

lunch

bocas & appetizers

Homemade Chips    16

Green plantain chips and seasonal chips served with house-made sauces: guacamole, pico de gallo, and roasted tomato salsa.

Patacones    R

Crispy green plantains served with seasoned refried beans, guacamole, and pico de gallo.

Beef..... 24
Shrimp 25
Vegan (sautéed mushrooms) 20

Smoked Cheese Enyucados  16

Cassava croquettes flavored with Panameño pepper, filled with smoked cheese and finished with pickled onion and avocado emulsion.

Fish Tacos    R 25

Nixtamalized corn tortillas, guacamole, mixed cabbage salad, tempura fish fillet, chipotle emulsion, Bagaces cheese, pickled onion, and lime.

Tuna Tostada   22

Nixtamalized corn tortillas, fresh tuna, avocado emulsion, chipotle emulsion, and pickled onion.

Tuna & Pineapple   25

Seared tuna, Asian marinade, grilled pineapple, avocado emulsion, pejubaye (peach palm) chips, crispy kale, and toasted sesame seeds.

bowls

Quinoa Bowl    R 20

Red quinoa sautéed in browned butter, mixed nut muesli, vegetables, fresh cheese, black garlic emulsion, and crispy kale.

Falafel Bowl   20

Beetroot hummus topped with a quinoa salad, kale, cucumber, red onion, avocado, fried falafel, and pita bread; finished with house-made dukkah.

Poke Bowl     R 30

Quinoa base topped with fresh tuna, cucumber, carrot, mango, grilled pineapple, candied almonds, avocado, chives, and sesame seeds.

• Vegetarian option: Soy-cured watermelon 20

ceviches

Classic Ceviche   25

Catch of the day marinated in “leche de tigre”, julienned onion, bell pepper, cilantro, and baked caramelized sweet potato. Served with tortilla chips.

Shrimp & Mango Ceviche   28

Marinated shrimp, avocado emulsion, “leche de tigre”, mango sauce, bell pepper, chipotle powder, charred avocado, and fresh mango. Served with tortilla chips.

Caribbean Seafood Duo Ceviche   28

Fresh shrimp and catch of the day, coconut, panameño pepper, “leche de tigre”, julienned red onion, cucumber, radish slices, cilantro, toasted cashews, and achiote oil. Served with plantain chips.

salads & greens

Sunshine Salad    25

Fresh arugula and lettuce, avocado, crispy chickpeas, pecans, confit sweet potato, radish, lemon zest, and a citrus reduction.

Caesar Salad    R 28

Romaine lettuce, aged Coronado cheese, cherry tomatoes, croutons, house-made Caesar dressing, and grilled chicken breast.

Greek Salad    R 20

Palmito-style cheese, soft fresh cheese, pickled chayote, tomato, cucumber, onion, house-made sour cream, and crispy kale, dressed with olive oil.

Wok Veggies with Chili Crunch   18

Wok-sautéed zucchini, carrot, green beans, onion, and broccoli with house-made crunchy chili.

quesadillas

Grilled flour tortilla filled with cheese, sautéed onions, and sweet peppers served with guacamole, pico de gallo, and house-made sour cream.

Chicken 28
Shredded Beef..... 30
Shrimp 34
Vegetarian 24

main dishes

Whole Fried Fish 42

Whole seasonal catch of the day served with Caribbean sauce, refried beans, patacones, and the chef's salad.

Catch of the Day 45

Whole fish, grilled or baked, served with coconut rice, fresh salad, and chimichurri.

Seafood Homemade Pasta 48

Handmade pasta with Caribbean sauce, shrimp, clams, mussels, fish, cherry tomatoes, "chilaquita", basil, and cilantro.

Playitas Casado 22

Choice of protein, seasoned beans, white rice, caramelized sweet plantains, pickled vegetables, and house-made corn tortillas.

Protein options

Fish fillet	15
Chicken fillet	12
Beef fajitas with tomato	15
Vegetarian	8

Vigorón 25

Crispy pork belly, fried yucca, cabbage-carrot and cilantro salad, served with pico de gallo, lime, and "chilera" of panameño pepper.

Nachos – to share

Classic Nachos 35

Tortilla chips, refried beans, shredded beef, pico de gallo, guacamole, pickled jalapeños, house-made cheese sauce, and house-made sour cream.

Vegetarian Nachos 30

Tortilla chips, refried beans, tempura-fried mushrooms, pico de gallo, avocado spread, pickled jalapeños, house cheese sauce, and artisanal sour cream.

pizzas

Margherita 22

Ham & Mushrooms 26

Shrimp 30

Mushroom & Pesto 30

sandwiches

Club Sandwich 28

Homemade sourdough bread, chipotle emulsion, grilled chicken breast, bacon, fried egg, cheddar cheese, lettuce, fresh tomato, and caramelized onion.

Ham & Cheese Sandwich 20

Homemade sourdough bread, ham, cheddar cheese, and mozzarella cheese.

Pork Belly Sandwich 22

Homemade sourdough bread, pork belly, pickles, pepper jack cheese, and black garlic emulsion.

wraps

Chicken Wrap 25

Flour tortilla with chicken breast, lettuce, aged Coronado cheese, avocado, tomato, red onion, and chermoula sauce.

Tuna Wrap 30

Flour tortilla with seared tuna, lettuce, mango, cucumber, red onion, avocado, and house vinaigrette.

Vegetarian Wrap 20

Flour tortilla with beet hummus, chermoula-dressed lettuce, quinoa, cucumber, avocado, grilled eggplant confit, and palmito cheese.

Vegan option: with falafel

burgers

House Burger 30

House-made beef patty, cheddar cheese, bacon, caramelized onion, lettuce, house-made burger sauce, pickles, and fresh tomato.

- Chicken fillet: Caesar dressing 25
- Tuna steak: Grilled pineapple, chutney, and black garlic emulsion. 30

Chickpea Burger 20

Falafel-style chickpea patty, lettuce, tomato, avocado, red onion, pickles, and avocado emulsion.