



THE GILDED IGUANA





established in 1986

PLAYAS DE NOSARA, COSTA RICA
506-2682-0259
WWW.THEGILDEDIGUANA.COM



SNACKS AND APPS

ceviche c3800  
fish ceviche with tortilla chips
de pescado servido con chips



shrimp/chicken satay  
skewered shrimp or chicken breast
served with satay peanut sauce
*pincho de camarones, o pechuga
con salsa de mani "thai"*



shrimp/camarones c4000
chicken/pechuga c3500


firecracker shrimp c4000
shrimp wrapped in a wonton
wrapper, deep fried and served with
a sweet chili dipping sauce (4)
*camarones envueltos en una tortilla
"wonton" con salsa chile dulce*



soup of the day  
homemade, all natural, no msg
see chalkboards for today's blend
*sopa casera, ver las pizarras para la
sopa del dia*
cup/taza c1800, **bowl/plato** c2000


SALADS

house c2500  
mixed greens with strawberry-
balsamic vinaigrette, tomato,
shredded carrot, cucumber, sweet
corn and avocado.
*lechugas mixtas con tomate,
zanahoria, pepino, maiz dulce y
aguacate*

chevre c4000  
mixed greens with goat's cheese,
beets, walnuts, fresh basil and
strawberry-balsamic vinaigrette
*lechugas mixtas con queso de
cabra, remolacha, nueces y
albahaca fresca*




caesar c2800 
romaine lettuce, homemade
dressing and croutons, topped
with parmesan cheese
*aderezo y crotones caseros, con
queso parmesano fresco*

greek c3000  
mixed greens tossed in an oregano
vinaigrette with tomato, cucumber,
red pepper, feta cheese and black
olives
*lechugas mixtas con tomate,
pepino, chile dulce, queso feta y
aceitunas negras*



cobb c4800 
mixed greens tossed in a balsamic
vinaigrette with grilled chicken
breast, bacon, gorgonzola, tomato,
cucumber and hard boiled egg
*lechugas mixtas con pechuga,
tocineta, huevo duro, queso
gorgonzola, tomate y pepino*

add ons


*prices are in addition to the price
of the salad:*
cajun, jerk or grilled chicken c1800
cajun, jerk or grilled fish c2500
sautéed garlic shrimp c3000

 contains no gluten
 vegetarian
 under 500 calories

SHARABLE STARTERS



vegetarian nachos c3500  
with cheese, beans, lettuce,
pico de gallo and guacamole
*con queso, frijoles molidos, lechuga,
pico y guacamole*
with beef or chicken c5300
(con carne o pollo)

salt & pepper calamari c4000
flour dusted and fried, served with a
curried jalapeño mayo
*empanizado y frito, servido con
mayonesa curry y jalapeño*



chicken wings c3500 
one lb. hot, bbq or cajun dusted
*una libra de alitas en salsa picante,
barbacoa o especias cajun*



chicken fingers c3500
chicken fingers, bbq sauce
and french fries
*cinco dedos de pollo, salsa
barbacoa y papas fritas*



fish fingers c3800
fish fingers, tartar sauce
and french fries
*cinco dedos de pescado, salsa
tartara y papas fritas*

tapas trio c4500  
hummus, roasted red pepper &
sundried tomato aioli, feta and olives
*hummus, aioli de chile dulce &
tomate seco, queso feta y
aceitunas*

smoked fish dip c2500 
a Florida Keys tradition, served with
house fried tortilla chips
*una tradicion de los Cayos de
Florida, con tortilla chips*


guacamole & chips c2500  
homemade guacamole, house
fried tortilla chips
*guacamole de la casa, servido con
tortilla chips*

thai lettuce wraps c4000  
grilled chicken, shredded carrot,
peanuts, and cilantro on a leaf of
boston lettuce, with thai sweet chili
dipping sauce (4)
*pollo, mani, zanahoria y culantro en
hojas de lechuga(4)*


sweet potato wedges c2000  
with sour cream and green onion dip
servido con natilla y cebollin

JUST FOR KIDS... C2200 (SMALL PLATES)

mini fingers
chicken or fish, with fries
dedos de pescado o pollo y papas

noodles 
with butter and parmesan, or house
made tomato sauce
*linguine o penne, con mantequilla y
parmesano, o salsa pomodoro*

sliders
2 mini cheeseburgers with fries
2 quesoburguesas pequeñas con papas

chic pea croquettes 
with hummus, carrots and celery
*tortas de garbanzo con hummus,
zanahoria y apio*

**POOL BAR OPEN SEVEN DAYS A WEEK.
FROM NOON UNTIL SIX PM.**

**we accept visa and mastercard with no additional charge/aceptemos visa y mastercard sin comision
ALL PRICES SHOWN INCLUDE 10% SERVICE AND 13% SALES TAX**

LUNCH MENU 11-6

CASADOS

typical tico plate, a little bit of everything, ours has rice, beans, fresh slaw, beets, and plantain

plato tico, un poco de todo, el nuestro tiene arroz, frijoles, ensalada, remolacha y platano

vegetarian/vegetariano c3500

fish, chicken or beef c4500

(pescado, pollo o carne de res)

MEXICAN FARE

tacos

three soft corn tortillas with your choice of filling, topped with cilantro and red onion, served with cabbage, pico de gallo & fresh lime wedges *tres tortillas de maiz, servido con culantro, cebolla morada, repollo, pico de gallo y limon, con opcion de:*

Mahi Mahi/Dorado c3700

Grilled Chicken/Pollo c3500

Ground Beef/Carne Molida c3500

TVP/proteina vegetariana c3500

quesadillas

flour tortilla with cheese, grilled on a flat top, served with pico and guacamole

tortilla de trigo a la plancha con queso derretido, pico y guacamole

4 pieces c2500

with chicken /con pollo c4300

chicken chimichanga

pulled chicken with onion peppers and spices wrapped in a flour tortilla and deep fried, topped with melted cheese, lettuce, pico and guacamole

pollo arreglado y envuelto en una tortilla de trigo frita, con lechuga, pico y guacamole

blackbean burrito

puréed blackbeans wrapped in a flour tortilla, topped with warmed jalapeno - tomato salsa, mozzarella, guacamole and sour cream *frijoles molidos en una tortilla de trigo, servido con salsa caliente de tomate-jalapeno, mozzarella, guacamole y natilla*

with chicken/con pollo c5800

BURGERS AND SANDWICHES

choice of: fries, sweet potato crisps, fresh slaw, caesar or green salad
con opcion de: papitas, chips de camotes, ensalada de repollo, cesar o verde

cheeseburger

c4500

1/2 lb. home made beef patty with cheddar or mozzarella, lettuce, tomato, pickles and red onion *torta de res casera de 225g con cheddar o mozzarella, lechuga, tomate, cebolla morada y pepinillo*

girlie burger

c3500

same same as our regular burger but with a 1/4 lb.patty, for the light weights

torta de 4 onzas, igual que nuestra burguesa famosa, pero un poquito mas pequeño

aussie burger

c6000

start with our cheeseburger, then add a fried egg, bacon, grilled pineapple, carrot and beetroot (pickled beets). *empieza con nuestra quesoburguesa, mas un huevo frito, tocineta, pina, zanahoria y remolacha*

veggie burger

c4200 

homemade TVP patty served up the same as our cheeseburger.

torta casera de proteina vegetariana servido igual que la quesoburguesa

grilled chicken sandwich

c4500

jerk or cajun spiced served on a toasted bun with lettuce, tomato and red onion. *(with green salad)*

arreglado con especias de "jerk" o cajun, en un bollito, con lechuga, tomate y cebolla morada

buffalo mario

c5500

breaded chicken breast topped with bacon, sautéed onion, melted cheese and buffalo wing sauce.

pechuga empanizada con tocineta, cebolla salteada, queso y salsa "buffalo"

coronation wrap

c3500

pulled chicken with red onion and raisins in a curry mayonnaise dressing, with lettuce, wrapped in a flour tortilla. *pollo desmechado con cebolla morada y pasas, aderezo de curry y mayonesa, con lechuga en una tortilla de trigo*



contains no gluten



vegetarian




under 500 calories

roast chicken panini

c4000

with goat's cheese, fresh basil and roasted red pepper & sundried tomato aioli


(with green salad) 

con queso de cabra, albahaca fresca y aioli de chile asada & tomate seco

mahi sandwich

c4900

dorado fillet on toasted baguette with wasabi mayo, lettuce, tomato and red onion

filet de dorado en baguette tostado con mayonesa wasabi, lechuga, tomate y cebolla morada *(with green salad)* 

steak & onion melt

c4500

sliced skirt steak with sautéed onions melted cheese and "Tamarindo Bay" steak sauce on toasted baguette *carne de res salteado con cebollas y queso derretido, servido en pan baguette tostado, con salsa "Tamarindo Bay"*

falafel wrap

c3500 

fried chic pea patties with cucumber, carrot, hummus, lettuce, tomato, cilantro and garlic dressing wrapped in a flour tortilla

torta de garbanzo frito con pepino, lechuga, tomate y culantro y aderezo de ajo en una tortilla de trigo

schnitzel sandwich

c4500

pork cutlet, tenderized, breaded and fried, topped with lettuce, tomato and dill pickle mayo on toasted baguette

lomo de cerdo ablandado y empanizado en baguette, con lechuga, tomate y mayonesa de pepinillo

soup and salad

c3500 

enjoy a cup of our fresh soup with a side salad (house or caesar) and bread

disfruta un plato de nuestra sopa casera con una ensalada (casa o cesar) y pan

ALL DAY BREAKFAST



two eggs, bacon, toast, fried tomato and french fries *dos huevos, tocineta, tomate frito y papas fritas* c3500


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PRECIOS MOSTRADOS TIENEN 10% SERVICIO Y 13% IMPUESTOS DE VENTAS


DINNER MENU 4-10


PASTAS

 **all our pastas are vegetarian** 
half order C3500, full order c5000



penne a la vodka 
 penne pasta tossed in a vodka tomato cream sauce. (ask for no cream if you prefer less fat, or lactose free)
pasta penne salteado con salsa tomate, crema y vodka, (disponible sin crema si prefiere menos grasa o sin lactosa)

pasta primavera 
 linguine tossed with daily vegetables, olive oil, garlic & fresh basil
linguine con vegetales del dia, aceite oliva, ajo y albahaca fresca

pesto linguine 
 linguine tossed in homemade pesto with sundried tomatoes
linguine con pesto fresco y tomates secos


pasta mediterraneo 
 linguine with fresh tomato basil sauce, black olives and feta cheese
linguine con salsa de tomate-albahaca fresca, aceitunas negras y queso feta


add chicken or shrimp for some extra protein
 (prices are in addition to the price of the pasta)
 chicken/pollo C1800
 shrimp/camarones C3000

zucchini lasagna c5000  
 zucchini instead of the pasta, with bechemel, spinach, tomato basil sauce & mozzarella, served with choice of green or caesar salad & garlic bread **(the bread is not gluten free)**
zucchini en vez de pasta, bechmaela, mozzarella, espinacas, salsa pomodoro y albahaca, servido con opcion de ensalada mixta o cesar. y pan de ajo (el pan esta con glutina)


DESSERTS c2500
 (made by hand on the premises/ caseros)
 Crème brûlée
 triple chocolate brownie
 flan de coco


FISH AND SHRIMP

mahi mahi dinner c7000 
 panfried dorado fillet with fresh dill butter, rice and daily veg.
dorado filet, a la plancha con mantequilla y eneldo, arroz y vegetales

fresh catch 
*whatever is freshest, see our chalkboards for description and price
 ofrecemos lo mas fresco del día ver las pizarras para precios y mas*

thai shrimp c8500 
 shrimp sautéed in a thai sweet chili sauce with coconut, cilantro and lime, served with rice and daily veg.
camarones salteados en salsa thai chile dulce, coco, culantro y limon, servido con arroz y vegetales

shrimp scampi c8500 
 shrimp sautéed in garlic butter, white wine and parsley, with your choice of rice or linguine and daily veg
camarones salteado en ajo, mantequilla, vino blanco y perejil, con arroz o linguine y vegetales del dia



shrimp satay c8500 
 two skewers of grilled shrimp with peanut sauce, rice and veg
dos pinchos de camarones con salsa de mani, arroz y vegetales

CHICKEN, PORK AND STEAK



1/2 order (4.5 oz portion) / full order (9 oz portion)

chicken parmesan c4200/c6000
 breaded chicken breast with homemade tomato sauce and melted cheese, served with linguine and daily veg.

pechuga empanizada con salsa pomodoro, y mozzarella, con linguine aglio olio y vegetales

chicken souvlaki c4200/c6000 
 sautéed chicken breast served with rice, corn tortilla, hummus, coleslaw, pico and garlic-yogurt dressing (1/2 order) 

pechuga de pollo servido con arroz, hummus, tortilla de maiz, coleslaw, pico de gallo y aderezo yogurt-ajo

peanut chicken c4200/c6000 
 chicken breast in peanut sauce, with rice and daily veg. (1/2 order) 
pechuga de pollo con salsa de mani, arroz y vegetales

steak fajitas c5000/c7500 
 skirt steak sliced and served with sautéed onions & peppers, grated cheese, guacamole, sour cream and corn or flour tortillas
carne de res salteada con cebolla y chile dulce, tortillas de trigo o maiz, queso, guacamole y natilla

jerk pork loin c4800/7000 
 juicy pork loin in a spicy jerk marinade, seared and served with sweet potato wedges, plantain and fresh slaw
lomo de cerdo bien jugoso marinado Jamaiquino, a la plancha y servido con camotes, ensalada de repollo y platano

pork schnitzel c4800/c7000
 tenderized and breaded pork loin, served with french fries and fresh slaw
lomo de cerdo ablandado y empanizado, servido con papas y ensalada de repollo

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BEER, WINE, COCKTAILS AND MORE

BEERS

DOMESTIC c1200	PREMIUM c1500	IMPORTED c2000
imperial	heineken	corona
imperial light	toña	guinness
imperial silver	bavaria	sminoff ice
pilsen	(blues, gold and dark)	stella artois
	kaiser (non-ale)	hoegaarden

WINES house glass/copa: c2200/half litre: c 6000/ litre: c12000

HOUSE RED/TINTO

CABERNET SAUVIGNON
frontera - chile

BY THE BOTTLE:

TEMPRANILLO-MALBEC
fuZion - Argentina - c9000

HOUSE WHITE/BLANCO

SAUVIGNON BLANC
frontera - chile

BY THE BOTTLE:

CHARDONNAY
frontera - chile c8000



c3000 cocktails

ALL COCKTAILS
ARE DOUBLES

Tequila

margarita

tequila, triple sec and lime

hamilton

tequila, lime and cranberry

Rum/Cacique

mojito

rum, fresh mint, lime and sugar

melontico

cacique, melon liquer, watermelon

piña colada

rum, pineapple and coconut cream

caipiriña

cacique, lime and sugar

daquiri

rum, sugar, lime and any fruit you like

Vodka

crantini

vodka, cranberry and lime

tropical storm

vodka, tequila, rum, gin and triple sec, orange juice, pineapple juice, lime and grenadine

bloody caesar/mary

vodka, clamato/tomato, tabasco, worcestershire, horseradish, salt, pepper and lime

long island iced tea

vodka, tequila, rum, gin, triple sec, lime mix and coca cola

NON ALCOHOLIC THIRST QUENCHERS

BOTTLED C1000

SODAS/GASEOSAS
JUICES/JUGOS
TROPICALES
WATER/AGUA

SMOOTHIES C1500

SEE CHALK BOARD FOR
COMPLETE LIST

HOT DRINKS

COFFEE/CAFE c700
TEA/TE c700
ESPRESSO c1000

A little bit about us...

There are a lot of things you know about us, and more than likely, a few things you don't. The exceptional food, the attentive service, the friends, the great music and good vibes? Those are a given. We're not the longest running bar and restaurant in the area without reason. Heck, we've been here since before Nosara's first public phone!

Because we've been here so long we recognize that we have community and environmental responsibilities; and we take them seriously.

We separate all recyclables and food waste, compost all organics and have a small herb and vegetable garden. We buy organic and local farm raised meats, fresh wild fish and seafood and use biodegradable take away containers.

We use no artificial enhancers or msg, and all of our menu items are made in house with real, whole foods. Why? We understand. We're part of this place, this community, this planet... and we want to continue to contribute to it.

Algo sobre nosotros...

Hay algunas cosas que ustedes saben sobre nosotros, y probablemente algunas cosas que no. La excepcional comida, la atencion en el servicio, los amigos, la grandiosa musica y buenas vibras? tomelo como un hecho. No somos el Bar-Restaurante mas Antiguo y tradicional de la zona sin razon alguna. Caramba, Hemos estado aca desde que Instalaron el primer telefono publico de Nosara!

Ademas hemos estado aqui desde hace tanto tiempo que reconocemos las responsabilidades ambientales de la comunidad, y las tomamos muy en serio. Separamos todos los materiales reciclables y los residuos de los alimentos los utilizamos como abono organico, un una pequeña huerta de vegetales.

Adquirimos productos organicos, carnes criadas en granjas de la zona, pescados y mariscos frescos y locales, y el uso de bandejas biodegradables en comidas para llevar.

*No utilizamos ninguna potencia artificial o *msg (resaltador de sabor), y todos nuestros productos en el menu son caseros y elaborados con alimentos realmente integrales. Porque? Entendemos. Hemos sido parte de este lugar, esta comunidad, este planeta ... y deseamos seguir contribuyendo en esto.*

LIVE MUSIC ON
TUESDAYS AND
FRIDAYS!



contains no gluten



vegetarian



under 500 calories



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BREAKFAST MENU 7-11:30 AM

EGGS


gringo surfer's special c3500
scrambled eggs, bacon, toast, home fries and fruit
huevos revueltos, tocineta, tostadas, papas y frutas

tico surfer's special  
scrambled eggs, plantain, tortilla, gallo pinto and sour cream
huevos revueltos, platano tortillas, gallo pinto y natilla c3500

big wave breakfast c4500
scrambled eggs, bacon, toast, home fries, two pancakes and fruit
huevos revueltos, tocineta, tostadas, papas, dos panqueques y frutas

breakfast burrito c3500
scrambled eggs with pinto, bacon and cheese wrapped in a giant flour tortilla with burrito sauce and sour cream on top
huevos revueltos con pinto, tocineta y queso en una tortilla de trigo gigante, con salsa burrito y natilla

breakfast wrap c3500
scrambled eggs with bacon, cheese, onions, peppers and cilantro all wrapped in a medium sized flour tortilla
huevos revueltos con tocineta, queso, cebolla, chile dulce y culantro en una tortilla de trigo mediana



sausage omelette c4500 
three egg omelette with homemade sausage, onions, fresh basil and cheese with home fries
omelet con salchicha casera, cebolla albahaca fresca y queso, con papas caseras



fried egg sandwich c3000
fried egg, bacon, lettuce and tomato on toasted whole wheat with home fries
huevo frito, tocineta, lechuga y tomate en pan integral tostado con papas caseras



western sandwich c3000
omelette with bacon, onion and peppers on toasted whole wheat with home fries
huevos revueltos, tocineta, cebolla y chile dulce en pan tostado con papas caseras




aussie brecky sandwich c4500
breakfast sausage patty on a burger bun, with a fried egg, bacon, pineapple, and beetroot
salchicha desayuno en pan de hamburguesa con huevo frito, tocineta, piña y remolacha

VEGETARIAN



huevos rancheros c3000  
fried eggs on soft tortilla with beans, rancho sauce and avocado
huevos fritos sobre tortillas con frijoles, salsa ranchera y aguacate

veggie burrito c3500  
scrambled eggs with pinto, avocado and cheese wrapped in a giant flour tortilla with burrito sauce and sour cream on top
huevos revueltos con pinto, aguacate y queso en una tortilla de trigo gigante, con salsa burrito y natilla




veggie omelette c3000  
three egg omelette with veggies, cheese and home fries or toast
omelet con vegetales y queso, con papas caseras o tostadas




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OTHER THAN EGGS


bagel and cream cheese c2000  
toasted bagel with cream cheese
bagel tostada con queso crema



yogi special c2500   
plain yogurt, homemade granola and a tropical fruit skewer
yogurt natural, granola casera y un pincho de frutas tropicales

porridge c2500   
or oatmeal, whatever you call it, cooked oats with cinnamon, raisins and milk
atol con canela, pasas y leche caliente

buttermilk pancakes c3000  
three pancakes, butter, syrup and a tropical fruit skewer
tres panqueques, mantequilla, sirope y un pincho de frutas tropicales

french toast c3000 
egg dipped, cinnamon fried baguette, with butter, syrup and a tropical fruit skewer
rebanadas de baguette freido con canela y huevo, mantequilla, sirope y un pincho de frutas tropicales

side orders

c1300
gallo pinto
homefries/papas
bacon/tocineta
fruit skewer/
pincho de frutas
two eggs/dos
huevos

c900
toast/tostadas (2)
tortillas (3)
pancake/queque
avocado/aguacate
cheese/queso
granola
beans/frijoles

THE GILDED
IGUANA

T-SHIRTS AVAILABLE
\$15

MEN'S BLACK OR WHITE TEE'S,
AND LADIES BLACK TANKS

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