



HACIENDA DEL SOL
WELLNESS CENTER

Conscious Cuisine

BREAKFAST

Say Good Morning to recipes perfectly attuned to maximize nutrition as well as taste. Strong flavors abound, including Central American spicing, as well the simple pure flavors of the raw living foods themselves.



Sweet

FRESH FRUIT PLATE

Seasonal tropical fruits.

LAYERED CHIA SEED PUDDING

Layered blackberry, mango and banana chia seed pudding.

THE HEALTHY PB+J

Raw carrot and raisin bread, almond butter and blackberry chia seed jam stack.

COCOA SMOOTHIE BOWL

Coconut and banana raw vegan ice cream drizzled with rawnola, spirulina, banana, blackberry, and cocoa nibs.

COCONUT FLOUR PANCAKE STACK

Gluten free coconut pancakes served with fresh tropical fruits, almonds, and a honey glaze.

Savory

BREAKFAST SANDWICH

Raw onion bread sandwich with 1 fried egg, avocado and fresh veggies.

SAVORY CREPES

A raw zucchini crepe served with sautéed greens, mushrooms, onions, red pepper and garlic. Served with salsa picante, tahini and avocado.

TICO SCRAMBLE

3 eggs scrambled with red peppers, tomatoes, onion, garlic, and fresh herbs. Served with raw tortillas and avocado.

VEGGIE OMELETTE

3 egg omelette stuffed with zucchini, red peppers, spinach, mushrooms, and garlic. Served with a small arugula salad and avocado.

****PROTEIN ADD-ON***

Add 2 hard-boiled eggs on the side to any dish.

**Please let our Chef know if you have any dietary restrictions.*

LUNCH & DINNER

Whet your palate with the succulent tastes and textures of our local, seasonal compassionate, and sustainable starters. Enjoy an entrée of conscious food choices put together in sophisticated combinations bursting with vibrant goodness.



Appetizers

GUACAMOLE PLATE

Traditional guacamole served with an assortment of homemade raw “crackers” and fresh veggies.

LETTUCE WRAPS

Butter lettuce cups stuffed with nut “meat”, Jalapeño slaw and cashew sour cream.

CLEANSING SUSHI ROLLS

Nori packed with fresh veggies. Served with a ginger soy dipping sauce.

WALNUT FRESH PESTO PASTA

Raw zucchini noodles topped with a fresh basil pesto.

CASHEW HUMMUS PLATE

Homemade hummus served with fresh veggies, and raw “crackers”.

QUESADILLAS

Wild mushrooms, cashew cream cheese, fresh greens and home made hot salsa.

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Salads

SEAWEED SALAD

Sea vegetable salad marinated in a ginger sesame dressing. It may well be the “secret” to a long and healthy life.

STUFFED AVOCADO

Half an avocado, nestled on a bed of arugula. Stuffed with a tomatoes and fresh basil from our garden, and drizzled with our Green Goddess dressing.

JUNGLE SALAD

Daily harvest organic greens, beets, carrots, tomatoes, and sunflower seeds, and roasted almonds. Tossed in our green goddess dressing served with a raw carrot cracker.

MORINGA SUPERFOOD SALAD

Fresh moringa leaves, kale, parsley, spinach, and zucchini tossed a fresh herb dressing.

Soups

CREAMY MORINGA MIRACLE SOUP

Packed with fresh moringa leaves, known as the miracle plant, picked right from our garden.

TOMATO GASPACHO

A cooling, detoxifying and anti-aging blend of fresh tomatoes, peppers, cucumbers and herbs.

THAI COCONUT SOUP

Nutrient packed soup with fresh coconut milk, cashews, lemon grass and ginger.

AVOCADO LIME SOUP

Avocado, cucumber, lime, coconut water and fresh basil.

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MAIN COURSES



PAD THAI SPRING ROLLS WITH SPICY ALMOND DIPPING SAUCE

Refreshing flavors of coconut, cabbage, carrot, and apple served with a heated and complex almond sauce.

PIZZA

Carrot flax pizza crust with three different varieties of pizzas. Topping include: herbed cashew cheese, fresh pesto, portobello mushrooms, fresh tomatoes and fresh basil.

ZUCCHINI WRAPS

Grilled zucchini, grilled eggplant, basil pesto, fresh basil, balsamic onions, cracked pepper, basil aioli, butter lettuce, fresh tomato and a cashew sour cream dipping sauce.

ALMOND BURGER SLIDERS

3 mini almond burgers on coconut almond flour raw “bun.” Each of the three burgers are layered with a variety of flavors.

AVOCADO SANDWICH

Raw onion bread, sundried tomato spread, fresh veggies and avocado. Served with a small garden salad.

TACONES

Hand roll style taco. Home made raw coconut tumeric tortilla, portobello “meat”, chayote slaw, greens, and cashew dipping sauce.

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DECADENT DELIGHTS

All of Hacienda del Sol's desserts are dairy, gluten and sugar free and packed full of living enzymes. Our desserts are made to support your wellness and nourish your soul.



TROPICAL FRUIT PLATE

Local, seasonal and tropical fruit

TROPICAL FRUIT SORBET

Creamy, cool, and refreshing sorbet

CHOCOLATE MOUSSE

Rich and creamy avocado chocolate mousse

CHOCOLATE TAPAS PLATE

A selection of homemade chocolates and macaroons

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