



Sample Weekly Breakfast Menus

Note: We can make almost anything vegan, gluten-free, oil-free, nut-free, or whatever your diet demands other than meat or fish.

Day One

Coffee or tea
Toasted *rosemary focaccia*
Omelet or vegan omelet with *spinach, red pepper, & havarti* or *vegan cream cheese Gallo pinto (Costa Rican specialty)*
Grilled ripe plantain

Day Two

Coffee or tea
Scramble with roasted *vegetables*
George's famous everything jalapeño bagel
*Mango or mamón injertado**

Day Three

Coffee or tea
Nutty oatmeal or *granola casera*
Lemon-ginger, butternut, or cinnamon scone
Grilled ripe plantain
Papaya

Day Four

Coffee or tea
Banana or chocobanano pancakes
Picadillo of chicasquil (C.R. tree spinach)
Fruits smoothie (with water, plant milk, or yogurt)

Day Five

Coffee or tea
Waffles with *guayaba* jam
Vegan "bacon"
Carambola (starfruit)

Day Six

Coffee or tea
Eggs Florentine or *vegan Florentine* with *avocado* on *English muffin* or *bagel*
Pico de gallo
Mixed-fruits smoothie

Day Seven

Coffee or tea
Breakfast bowl of the day (with grains, legumes, nuts, seeds, fresh *vegetables, herbs, salsas, chutneys*)
Piña-y-agua or *minted lemonade*

Other options:

French toast, picadillos, breakfast hash, yuca fries, yuca cakes, yampi, toasted breads, avocado toast, puddings, muffins, chutneys, salsas, jams, marmalades, empanadas, all sorts of eggs, vegan scrambles, pancakes, bowls . . . whatever's in season! If we have the ingredients, we'll be happy to prepare it for you!

Italics = homegrown or locally grown and/or housemade

* Just one of Costa Rica's crazy & delicious fruits!

