

La Cantina

at

The
Surf
Sanctuary

www.thesurfsanctuary.com

Playa Santana, Nicaragua

Call Ahead and Order!

8-386-1574

Ask about the daily special!



Also ask about...

- ✓ rooms/house rentals
- ✓ surfing lessons
- ✓ surfboard rentals
- ✓ sportfishing and
- ✓ surfing charters

Smoothies

Fresh local fruit blended. Perfect for breakfast, or a quick pick me up, any time!

Choice of variety of fresh fruit...

One Fruit.....	\$2.50
2 Fruit.....	\$3.00
3 Fruit.....	\$3.50
Perky Pineapple.....	\$3.50
Honey Banana.....	\$3.50
Tropical.....	\$3.50
Chocolate, P.B. & Banana.....	\$4.00

For \$2 more, order it "Floored" and add a shot of *Flor de Canal!*

Breakfast

Bottomless coffee mug \$1.00

Sanctuary Special \$5.75

A Surf Sanctuary Original. 2 fried eggs on a bed of fresh gallo pinto, cheddar cheese, homemade pico de gallo and 4 wedges of toast.

2 Eggs any style w/ Toast \$3.50

Eggs, cheese, fresh Pico de Gallo & bacon wrapped up in a warm tortilla.

Egg Burritos \$3.50

Egg & Cheese Sandwich \$3.50

Eggs with cheese on toast.

Add crispy bacon for 50 cents.

Omelettes with Toast

Cheese Omelette \$3.50

Veggie Omelette \$4.00

Fresh eggs and delicious veggies.

Add cheese for 50 cents.

Western Omelette \$4.50

Fresh eggs, crispy bacon and hand cut onions & peppers.

Pancakes and Waffles

2 Pancakes \$3.50

Banana \$4.00

Made with fresh cut bananas inside.

Chocolate Chip \$4.00

Hot cakes filled with chocolate chips and drizzled with maple syrup.

Pancakes and Waffles (cont.)

Choco-Monkey \$4.50

Get a little loco with our pancakes loaded with fresh banana and chocolate chips.

Belgian Waffle \$3.50

Yum-Yum, get you some! Served with warm maple syrup or powdered sugar. Add fresh fruit for \$1.

French Toast \$3.50

Tres' magnifique! Sprinkle with powdered sugar and drizzled with maple syrup.

Fruit Plate \$4.00

Huge pile of fresh Nicaraguan fruit.

Fruit Cup \$2.50

Fresh fruit for the smaller appetite.

Granola & Yogurt \$3.00

The peace & love are included for free with our yummy granola & yogurt combo.

Add fresh banana or pineapple for 50 cents.

Appetizers

Chips & Salsa \$3.50

Fresh tortilla chips & our own homemade salsa.

Chips & Cheese Dip \$3.50

Fresh tortilla chips with hot delicious nacho cheese.

Side Salad \$2.50

Crisp lettuce, tomatoes, carrots & cheese served with your choice of dressing.

Chicken Fingers \$4.00

All-time favorite! Served with fries or Gallo Pinto.

Ceviche* \$4.00

Citrus-marinated seafood, served cold. A local specialty!

(*when available)

The Sanctuary Special



Lunch/Dinner

Sandwiches

PB&J \$2.50

Sometimes you just need a good, ol' peanut butter & jelly.

Grilled Cheese \$2.50

Don't ask how we make them so good, it's our secret!

Add crispy bacon for 50 cents.

Triple Decker BLT \$4.50

Crispy bacon piled high on a bed of fresh lettuce & tomato.

Bean Sandwich \$4.50

Yes it is a bean sandwich...and it is spectacular.

Cheeseburger \$5.00

Served with lettuce, tomato, onion & cheese.

Add a load of bacon for 75 cents.

Grilled Chicken Sandwich \$4.50

Fresh chicken breast grilled and served on a bun with lettuce & tomato.

Add cheese for 50 cents

Ultimate Chicken Sandwich \$5.75

Fresh chicken breast topped with crispy bacon and smothered with cheese fresh lettuce & tomato.

Fish Sandwich \$5.00

Catch of the day served fried or grilled on a bun with fresh lettuce & tomato.

Tacos

2 flour tortillas stuffed with your choice of meat, then topped with fresh pico de gallo & shredded cheese.

Chopped lettuce, tomato & onion may be substituted for the pico de gallo...

Bean \$4.50

Veggie \$4.50

Grilled Chicken \$5.50

Grilled or blackened chicken breast.

Chicken Fingers \$5.50

Marinated steak fresh pico de gallo, melted cheese on warm flour tortillas.

Fresh Fish \$5.50

Grilled or blackened.

Marinated Steak \$5.50

Tacos (cont.)

Fresh Shrimp \$6.50

Two warm fresh tortillas filled with fresh shrimp, cheese and pico de gallo.

Quesadillas

2 warm flour tortilla stuffed cheese and your choice meat...

Cheese \$3.75

Chicken or Steak \$5.75

Shrimp \$6.75

Super-Dillas

La Cantina's version of the quesadilla!

Stuffed with cheese, beans & pico de gallo, and choice of cheese, chicken, steak or shrimp.

Superdilla \$4.00

Chicken or Steak \$6.75

Shrimp \$7.75

Nachos

Crispy tortillas loaded down with cheese, pico de gallo and your choice of bean, chicken, steak or shrimp...

Bean \$4.75

Chicken \$6.00 *Grilled or Blackened chicken breast.*

Steak \$6.00 *Marinated steak sliced to perfection.*

Shrimp \$7.00 *Fresh shrimp.*

Surf & Turf \$7.50 *Fresh shrimp & marinated steak.*

The Sanctuary Tacos



Salads:

Dress them with Ranch, Honey Mustard, Italian or our homemade Zesty Taco dressing...

Garden Salad \$3.00

Crisp lettuce mixed with freshly diced Carrots, tomatoes, onion and cucumber.

Southwest Salad \$4.50

Fresh crisp garden salad, topped with red beans, grated cheese and pico de gallo. Surrounded by freshly made tortilla chips.

Chicken Finger Salad \$5.75

Our fresh garden salad with Fried chicken finger strips on top!!

Chicken Salad \$5.75

Chicken breast blackened or grilled on top of our garden salad!

Entrees

All entrees come with garden salad, veggies of the day, and pico de gallo (substitutes available)...

Grilled Chicken \$8.50

Grilled or Blackened chicken breast.

Chicken Parmesan \$9.00

Breaded chicken on a bed of pasta with creamy white sauce or robust red sauce. Served with vegetables.

Hawaiian Chicken \$9.00

Juicy chicken breast with pineapple on a bed of steamy rice. Served with vegetables.

Steak \$8.50

Marinated steak, cooked to order.

Fish \$8.50

Grilled or Blackened catch of the day.

Shrimp \$9.50

Steamed or Blackened.

Surf & Turf \$10.50

Marinated steak & 1/2 order of shrimp.

Pasta

All pasta dishes are served with warm garlic bread...

Add a side salad for \$2.00

Spaghetti Rojo or Blanco \$6.50

Spaghetti noodles served in your choice of... Rich white cream sauce (blanco) or sweet, flavorful marinara sauce (rojo).

Pasta (cont.)

Ground Beef \$7.50

Ground beef seasoned to perfection.

Carbonara \$7.50

A delicate sauce made up of cream, eggs, onions, cheese & flavored with bits of bacon.

Grilled Chicken \$8.50

Grilled or blackened chicken breast.

Shrimp \$9.50

Fresh shrimp grilled or blackened

Sweet Treats

Coffee and Banana \$3.50

Vanilla Ice cream blended with coffee and Banana

Sanctuary Sundae \$3.50

2 scoops of Vanilla ice cream topped with fresh banana slices with Chocolate drizzled on top.

Sanctuary Shakes

Chocolate \$3.50

Vanilla Ice cream blended with Hersheys chocolate.

Strawberry \$3.50

Vanilla Ice cream blended with strawberry syrup.

Peanut butter \$3.50

Vanilla Ice cream blended with creamy peanut butter.

Oreo \$3.50

Vanilla Ice cream blended with Oreo cookies.

Chicky \$3.50

Chicky cookies (Nicaraguan cookie that every Gringo loves!) blended with Vanilla Ice cream.

Drinks

Toña & Victoria Beer \$1.50

Smirnoff Ice \$2.00

Piña Colada \$3.00

Margarita (frozen or on the rocks) \$3.00

Sanctuary Sangria \$3.00

Macua- "National drink of Nica" \$3.00

Rum and Coke \$2.00

Wine \$3.00

Fresh Fruit Juice \$1.00