

SOLUNA
BEACH BISTRO

**GOOD MORNING
BREAKFAST**

EGGS BENEDICT 7500 

hollandaise | avocado | english muffin

CHOICES

caribbean hollandaise

salmon | ham | bacon | vegetarian

COSTA RICAN 6500 

gallo pinto | tomato | fresh cheese | tortilla
sour cream | sweet plantain

HUEVOS RANCHEROS 7200  

corn tortilla | refried beans | jalapeño | chorizo
chipotle | tomato sauce | avocado

OMELETTE CAPRESE 6500 

egg whites | cherry tomatoes | mozzarella | pesto

BURRITO MOJADO 7500 




gallo pinto | scramble eggs | beef stew
cheddar cheese | cilantro | molcajete

FAJITAS (CHICKEN, BEEF) 7500



tortilla | scramble eggs | pico de gallo | guacamole
jalapeño | cilantro | sour cream

BREAKFAST SANDWICH 7000 

ciabatta bread | scrambled egg | chorizo
caramelized onions | cheddar cheese

BREAKFAST CHEESE PUPUSA 7000   

eggs any style | fried beans | molcajete
sour cream | guacamole | onions | cilantro

BREAKFAST TAMAL 7000  

eggs any style | chipotle molcajete | onions | cilantro

BREAKFAST EMPANADA 6800   

eggs any style | chipotle molcajete | chorizo | picadillo
sour cream | onions | cilantro

MYO OMELETTE 6800

Ingredients: ham | mozzarella | mushrooms | onions
sweet pepper | spinach | jalapeño | sausage

STEAK & EGGS 8500 

tenderloin | fried eggs | chorizo | cajun
sweet potato | cheese

TURKISH POACHED EGGS 7500  

garlic yogurt | mint | paprika butter sauce | chorizo



 VEGETARIAN OR CAN BE EXECUTED VEGETARIAN

ALL PRICES INCLUDES TAX - 10% SERVICE CHARGE IS ADDITIONAL!

SOLUNA

BEACH BISTRO

BREAKFAST TO SHARE

TURKISH 17500

assorted cheeses | assorted jellies | bacon | chorizo
country potato | hummus | pita bread | leche frita
enyucados or empanada | assorted cured meats
breadbasket | fruit bowl | house yogurt | eggs any style

BRUNCH 4 COURSE 12500

1. OATMEAL | PARFAIT | FRUIT BOWL | TORTILLA SOUP | GAZPACHO
2. CAESAR SALAD | CHEESE & JAMS | MANGO CEVICHE | KALE SALAD
3. EGGS BENEDICT | RANCHEROS | OMELETTE | BBQ RIBS
TACOS | FRIED RICE | BURRITO | PANINI
4. PANCAKE | WAFFLE | MINI CHURRO | BANANA BREAD | LECHE FRITA

BRUNCH ONLY SATURDAYS & SUNDAYS 8AM TILL 2PM

SWEETS

TROPICAL FRUIT BOWL 5000

banana bread | tamarindo greek yogurt

CHOCO -BANANA FRENCH TOAST 6000

mascarpone | honey

CINNAMON-TROPICAL OATMEAL 5000

dry fruits | honey | macadamia

BERRIES SCOTTISH PANCAKE CHEVRE 5000

whipped cream | maple syrup

SIDE DISHES

2500

HAM | CHORIZO | BACON | CHEESE | PINTO
COUNTRY POTATOS | FRUIT BOWL
PICO DE GALLO | MAPLE SYRUP

HEALTHY SMOOTHIES

VERDE VIDA

cucumber | celery | pineapple
cilantro | lemon | honey

SALUD

beets | pineapple | carrots | lemon
ginger | turmeric | honey

BUENA VIBRA

espinaca | banana | manzana
limon | turmeric | honey

3500



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STARTERS

Soups & Salads

FRESH CUCUMBER GAZPACHO 	¢ 6,000
fresh cucumber gazpacho avocado pico de gallo	
AZTECA SOUP 	¢ 7,000
fresh cheese avocado cilantro onion tortilla sour cream	
CAESAR SALAD 	¢ 7,000
flat bread ring parmesan roasted garlic aioli crutons bacon crispy onions	
VEGAN CEVICHE 	¢ 6,000
pejibaye cucumber corn avocado ginger cilantro lemon mango peppers coconut milk	
QUINOA SALAD 	¢ 7,000
red onions parsley chives anatolian spice mixed greens sweet corn cherry tomato olive oil lemon dressing	
KALE & FARRO SALAD 	¢ 7,000
tomato onion radish cucumber green apple grapes mango bellpeppers fig dressing	
PEJIBAYE HUMUS 	¢ 5,000
tahini garlic cumin pico de gallo pita bread	

Add on

SHRIMP ¢ 5,000

MAHI MAHI ¢ 5,000

TUNA ¢ 5,000

SALMON ¢ 5,000

CHICKEN ¢ 5,000

From the Sea

GREEN MAREMOTO CEVICHE	¢ 8,000
seasonal fish tuna octopus prawn cilantro peppers onions avocado	
SALMON TARTAR 	¢ 8,000
chipotle mango red onion cilantro garlic aioli	
CHIPOTLE MUSSELS 	¢ 7,000
mussels garlic onion tomato cilantro parsley chipotle grilled ciabatta	
PULPO A LA GALLEGA 	¢ 8,500
garlic spinach potato cherry tomato kale olive oil paprika	
PACIFIC SHRIMP COCKTAIL	¢ 8,500
jumbo prawns cocktail sauce avocado sauce	
CRISPY SEAFOOD CAKE	¢ 7,000
mahi mahi mussels green plantain crust peanuts cumin onion cilantro avocado sauce tártar sauce creole salad	
OCTOPUS BUCANERO	¢ 8,000
cocktail sauce ponzu avocado sause	

FOODIES!



Tag @soluna_beachbistro on Instagram, or @soluna_beachbistro on Facebook with your favorite foodies and get a free Chiliguaro. Aks your server for details.

MAIN COURSES

Land

CARRIBBEAN CHICKEN 	¢ 13,000
roasted chicken coconut rice & beans chile panameño fried ripe plantain	
BRAISED LAMB SHANK	¢ 16,000
rosemary jus caribbean curry rice greens grilled tomato	
CREAMY MUSHROOM COWBOY PORK CHOP	¢ 16,000
mashed potato spinach cherry tomato confit	
CHIPOTLE GUABA BBQ PORK RIBS	¢ 14,000
baked potato cheese macarrón & cole slaw	
BRANDY SOUSVIDE OSSOBUCO	¢ 14,000
sousvide ossobucco thyme jus mashed potato toasted almonds roasted seasanoal veggies	
SOLUNA SURF & TURF	¢ 25,000
costarican coffee crust tenderloin garlic prawns basil mashed potato grilled tomato green beans pepper corn sauce	

Sea

MARE NOSTRUM	¢ 20,000
mahi mahi octopus jumbo prawn vegetables mashed potato hollandaise	
WHOLE RED SNAPPER 	¢ 15,000
garlic yucca chimichurry cajun green salad	
SESAME CRUST AHI TUNA	¢ 14,000
furikake mashed potato seasonal vegetables eel sauce	
MEDITERRANEAN MAHI-MAHI	¢ 13,000
green beans grilled tomato mashed potato creamy caribbean relish	
PARMESAN CRUSTED SALMON	¢ 15,000
dill & blue cheese sauce garlic mashed potato seasonal veggies greens	
LOBSTER	¢ 30,000
mashed potato & seasonal vegetables cook it your way: grilled termidor mash potato & seasonal vegetables	

Steaks 

SKIRT STEAK 300GR	¢ 16,500	TENDERLOIN 300GR	¢ 15,500
CHURRASCO 400GR	¢ 13,500	PICAÑA 300GR	¢ 14,000
NY STRIP 300GR	¢ 17,000	RIBEYE 300GR	¢ 17,000

Angus Prime

NY 400GR	¢ 22,000	RIBEYE 400GR	¢ 23,000
PORTER HOUSE	¢ 28,500	TOMAHAWK	¢ 64,000

Culture Food 

SURF & TURF CHIFRIJO 	¢ 15,000
jumbo shrimp piñaca chorizo chicharón avocado rice red beans pico de gallo	
CURRY PUERTO VIEJO  	¢ 13,000
panameño chile garlic onions coconut milk thyme cilantro seasonal vegetables	
BEEF BOURGUIGNON PAPERDELLE	¢ 15,000
slow cooked beef cherry tomato rosemary jus parmesano greens	
MUSHROOM TAGLIATELLE 	¢ 12,000
vegan pesto mushrooms cherry tomato garlic peanuts ricotta	
FRUTI DE MARE	¢ 14,000
seafood garlic white wine prawns lemon butter greens green onions cherry tomato parsley	

Sides ¢ 3,000

AVOCADO RICE	GREEN BEANS
RICE & BEANS	POTATO FRIES
MASHED POTATO	GRILLED VEGETABLES

Sauces ¢ 1,000

CHIMICHURRY	GORGONZOLA
ROSEMARY JUS	PEPPERCORN

To share Platters 

LAND  ¢ 35,000

chicken | churrasco | piñaca | chorizo
pork chops | filet mignon | chimichurri
jus | fried rice | grilled seasonal vegetables
french fries | green salad | country potatoes
grilled sweet corn

SURF & TURF  ¢ 40,000

mahi mahi | snapper | shrimp | filet mignon
churrasco | chorizo | grilled vegetables
sauteed seasoned potato | chimichurri | jus
green salad | ponzu | country potatoes
grilled sweet corn

SEA  ¢ 45,000

mahi mahi | snapper | octopus | calamari
shrimp | tuna steak | fried rice | green salad
grilled seasonal vegetables | country potatoes
grilled sweet corn | chimichurri | ponzu











VEGAN  ¢ 30,000

vegan torta | sauteed hibiscus | hummus
grilled mushrooms | hearts of palm
grilled pineapple | eggplant | zucchini | peppers
cauliflower | grilled seasonal vegetables
fried rice | green salad | country potatoes
grilled sweet corn

 VEGETARIAN OR
CAN BE EXECUTED VEGAN  MILD  LOCAL DISH

ALL PRICES INCLUDES TAX
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JOIN THE FAMILY... FOLLOW US!

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REVIEW
US! 



ENTRADAS



- MISO SOUP** 7000
tofu | mushroom | chives
- CRISPY PORK GYOZAS** 6500
tamarindo sauce
- CRISPY VEGGY GYOZAS** 6500
tamarindo sauce
- SPRING ROLL** 6500
sweet & sour souce

SASHIMIS



- TUNA 5 pcs.** 8500
asian salad | soy sauce
- SEABASS 5 pcs.** 8500
asian salad | soy sauce
- SALMON 5 pcs.** 8500
asian salad | soy sauce
- SNAPPER 5 pcs.** 8500
asian salad | soy sauce

NIGUIRIS



- TUNA 3 pcs.** 7000
asian salad | soy sauce
- SEABASS 3 pcs.** 7000
asian salad | soy sauce
- SALMON 3 pcs.** 7000
asian salad | soy sauce
- EEL 3 pcs.** 7000
asian salad | soy sauce

TRADITOS



- ASIAN SEABASS** 9000
micro greens | radish | cucumber | avocado
pickles | red onions | ginger & pasión fruit sauce
- PANAMA RED SNAPPER** 9000
avocado | jalapeños | mango relish | tamarindo
cucumber pickles red onions | cilantro | carrot
- TUNA JALAPENO** 9500
red onions | pickles | red pepper | avocado
wakame | ponzu jalapeño | micro greens
- YUZU SALMON** 9500
radish | jalapeno | carrots | chilera | edemames
- SPICY ICHIMI THAI** 9500
red snapper | scallions | ichimi togarashi pepper
masago | micro greens

SAKES



- MANOTSURU CRANE 300 ML** GL 9000 BTL 19000
- MURAI FAMILY NIGORI GENSHU 300ML** GL 10000 BTL 18000
- MURAI SUGIDAMA JUNMAI GINJO 300 ML** GL 12000 BTL 20000





ROLLS



SPIDER	10500
soft shell crab cucumber avocado siracha aioli	
TIGER	9800
shrimp cucumber avocado chives cream cheese	
SPICY TUNA	9000
spicy tuna avocado cucumber siracha aioli masago jalapeno sesame seeds nikkei sauce	
CALIFORNIA	9000
kanikama mix cucumber avocado siracha aioli masago sesame seeds nikkei sauce	
PHILADELPHIA	9000
salmon philadelphia dip cucumber avocado sesame seeds	
TICO	10000
shrimp avocado plantain pejibaye dust unagi sauce	
GARDEN VEGAN	7500
tofu red cabbage pickled carrots avocado microgreens seaweed green apple salad cucumber mango ginger sauce	
TROPICAL	8500
marinated teriyaki red snapper pineapple avocado mango teriyaki sauce	
RAINBOW	11000
tuna salmon avocado pineapple crispy shrimp cucumber sambal mayo	
DRAGON	11500
crispy shrimp cucumber avocado teriyaki sauce siracha aioli sesame seeds	
CATERPILLAR	8500
eel sesame seeds pickled cucumber avocado eel sauce	
SAKE MAGURO	10000
spicy tuna salmon avocado spinach mango relish carrots	
CRUNCHY TUNA	9500
spicy tuna mix sweet plantain avocado pickled carrots spicy mayo tempura	
ALASKA UNAGI	10500
kanikama tempura shrimp jalapeno scallions pickle onions tobiko spicy mayo	
CHIPOTLE SALMON	9800
pistachio crust cream cheese avocado cucumber red tobiko chipotle mayo	
MANGO MAGURO	8500
tuna cucumber carrots teriyaki mango ichimi togirachi peppers	
SALMON MAKI TARTAR	8600
yuzu scallions cucumber lettuce sesame seeds spinach carrots	
SHRIMP CRAB	8700
kanikama red tobiko cucumber black sesame seeds avocado masago mayo	
LOBSTER TERIYAKI MAKI	11500
carrots scallions masago mayo avocado	

