



# THE RETREAT

COSTA RICA | A DIANA STOBO PROPERTY



# A GASTRONOMIC EXPERIENCE



According to our guests themselves, our unique gastronomic experience is the **highlight of their stay.**

Meals are prepared a la minute with fresh products, having as base organic and healthy products from our organic farm.

Magic happens in our kitchen because we prove wrong the preconceived ideas according to which healthy food seems less appealing.

**Here healthy rhymes with pleasure.**

So does our **organic biodynamic wines** and **Fresh handcrafted cocktail selection.** You must experience it to believe it!

We also offer cooking classes to share some of our best recipes.

# OUR RESTAURANT CONCEPT

## Breakfast - Buffet style

We offer a variety of fruits in season, homemade granola, goat yogurt, chia pudding, fresh eggs prepared a la minute or pancake special, fruit juices, coffee and/or tea.



Egg muffin cooked in the oven



Poached eggs with vegetables and Hollandaise sauce



Fresh vegetables



Homemade Granola



Chia Pudding with coconut milk and mango and raspberry sauce

# OUR RESTAURANT CONCEPT

## Lunch – Buffet or served

### Vegetarian option Buffet style

We offer a green salad bar, raw vegetable toppings, homemade dressings, raw-special from the chef, juices, flavored water, coffee and/or tea



Everything is prepared a la minute from Farm to Table!

### Non-Vegetarian option : fish or meat with 2 sides

Our non-vegetarian option consists of a locally sourced beef, lamb, chicken, fish or seafood hot entrée with 2 sides.



Fresh chicken breast locally sourced, roasted vegetables marinated with olive oil and fresh herbs

# OUR RESTAURANT CONCEPT

## Gourmet Dinner served to the table

It is time to relax and enjoy a seated three courses dinner. It always vary, nevertheless the constant is a protein – may it be chicken, fish or seafood – and includes a nice dressing of cooked vegetables and unprocessed grains such as quinoa for example. Our Chef and sommelier recommend the pairing with our organic wines according to the menu.



Pumpkin soup with cashew cream  
(dairy free)



Trout with lavender infused  
mashed potatoes, carrots, rocket  
and marinated mushrooms



Sea bass fish with quinoa risotto,  
oven-baked marinated vegetables  
and sundried tomato chimichurri



Marinated Chicken breast with  
vegetable pasta (gluten free)  
served with pesto and fresh  
marinara sauce

# COOKING CLASS



Our philosophy for living clean with food as the foundation is reinforced by our desire to share this knowledge.

Our wellness cooking classes are inspired by our award winning celebrity Chef Diana Stobo, French trained, raw food expert and healing foods advocate. This activity gives us the opportunity to teach many aspects of organic lifestyles in an exquisite setting. Classes in raw food preparations, herbal medicine making, fermenting, and sprouting are a few offerings of the curriculum which can be customized to maximize your experience here.

From the farm to the table, the foods that we eat and prepare can easily be found in your backyard garden , local markets and exotic food stores.

However, technique is key to delicious meals, desserts, appetizers and even cocktails. From choosing the proper foods, to artistic plating, The Retreat teaches all aspects of preparing amazing foods that make you feel good.

# WINE PAIRING DINNER



The art of creating pleasant combinations between food and wine...

Those responsible of giving life to this work of art are our renowned Chef and Sommelier, who work as a team, contributing all of their passion and knowledge to design menus that satisfy the lovers of the good table.

We will begin with the presentation of our Sommelier, who will share with you his secrets for you to learn to perform pairings. Subsequently, we will perform a sampling of waters for they are essential in a good pairing.

We will then begin with the serving of the first wine and plate, putting into practice the acquired knowledge and in the meantime, the Chef, as well as the Sommelier, will be available to reply any inquiry.

We will celebrate with a toast at the end of this activity.

A menu of 5 times will be served. With the dessert, a sparkling wine will be served to toast.