GULA

COFFEE, EATERY & ICE CREAM

BRUNCH

Hasta las 14:00 hs/Until 14:00 hs

AVOCADO TOAST:
Tostada de masa madre, aguacate, feta, mix de semillas, huevos pochados y tomates cherry.
Sourdough toast, avocado, feta, mixed seeds, tomato and poached eggs.

₡6200

GALLO PINTO:
Arroz con frijoles, huevos revueltos, plátano maduro, aguacate, queso grillado y tortilla.
Rice&beans, scrambled eggs, plátano, avocado, grilled cheese and corn tortilla.

₡6500

BREAKFAST BURRITO:
Tortilla suave rellena de arroz, frijoles, huevos, aguacate, plátano maduro y queso grillado.
Soft tortilla filled with rice&beans, eggs, avocado, plátano and grilled cheese.

₡6500

HUEVOS BENEDICTINOS:
Croissant relleno con jamón cocido, huevos pochados, salsa holandesa y ciboulette.
Croissant filled w ham, poached eggs, hollandeise sauce and chives.

₡5500

TUNA QUINOA BOWL:
Quinoa, aguacate, mango, cebolla de verdeo, gravlax de atun, huevo pochado y salsa de la casa.
Quinoa, avocado, mango, spring onion, tuna gravlax, poached egg and homemade sauce.

₡7750

BACON & EGG ROLL:
Pan de hamburguesa, tocineta, huevo frito y alioli.
Burger bun, bacon, fried egg and alioli.

BURGER GULA:
Hamburguesa angus, tomate, lechuga, cebolla morada y queso chedar con guarnición de cuñas de papas y camotes.
Angus beef burger with tomato, lettuce, red onion, and cheddar cheese, served with a side of potato and sweet potato wedges.

₡8000

CEASAR SALAD:
Lechuga, queso parmesano, crouton, pollo grillado y aderezo caesar.
Lettuce, parmesan cheese, crouton, grilled chicken and caesar dressing.

₡7500

BREAKFAST TACOS:
Tortillas de maíz, huevo, tocineta, guacamole, coleslaw, pico de gallo, brotes de alfalfa y cilantro**.**
Corn tortillas, eggs, bacon, guacamole, coleslaw, pico de gallo, alfalfa sprouts and fresh coriander.

₡5000

SALMON SALAD:
Quinoa , kale, rúcula, salmón ahumado, ricota, calabaza asada, remolacha, rabanitos, semillas de calabaza y aderezo de naranja.
Quinoa, kale, rocket, smoked salmon, ricotta, roasted pumpkin, beetroot, radish, pumpkin seeds & orange dressing.

₡7800

EXTRA

TOCINETA / BACON.	₡2200
HUEVO / EGG.	₡800
ATUN / TUNA.	₡2500
POLLO / CHICKEN.	₡2200
AGUACATE / AVOCADO.	₡1000

BOWLS

Todos nuestros bowls vienen acompañados de granola, frutas de estación, coco y miel.
Toppings included: banana, strawberry, blueberry, coconut, granola and honey.

AÇAÍ BOWL: ₡6600
Açai, banano, arándanos, jugo de naranja.
Açai, banana, blueberry, orange juice.

PITAYA BOWL: ₡6500
Pitaya, mango, banano, jugo de naranja.
Dragonfruit, mango, banana, orange juice.

BANANO BOWL: ₡6200
Banano, mantequilla de mani, cacao nibs y leche de almendras.
Banana, peanut butter, cacao nibs and almond milk.

BUILD YOUR SANDWICH

1- ELEGÍ TU PAN / CHOOSE YOUR BREAD:

Focaccia	₡7000
Baguette	₡7000
Bagel	₡6000
Ciabatta	₡7000

2- ELEGÍ TU COMBO / PICK YOUR COMBO:

Caprese: tomates secos, albahaca, pesto y mozzarella de bufalla.
Caprese: sundried tomatoes, basil, pesto and mozzarella**.**

Mortadella con burrata y pesto de pistacho.
Mortadella with burrata and pistachio pesto.

Jamón crudo con queso brie y arugula.
Prosciutto with brie cheese and arugula.

Pollo con pimientos asados y pesto.
Chicken with roasted red pepper and pesto.

ALL DAY GULA

Falafel pita sandwich: Pan pita, falafel, mayonesa de tahini, tomate, lechuga y pepino. ₡6000
Falafel pita sandwich: Pita bread, falafel, tahini mayonnaise , tomato, lettuce and cucumber.

Bagel de salmón: Salmon ahumado, crema ácida, aguacate y arugula. ₡7000
Salmon bagel: Smoked salmon, sour cream, avocado and arugula.

Bagel de atun: atun, crema acida, ciboulette y arugula.
Tuna bagel: tuna, sour cream, chives & arugula. ₡6000

Tostado de masa madre.
Ham & cheese sourdough toastie. ₡3500

Croissant con jamon y queso.
Ham & cheese croissant. ₡3000

Pizza de masa madre.
Sourdough pizza. ₡3500

Medialuna con jamon y queso.
Ham & cheese medialunas. ₡2200

Tostadas con queso y mermelada.
Sourdough toasts with cream cheese and jam. ₡2000

Impuestos incluidos/ Tax included



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COFFEE, EATERY & ICE CREAM



COFFEE

BASIC COFFEE

Americano: one espresso shot with hot water.	₡1700
Cappuccino: one espresso shot with frothy milk. (Small or large cup)	₡2500/ ₡2800
Cortado: one espresso shot with milk (small glass).	₡2200
Espresso	₡1600
Double Espresso	₡2200
Latte: one shot of espresso with milk.	₡2600
Mocha: one espresso shot, cacao with milk.	₡2800
Flat White: two espresso shots with milk in a cup.	₡2900

COLD COFFEE

Iced Americano: ice, two espresso shots and water.	₡2300
Iced Latte: ice, one espresso shot and milk.	₡2900
Iced Vainilla Latte: ice, one espresso shot, vainilla syrup and milk.	₡3100
Iced Caramel Latte: ice, one espresso shot, caramel syrup and milk.	₡3100
Iced Mocha: ice, one espresso shot, cacao and milk.	₡3100
Iced Coffee: ice, two espresso shots and milk. (Optional whipped cream on top)	₡3200

SPECIALTY DRINKS

Matcha Latte: ceremonial grade matcha and milk.	₡3000
Hot Chocolate: chocolate and milk.	₡2600
Iced Matcha Latte: ice, ceremonial grade matcha and milk.	₡3200
Te/Tea: premium loose-leaf tea.	₡2200
Chai Latte: spiced chai tea & milk.	₡2800
Iced Chai Latte: ice, chai tea and milk.	₡3100

BATIDOS/SMOOTHIES

AÇAI: Açai, banano, arándanos, jugo de naranja y agua de coco. Açai, banana, blueberries, orange juice & coconut water.	₡4200
PITAYA: Pitaya, banano, mango y agua de coco. Dragonfruit, banana, mango & coconut water.	₡4100
TROPICRUSH: Mango, maracuyá, banano, agua de coco y miel. Mango, passionfruit, banana, coconut water and honey.	₡3800
COCOLADA: Piña, crema de coco, jengibre y agua de coco. Pineapple, coconut cream, ginger & coconut water.	₡3600
CHOCO BANANA: Banano, mantequilla de maní, leche de almendras y cacao nibs. Banana, peanut butter, almond milk & cacao nibs.	₡3600
STRAWBERRY SUNSET: Fresa, mango, banano y jugo de naranja. Strawberry, mango, banana & orange juice.	₡3700
PAPAYA AL SUAVE: Papaya, zanahoria, jengibre, jugo de naranja y miel. Papaya, carrot, ginger, orange juice & honey.	₡3700
MAKE YOUR OWN SMOOTHIE: Elige hasta 4 frutas: Banano, fresa, mango, piña, papaya, maracuyá, pitaya y arándanos. Choose up to four fruits: banana, strawberry, mango, pineapple, papaya, passionfruit, dragonfruit & blueberries.	₡4000

OTHER DRINKS

Agua/ Water	₡2200
Agua con gas/ Sparkling water	₡2200
Kombucha	₡3000
Jugo de naranja/Orange juice	₡2800
Agua de pipa/ Coconut water	₡1400
Limonada/ Lemonade	₡2800



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