

OLAS



RESTAURANT

LUNCH




STARTERS

Homemade Guacamole & Salsa \$12

Crunchy tortilla chips  

Herb-Truffle French Fries \$10

Mushroom Aioli 

Loaded Potatoes with Octopus \$16

Garlic Aioli

Chicken Wings \$14

Choose between BBQ, Teriyaki, Buffalo or Mango Chutney



WELLNESS SECTION

Hummus & Pita \$9


Paprika, olive oil, vegetables crudités, baked pita chips  

Add: Falafel \$3 / Shrimp \$7 / Chicken \$5


Traditional Tomato Gazpacho \$9

Refreshing & healthy 

Avocado Toast \$10

Crunchy rustic bread, baby tomatoes, feta and local cheese 



Vegan Burger \$18

Plant based paddy, tomato, lettuce, avocado, red onions, vegetable crudités 




RAW CORNER


Seabass Aguachile \$15

Coriander, onions, jalapeños, rocoto pepper, lime juice  

Citrus Tuna Tartar \$18

Cucumbers, peppers, ripe plantain chips 

Prieta Beach Ceviche \$16

Sea bass, onions, lime juice, coriander, tortilla chips 

Mixed Seafood Ceviche \$19

Sea bass, shrimp, octopus, lime juice, coriander, tortilla chips 




SALADS

Sesame Tuna Salad \$18

Served with avocado, honey and soy dressing 


Prieta Wedge Salad \$14

Iceberg lettuce, blue cheese, bacon, romaine tomato, red onions, almond croutons, ranch dressing 


Caesar Salad

Shrimp \$18 / Chicken \$16 / Plain \$12

Quinoa Salad \$14

Roasted vegetables, cherry tomatoes, fennel, celery, mushrooms 
Add Jumbo Shrimp \$7

Green Salad \$18

Grilled chard, kale, cucumbers, celery, goat cheese, green apples, crumbled nuts, lime, olive oil 





POKE CORNER

Green Poke \$15



Seaweed salad, edamame, sliced avocado, cucumbers, green peppers, steamed asparagus, chives, radish sprouts, butter lettuce, coriander aioli and wasabi lime dressing with sticky rice

Add: Tofu \$6 / Steamed shrimps \$7 / Tuna \$5

Tuna Poke \$18

Raw tuna and grilled pineapple accompanied by a spicy Asian dressing  


Watermelon Poke \$13

Marinated watermelon accompanied by a spicy Asian dressing  



SANDWICHES, WRAPS & BURGERS

Chicken Lettuce Wrap \$17

American lettuce, avocado, grilled vegetables, spicy sweet chili dressing 


Chicken Sandwich \$18

Grilled chicken breast, Manchego cheese, avocado, garlic chipotle dressing, pretzel bun

Classic Prieta Burger \$18

Swiss cheese, lettuce, tomato, red onions, bacon, garlic dressing

Vegan Pita \$14

Pita bread, hummus, arugula, romaine tomato, cucumbers, red onions, falafel, Tzatziki, cherry bell radish 


Grilled Fish Tacos \$18

Cabbage salad and Pico de Gallo



PIZZAS

Olas \$14

Mozzarella, tomato, basil 

Tica \$14

Mozzarella, tomato, chorizo, oregano, Turrialba cheese

Avocado \$14

Burrata, avocado, garlic aioli, olive oil, sea salt 

Pepperoni \$14

Mozzarella, tomato sauce, pepperoni, oregano

Chicken BBQ \$12

BBQ Chicken, blue cheese, tomato sauce, Mozzarella

Mexican \$14

Flank steak, cilantro, Mozzarella, tomatillo sauce



GLUTEN FREE



VEGETARIAN



SPICY

OLAS



RESTAURANT

KIDS


Fun, delicious, and healthy is our motto for our kids menu. Below you will find recipes that have been prepared by our kitchen team using local and fresh ingredients.

Please inform your server of any dietary restrictions.





COLD OPTIONS


Tropical Fruit Plate \$9

With yogurt 

Crudités \$9

Cherry tomatoes, carrots, broccoli, cucumbers,
celery and ranch dressing  

Traditional Caesar Salad \$9

Add grilled chicken \$4 



HOT OPTIONS

Kids Burger \$15

Your choice of cheese, served with French fries or steamed vegetables

100% Beef Hot Dog \$9

Served with French fries or steamed vegetables

Kids Pizza \$10

With your choice of two toppings

Grilled Chicken & Veggie Bowl \$12

With roasted potatoes or rice

Whole Wheat Mozzarella Quesadilla \$10

Add Chicken for \$5

Crunchy Chicken Pops \$12

Served with our garden salad

Fish Fingers and Fries \$14



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VEGETARIAN

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WINE



CHAMPAGNE / SPARKLING

Veuve Cliquot, Brut, Champagne, FRANCE \$190

Veuve Cliquot Rose, Champagne, FRANCE \$230

Moet Chandom, Brut, Champagne, FRANCE \$240

Laurent Perrier Brut, Champagne, FRANCE \$190

Dom Perignon, Champagne, FRANCE \$520

SPARKLING WINE

Navarro Correas Extra Brut, ARGENTINA \$60

Veuve Ambal Blanc de Blancs, FRANCE \$55

CAVA

Freixenet, Vintage Reserva Brut, SPAIN \$60

ROSÉ WINES

Soupcon De Fruit, FRANCE \$50

Maison Robert Vic, Le Parc, FRANCE \$54

Whispering Angel, Côtes du Provence, FRANCE \$88



WHITES BY THE GLASS \$12 (6 oz serving)

De Martino Estate, Reserva, Sauvignon Blanc, CHILE

Monte Tondo, Pinot Grigio, ITALY

Indomita, Gran Reserva, Chardonay, CHILE

REDS BY THE GLASS \$12 (6 oz serving)

Tabalí Pedregoso Gran Reserva, Cabernet Sauvignon, CHILE

Luigi Bosca, Malbec, Finca La Linda, ARGENTINA

Leyda, Reserva, Pinot Noir, CHILE

« 13% Sales Tax and 10% Services Charge will be added to your bill »



WHITE WINES

Catena Alta, Chardonay, Mendoza, ARGENTINA \$112

Valdecuevas, Verdejo, Rueda D.O, Castilla, SPAIN \$55

Villa María, Sauvignon Blanc, Marlborough, NEW ZELAND \$125

Santa Margherita, Pinot Grigio, Valdadige, ITALY \$80

Palo Alto, Reserva, Sauvignon Blanc, CHILE \$60

Louis Latour, Chablis, FRANCE \$95

Adegas Castrobrey Sin Palabras, Albarinho, Dorias, SPA \$65



RED WINES

Angelica Zapata, Malbec, Mendoza, ARGENTINA \$150

1000 Stories, Zinfandel, Bourbon Barrel Aged, California, USA \$54

Fourteen Hands, Merlot, Columbia Valley, USA \$70

El Enemigo, Cabernet Franc, Mendoza, ARGENTINA \$90

Agustinos Estate, Cabernet Sauvignon, Valle del Bio Bio, CHILE \$55

La Crema, Pinot Noir, Sonoma Coast, USA \$98

Carmelo Rodero, Tempranillo, Crianza, SPAIN \$110

Secreto Patagónico, Malbec, Patagonia, ARGENTINA \$70

Stags Leaps, Cabernet Sauvignon, Artemis, Napa Valley, USA \$190

Decero Remolinos, Petit Verdot, Mendoza, ARGENTINA \$90

Santa Carolina, Carmenère, Gran Reserva Rapel Valley, CHILE \$60

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COCKTAILS



PRIETA BEACH CLUB COCKTAILS

Peninsula Spritz \$16

Gentian, rhubarb, bitter orange liquor, red berries,
sparkling wine

Witch's Rock \$16

Guaro, hibiscus flower, lime juice, homemade ginger
beer, mint

Chili Mango \$16

Guaro, mango syrup, chipotle adobo, fresh lime,
homemade chipotle salt

Spicy Passion \$16

Vodka, passion fruit purée, homemade jalapeño syrup,
fresh lime, artisan citrus spicy salt

Michelada \$10

Pilsner beer, fresh lime, spicy salt crust

Cahuita \$15

Coconut rum, Guaro, pineapple juice, coconut cream,
mint, fresh lime



LAS MARGARITAS

All our margaritas can be prepared according to your preferences. Want to go skinny? No problem. If you do not like certain ingredients ask our mixologist for suggestions.

The Club \$16

Don Julio, artisan agave liquor, lime juice, salt

Ancho Paloma \$18

Premium reposado tequila, chile ancho liquor, fresh lime juice, grapefruit soda, tajin salt, rosemary perfume

High Tide \$18

White tequila, fresh pineapple juice, lime, jalapeño syrup, orgeat syrup, spicy salt crust

Red Sunset \$16

White tequila, strawberries & sage pectin, lime juice, salt

Our bartenders favorite cocktail

Smokey & Spicy \$16

Jalapeños, cucumber, coriander, tequila, lime juice, smoked rosemary



GIN & TONICS

Citronica \$16

Lime, orange zest

Galician \$16

Gin, naranjilla, cacao nibs, angostura bark tonic water

Rain Forest \$16

Our own version on the traditional cuban mojito is prepared with wild berries, mint, house gin and lime perfume

Orchard \$16

Delicious mix of fresh basil, Amazonian artisan gin, fresh lime, simple syrup, fresh cucumber, coriander

Make Your Own G&T

Choose any of our Gins and pair with any ingredient from our cocktails above



BEERS

COSTA RICAN BEERS

Imperial \$5

Imperial Light \$5

Pilsen \$5

Bavaria Light \$6

Bavaria Gold \$6

Bavaria Dark \$6

INTERNATIONAL BEERS

Tecate Light MEX \$6

Corona MEX \$8

Stella Artois BEL \$7

CERVEZA ARTESANAL \$7 each:

Guanaca (Honey Blond)

Papagayo Brewing (Tropical IPA)

Papagayo Brewing (Beach Lager)

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DESSERTS



Caramel Flan \$9

Paired with coconut ice-cream, coconut tuile and a red berries coulis

Churros \$12

With chocolate or dulce de leche

Banana and Chocolate Waffles \$10

Costa Rican chocolate , sliced bananas, varied nuts,
blue zone honey and caramel heavy cream

Tres Leches \$11

Traditional sponge cake soaked in three kinds of milk:
Evaporated, condensed, and heavy cream

Tropical Sorbet \$10

Taste of the tropics with our varied tropical sorbet selection

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