	6
still water 750ml	8
sparkling water 750ml	9
mimosa: passion fruit or orange juice	15
good morning mary	10
good morning mary with tito's vodka	15

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