



GAIO

LUNCH MENU

SMALL BITES

GUACAMOLE

G V VG

Tortilla chips, pico de gallo, jalapeño

\$14

CRISPY ZUCCHINI BITES

D G V

Fresh tomato & basil sauce, Parmesan

\$14

COSTA RICAN CEVICHE

G

White fish, red onion, cilantro, bell pepper, lime, patacones

\$18

NACHOS

D G V

Tortilla chips, pico de gallo, jalapeño, black beans, cheese sauce, guacamole

\$16

SALADS

Add protein: Crispy Tofu: \$8 | Chicken Breast: \$10 | Beef: \$12 | Fish: \$12 | Shrimp: \$15

GARDEN ANTIPASTI

N V

Roasted & grilled vegetables, marinated olives, pesto

\$14

ITALIAN SALAD

D

Mixed greens, cherry tomato, salami, fennel, heart of palm, Parmesan, herbs garlic vinaigrette

\$16

PANZANELLA SALAD

D G V

Tomato, garlic focaccia crouton, cucumber, Mozzarella, red onion, basil, balsamic reduction

\$16

CAESAR SALAD

D G

Romaine lettuce, Parmesan, capers, sourdough crouton

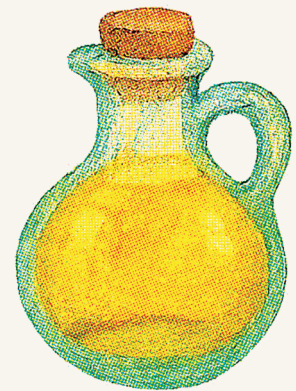
\$16

QUINOA BOWL

N VG

Grilled vegetable, herbs, green salad, toasted almond, reduction balsamic

\$16



PASTA

Add protein: Crispy Tofu: \$8 | Chicken Breast: \$10 | Beef: \$12 | Fish: \$12 | Shrimp: \$15

MEDITERRANEAN PASTA

D G V

Zucchini, black olive, capers, butter, lemon, parsley

\$22

AGLIO E OLIO

G V

Linguine, roasted cherry tomato, garlic, olive oil, basil

\$20

BAKED MAC & CHEESE

D G V

Maccheroni, cheddar sauce, crispy breading

\$20

WOOD OVEN PIZZA

MARGHERITA

D G N V

Tomato, Mozzarella,
pesto

\$18

PEPPERONI

D G

Tomato, Mozzarella,
pepperoni, spicy honey

\$20



PROSCIUTTO

D G

Tomato, Mozzarella,
prosciutto, Parmesan,
arugula

\$24

ANTIPASTI

D G V

Roasted & grilled
vegetables, marinated
olives, pesto

\$20

BIG BITES

SKIRT STEAK TACOS

(3 pcs)

Corn tortilla, white beans,
jalapeño, avocado,
spring onion

\$26

SHRIMP TACOS

D SF

(3 pcs)

Corn tortilla, smoked
cheese, pico de gallo,
Panamanian mayonnaise

\$26

GRILLED CHICKEN SANDWICH

D G

Ciabatta, salami,
Provolone, tomato, basil,
sweet onion, French fries

\$24

BLACKENED FISH WRAP

G N

Lettuce, onion, avocado,
tahini-chipotle dressing,
sweet potato fries

\$24

FOCACCIA SANDWICH

D G N

Pistachio mortadella,
tomato, Ricotta, arugula,
pesto, sweet potato fries

\$24

CRISPY EGGPLANT SANDWICH

D G V

Mustard, arugula, Brie,
sun-dried tomato,
sweet potato fries

\$22

GAIO BURGER

D G

(6 oz)

Emmental cheese,
caramelized onion,
bacon, Dijon mustard,
sun-dried tomato bun,
potato wedges

\$28

VEGGIE BURGER

G N VG

Mushroom, cashew
patty, dried tomato
jam, pickles, arugula,
avocado, ciabatta,
green salad

\$26

Contains **D** Dairy **G** Gluten **N** Nuts **SF** Shellfish **V** Vegetarian **VG** Vegan

All prices in US Dollars, exclusive of 13% VAT & 10% service charge

TASTE OF THE GRILL

Choose your main and one side dish

Comes with our homemade
Gremolata Sauce
Parsley, garlic, lemon zest

Each additional side dish
\$8

MAIN

HERB CHICKEN BREAST
\$26

ROASTED CATCH OF THE DAY
\$28

CAJUN SALMON
\$30

SHRIMP, LEMON & BUTTER
\$28

GRILLED SKIRT STEAK
\$30

SIDES

ASPARAGUS
VG

ROSEMARY ROASTED POTATOES
VG

FRENCH FRIES
G

GREEN SALAD
VG

WHITE RICE & ROASTED PINEAPPLE
V



D Dairy **G** Gluten **N** Nuts **SF** Shellfish **V** Vegetarian **VG** Vegan

All prices in US Dollars, exclusive of 13% VAT & 10% service charge

