



Honduras,

Emerald Greens,
Generous in, nature, waters, diverse ecosystems,
warm people filled with dreams,
just like you and me,
embellished with a still unknown but
profound ancestral heritage
and more...

Guanaja,

Remote paradise,
a place where you can disconnect
from the rudimentary into the essence
of exploring, discovering and allowing yourself to
just be.

Our menu is meant to blend with the same natural and colorful richness our
island displays, bringing to you fresh dishes that will fulfill not only your body,
but your experience
with us.

Welcome to **"La Cocinita"** at Hotel Guanaja and...

"Buen Provecho".



El Desayuno

7am-11am

Tipico Catracho

Coconut Oil Fried Beans, Two Eggs (Sunny Side Up, Scrambled, *Benedict**), Maduro Plantains, Avocado, Queso Fresco, Crema Agria, Avocado (Upon Season), Yellow Corn Tortillas

*+Chorizo, +Shrimp**

\$13

Pajarito Mañanero

Two Cacao Pancakes or Waffles, Two Eggs (Sunny Side Up, Scrambled, *Benedict**), Bacon, Yogurt, Seasonal Fresh Fruit, Organic Honey

\$12

"Cate" de mí Corazón

Two Bread Toast, Avocado Spread, Two Eggs (Sunny Side Up or Benedict), Topped with Bacon, Fresh Purple Onion, Culantro, Chipotle Spread, Queso Fresco, Olive Oil, Black Pepper, Seasonal Fresh Fruit, Yogurt, Granola

\$13



Las Rellenitas

Almond or Peanut Butter, Banana Stuffed, Coconut French Toast, Walnuts, Organic Honey, Seasonal Fresh Fruit, Chia, Yogurt, Granola

+Bacon

\$12

Fresquito

Coconut or Almond Milk, Chia, Shaved Coconut, SunFlower Seeds, Seasonal Fruits, Walnuts, Honey, Granola, Bee Pollen, Cinnamon

\$10

Baleadas

Two Wheat Flour Handmade Tortillas, Coconut Oil Fried Bean Spread, Grated Queso Seco, Purple Onion Escabeche (De la Casa)

*+Maduro Plantain, +Chismol + Avocado (Upon Availability) +Chorizo, +Chicken, +Shrimp**

\$10



12pm-8pm

Note: () Extra Cost, (+) Add or Substitute*

Bocadito Caribeño

Four (4) Tempura Coconut Shrimps over Tostones, Garlic, Culantro Butter, Grilled Red Pepper, Eneldo

\$13

El Tradicional

Six (6) or Twelve(12) Coconut Tempura Chicken Wings
Sweet Chili Pineapple, Key Lime sauce or Sweet Barbecue Glaze *(Pick One)*

\$13

"Anafre" Isleño

"Quesillo Fundido", Fried Beans, Colored Corn Baked Chips Chismol +Chorizo,
Chicken, *+Shrimp**

\$12

La Caracola

Six (6) or Twelve (12) Conch "Fritas", Cayenne Sauce, Key Lime Sauce,
Lime Wedges

\$12 - \$20



El Menú

12pm-8pm

Con Ajo

Garlic Coconut, Conch, Fish Filet, Shrimp or Pork Loin (*Pick Two*),
Mash Potatoes, Sauteed Veggies, Date Glaze, Bread Toast, Grated Tomato, Garlic,
Parsley, Olive Oil

\$18

La Guanajeña

Fresh Iceberg Lettuce, White Rice, Red Quinoa, Roasted Pineapple, Color Bell Pepper
(Orange), Red Kidney Beans, Purple Onion Escabeche, Roasted Corn, Tomatoes,
Cucumber, Eneldo Bowl, Tempura Fish,
*+Tempura Lobster**, *+Tempura Shrimp**, or Grilled Chicken Breast,
Chipotle Mayo (De la Casa) , Peanut Sauce (De la Casa)

\$15

Alfredo por la Playa

Fettuccine Pasta, Coconut Cream, Garlic, Parsley, Roasted Peanuts White Sauce,
Purple Onions, Fresh Tomato, Broccoli, Grilled Chicken Breast, *+Lobster**, *+Garlic
Shrimp**,

Garlic Butter Bread Toast

\$18



Alfonsina y El Mar

Whole Fried Fish (Upon Market), Rubbed Butter Spice Blend, Rice and Beans,
Garlic Butter Tostones, Purple Onion Escabeche, Tomato, Parsley, Coleslaw Salad
\$20

Tostaditas

Three "Naranja" Corn Tortilla, Fried Beans Spread, "Chismol",
Purple Onion Escabeche (De la Casa), Shredded Coconut Oil Chicken, Chipotle Sauce,
Green Sauce, Culantro
Substitute +Grilled Shrimp, +Grilled Lobster* (Upon Availability), Pork Loin*
\$15

Eterno Verano

Three Fresh Pink Tortillas, Chipotle Sauce, Purple Onion Escabeche (De la Casa),
Green de la Casa Sauce, Culantro
Tempura or Grilled Fish Filet
Substitute: Tempura or Grilled Shrimp, +Tempura or Grilled Lobster**
\$17

El Tradicional Completo

Tempura Coconut Chicken Wings
Sweet Chili Pineapple Glaze, Key Lime or Barbecue Glaze (*Pick One*),
Caramelized, Cinnamon Carrots, Date Dressing, Golden Medallions Sweet Potato or
White, Coleslaw Salad, De la Casa Tomato Sauce or Chipotle Mayo
\$16



Siempre Tropical

Iceberg Lettuce Quart, Diced Color Bell Pepper (Orange and Red) , Diced Fresh Purple Onion, Bacon, Fresh Tomato, Mango Vinagreta, Peanut Dressing (De la Casa), Queso Fresco, Parsley

\$13

Sencilla

Shredded Iceberg Lettuce, Arugula, Cucumber, Purple Onion, Color Bell Pepper, Tomato, Shaved Carrot, Culantro, Key Lime Dressing,

+Grilled or Tempura Fish, +Grilled or Tempura Chicken**

\$14



Los Sides

Rise and Beans
+\$1.50

Sweet Potato or White Potato Medallions
+\$2.50

Garlic Tostones
+\$2.50

Sauteed Veggies
+\$2.00

Little Salad Tradicional
+\$2.00

Coleslaw Salad
+\$2.00



El Dessert

12pm-8pm

Tropico

Pineapple Cheesecake, Caramelized Coconut, Passion Fruit Orange Glaze

\$14

Coco

Coconut Sorbet, Alfajor Cookie, Pineapple Rum Marmalade, Chocolate Amaretto Glaze

\$13

"Ábrete Corazón"

Warm Chocolate Passion Fruit Marble Brownie, Chocolate Glaze (De la Casa), Peanut Sauce (De la Casa), Crushed Caramelized Peanuts, Cinnamon

\$14

India

Cream Cheese Stuffed Donuts, "Carlota de Limón" Glaze, Alfajor Crumble, Grated Lime, Cinnamon

\$15



Las Pizzas

12pm-8pm

-De la Casa Oven Baked Pizzas. One Size Twelve (12) Slices-

-Rojas- \$15

Conocida

All Pepperoni, Mozzarella Cheese

Colorida
(Vegetarian)

All Roasted Colored Bell Pepper (Orange and Red), Corn, Mushrooms, Black Olives, Pineapple (Optional), Tomatoes, Purple Onions, Arugula, Olive Oil, Mango Balsamic Vinagreta

-Blancas- \$18

East End

Chicken Breast or *+Shrimp**, Bacon, Eggplant, Purple Onion, Roasted Red Bell Pepper, Parsley, Garlic

Guanaja

Garlic Shrimp, Bacon, Pineapple, Coconut Infused White Sauce, Parsley



El Drink

7am-8pm

-Iced-
\$3

Ave de Paraiso
Ovo Plum, Passion Fruit, Mint

Agua Fresca
Lime, Mint, Ginger, Cucumber

Espuma de Mar
Rice Horchata, Coconut Milk, Cacahuete, Cinnamon, Vanilla Bean

Mar Pacífico
Hibiscus, Ginger, Lime



-Caliente-

Coffee

(Gourmet Honduran Beans)

Las Tres

Coffee, Rumchata, Amaretto, Cinnamon

\$8

Mama Colada

Whipped Sugar, Double Espresso Shot

+Almond Milk, +Dairy Milk**

\$5

Con Leche

Almond or Dairy Warm Milk, Espresso, Sugar

\$4

Solo Café

Honduran Black Coffee

\$3

Iced Coffee

Espresso Shot, Ice, Chocolate Sauce

+Almond Milk, +Dairy Milk**

\$5

Con Chocolate

Black Coffee, Chocolate Sauce (De la Casa)

+Almond Milk, +Dairy Milk**

\$5



-Specialty Drinks-

Agua de Cacao

(Honduran Beans)

Mayan Cacao Ancestral Recipe, Cacao, Cinnamon, Orange Peel, Cloves, Cane Sugar
Syrup, Guindilla Seca (Dry Chili) (De la Casa)

\$6

Herbal Tea

Teapot (Two Cups), Lemongrass, Ginger, Chamomile, Cinamon

\$3

Chai

Frozen or Hot

\$5

Golden Milk

Your choice of Milk, Turmeric, Cinnamon, Ginger, Sweetener

\$4