GAIO

BREAKFAST MENU

BUFFET

GAIO BREAKFAST *$42*
Includes the breakfast market, chilled juices and freshly brewed coffee or tea.
Please order at the table: freshly prepared eggs any style, waffles, pancakes and French toast.

CONTINENTAL BREAKFAST *$29*
Includes a choice of homemade pastries, cold station, market-fresh fruits and cereals. Enjoy chilled juices and freshly brewed coffee or tea.

FROM THE NEST TO YOUR TABLE

AMERICAN BREAKFAST D G *$15*
Two eggs any style, hash brown, cream cheese
Choice of bacon or sausage

COSTA RICAN BREAKFAST D G *$18*
Traditional Gallo Pinto, two eggs any style, local cheese, beef stew, fried sweet plantain, corn tortilla

GAIO OMELETTE D G *$18*
Whole egg or egg white omelette, roasted tomato, arugula & prosciutto salad, ciabatta, bell pepper chilli jam

EGGS ANY STYLE *$16*
Creole tomato sauce, crispy potato, chimichurri

Choice of toast or corn tortilla

Vegan options available:
Tofu scramble | Mushrooms | Sausage

RANCHERO D *$15*
Corn quesadilla, refried black beans & smoked cheese, two eggs sunny-side-up, pico de gallo, mildly spicy sauce & “toreado” Jalapeño

AVOCADO TOAST G N *$14*
Sourdough bread, poached egg, spinach, tomato, sunflower seeds, chimichurri vinaigrette

SMOKED SALMON BENEDICT D G *$16*
Two poached eggs, homemade English muffin, smoked salmon, roasted zucchini, Hollandaise sauce, Costa Rican curd cheese, dried herb cherry tomato

SWEET SUNRISE

FRUIT PLATE V *$12*
Variety of seasonal, sliced fruits.

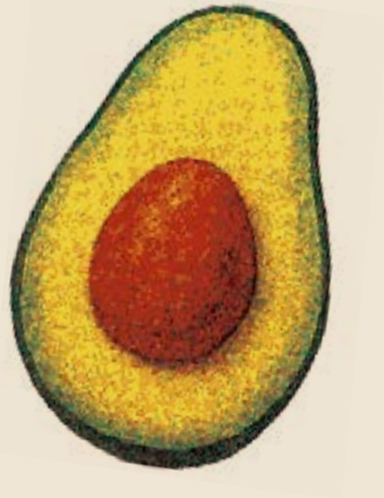
Choice of homemade granola N or plain yogurt D

MORNING BAKERY D G *$12*
Selection of pastries, croissant, pain au chocolat, banana bread, homemade fruit jam, butter

WAFFLES OR PANCAKES D G *$15*
Butter, maple syrup, strawberry compote, powdered sugar

FRENCH TOAST D G *$15*
Griddled brioche, crispy bacon, banana compote

All prices in US Dollars, exclusive of 13% VAT & 10% Service charge
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



HEALTHY START

ZERO-CARB SUNRISE D G *$16*
Hard boiled eggs, bacon, Emmental cheese, roasted tomato, avocado, spinach, olive oil

AÇAÍ DO BRASIL G N VG *$14*
Banana, berries, coconut shaves, homemade granola

VANILLA OVERNIGHT OATS G N VG *$12*
Almond milk, vanilla protein, peanut butter, banana, toasted almonds

COCONUT CHIA BOWL G N VG *$14*
Homemade granola, mango, kiwi, strawberry

SPECIALS

TICO BURRITO D G *$16*
Gallo Pinto, scrambled egg, fried sweet plantain, avocado, cheese, pico de gallo

SALMON ANDPOTATO RÖSTI G *$15*
Smoked salmon, two eggs sunny-side-up, cucumber & red onion salad, chili oil

VEGAN BREAKFAST TACO VG *$12*
Corn tortilla, refried black beans, vegan sausage, kale, avocado

ITALIAN SPECIAL *$14*
Smoked salmon, two eggs sunny-side-up, cucumber & red onion salad, chili oil

FOR THE LITTLE ONES

AMERICAN KIDS BREAKFAST D G *$12*
Scrambled egg, two pancakes

Choice of bacon or sausage

KIDS OMELETTE D G *$12*
Cheese Omelette, hashbrown, watermelon

KIDS WAFFLES OR PANCAKES (2 PCS) D G *$12*
Butter, maple syrup, strawberry compote, powdered sugar

PB & J D G N *$12*
Two bread slices, wild berry jam, peanut butter, strawberry

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

COFFEE SPECIALTIES

SINGLE SHOT

Espresso *$3*

Latte (D) *$5*

DOUBLE SHOT

Macchiato (D) *$4*

Flat White (D) *$4*

Cappuccino (D) *$5*

Moccaccino (D) *$5*

TEA *$4*

English Breakfast | Green Tea | Fresh Mint | Fresh Ginger

JUICES & LOCAL SPECIALTIES

ORANGE *$7*

WATERMELON *$7*

GREEN *$7*
Celery, cucumber, pineapple

AGUA E SAPO *$6*
Tapa de dulce, lime, ginger

HORCHATA (D) *$6*
Rice, milk, cinnamon

ADD PROTEIN POWDER *$3*
Vanilla or chocolate

ADD ON'S *$3*
Almond butter (N) | Peanut butter (N) | Chia seeds (N) | Flax seed (N) | Spirulina | Matcha powder | Maca powder | Cocoa powder | Local bee pollen | Cashews (N) | Turmeric

SMOOTHIES *$10*

SUMMER BREEZE
Carrot, mango, pear, orange juice, coconut water

BERRY & COCONUT
Strawberry, blackberry, oat, coconut milk, honey

FRESH WAVE
Kiwi, mango, green grapes, orange juice

WAKE ME UP
Banana, coffee, chocolate, soy milk, honey

BOOZY MORNING

MIMOSA *$12*
Sparkling wine, orange juice

ESPRESSO MARTINI *$12*
Vodka, Kahlúa, espresso

BLOODY MARY *$12*
Vodka, tomato, cilantro, Worcestershire sauce, Tabasco, lime