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T • H • E • O • R • Y

G A L A P A G O S

by ecoventura

**BREAKFAST MENU**

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*AVAILABLE EVERY MORNING*

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*Fresh Seasonal Fruit  
Swiss oatmeal, cereals (granola, muesli, cornflakes)  
Plain and fruit-flavored yogurt  
Assortment of Bread, butter, jams  
Ham and cheese platter  
Scrambled eggs, crispy bacon or grilled sausages  
Local freshly squeezed fruit juice,  
Coffee, Tea, Hot chocolate  
Milk (whole, skim, lactose-free, soy, almond)*

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*MONDAY*

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*Eggs Benedict - Pancakes with berries - Hashed browns  
Detox Juice, Avocado Toast*

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*TUESDAY*

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*Blinis with cream cheese and pineapple jam  
Eggs en cocotte, spinach, and sautéed mushrooms  
Ecuadorian plantains mash "tigrillo", Acai bar*

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*WEDNESDAY*

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*Crepes Nutella (hazelnut) - Cheddar cheese and ham omelette  
Puffed Pastry, cottage cheese and spinach  
Detox Juice, Avocado Toast*

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*THURSDAY*

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*Traditional waffles, maple syrup -Eggs Florentine  
Green Plantain Dumplings (Ecuadorian), Acai bar*

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*FRIDAY*

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*Yuca (cassava) Dumplings with Cheese (pan de yuca)  
Fried Eggs & Frittada (Ecuadorian)  
Detox Juice, Avocado Toast*

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*SATURDAY*

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*Classic French Toast - Spanish Omelette  
Puffed Pastry Ham & Cheese roulade, Acai bar*

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*SUNDAY*

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*Blackberry Crepes - Blintzes with ricotta cheese  
Ecuadorian style eggs Perico - Quiche Lorraine  
Detox Juice, Avocado Toast*

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## LUNCH MENU

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*AVAILABLE DAILY*

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*Fresh Salad served at your table  
Classic Herb Vinaigrette - Olive Oil and Balsamic Vinegar  
Assortment of Bread - Natural and D'Hotel Butter  
Seasonal fruit option for dessert*

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*MONDAY – LATIN*

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### **COLD APPETIZER**

*Spinach and sweet corn salad, herb yogurt dressing  
Pear, Walnuts and Roquefort Salad*

### **HOT APPETIZER**

*Fisherman's soup (Ecuadorian style)*

### **MAIN COURSE**

*Cuban Style Shredded Roast Beef - Jamaican Jerk Chicken*

### **SIDE DISH**

*Black Beans and Rice - Broccoli and Cauliflower Casserole*

### **DESSERT**

*Banana bread pudding*

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*TUESDAY – AMERICAN BBQ (SUNDECK)*

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**COLD APPETIZER**

*Seafood Salpicon - Cole slaw  
Fried Green Plantain Slices, Chullpi corn*

**HOT APPETIZER**

*Glazed BBQ Pork Loin - Chicken and Shrimp Brochette*

**MAIN COURSE**

*Grilled Fish of the Day - Grilled Marinated Chicken Breast  
Hamburgers and hot dogs, toppings*

**SIDE DISH**

*Baked potatoes, sour cream, and bacon - Grilled vegetables*

**DESSERT**

*Lemon Meringue Pie*

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*WEDNESDAY – ECUADORIAN COASTAL*

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**COLD APPETIZER**

*Avocado creole salad, citrus vinaigrette  
Lima and green bean salad, tomatoes, carrots, beets, and onion  
Fresh Coriander and Lemon Aioli  
Fried Sweet Plantains, Salprieda seasoning*

**HOT APPETIZER**

*Chicken Sancocho (cassava and green Plantain) Soup*

**MAIN COURSE**

*Seafood in a Coconut sauce - Braised Pork Carnitas*

**SIDE DISH**

*Fried Potato Dumplings “llapingacho” with roasted peanut sauce  
Hominy “mote pillo” with sausage*

**DESSERT**

*Caramel Flan*

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*THURSDAY - MEXICAN*

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**COLD APPETIZER**

*Classic Caesar Salad*

*Pico de Gallo (diced tomato and onions with fresh cilantro)*

*Citrus Vinaigrette*

**HOT APPETIZER**

*Vegetable Quesadilla*

**MAIN COURSE**

*Grilled Minced Chicken and Beef - Chicken Fajitas*

**SIDE DISH**

*Fried Beans and white rice "gallo pinto"*

*Corn and Wheat Flour Tortillas*

*Guacamole, Sour Cream, grated cheese*

**DESSERT**

*Apple Strudel*

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*FRIDAY – SUNDECK GRILL*

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**COLD APPETIZER**

*Hearts of Palm Salad - Shrimp Ceviche*

*Avocado & Cucumber salad - Marinated vegetable salad*

*Fried green Plantain slices & chullpi corn*

**HOT APPETIZER**

*Grilled beef Tournedos, Spring Onions*

**MAIN COURSE**

*Grilled Prawn and Fish -Basil and Lemon Chicken Breast*

**SIDE DISH**

*Mixed Vegetables - Ecuadorian baked pesto potatoes*

**DESSERT**

*Chocolate cake, Mandarin Bavaroise, shots of macerated fruits*

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*SATURDAY*

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**COLD APPETIZER**

*Russian Salad, parsley aioli - Chef's Salad, viniagrette*

**APPETIZER**

Mixed Ceviche, popcorn, chulpi corn

**MAIN COURSE**

*Shrimp in garlic sauce - Peruvian style "lomito saltado"*

**SIDE DISH**

*Waffle Fries - Spring vegetables*

**DESSERT**

*Strawberry shortcake*

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*SUNDAY*

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**COLD APPETIZER**

*Fresh Italian Salad - Marinated tomato salad, herb dressing*

**APPETIZER**

Hummus, Baba Ganoush, Romesco & flatbread

**MAIN COURSE**

*Chicken Cacciatore - Garlic Prawns*

**SIDE DISH**

*Pasta - Sauteed vegetables*

**DESSERT**

*Tiramisu*

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**DINNER MENU**

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*DAILY*

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*Amuse Bouche – Relais & Chateaux  
Selection of cocktails, red and white house wines*

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*MONDAY*

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**APPETIZER**

*Ravioli stuffed with spinach and roasted garlic served in a marinara sauce (v)  
Salmon Carpaccio, cucumber, tomato and avocado, drizzled with dressing*

**SOUP**

*Prawn Bisque – vegetable soup (v)*

**MAIN COURSE**

*Ecuadorian Sea Bass in a seafood sauce, accompanied by marinated vegetables,  
toasted coconut, rice and plantains*

*Chicken Supreme stuffed with nuts, accompanied by cous-cous and apple sauce*

*Gluten with peanut sauce, cassava croquettes and vegetable salad (v)*

**DESSERT**

*Crème Brûlée*

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TUESDAY

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**APPETIZER**

*Spiced Filet of Duck Breast served with Sweet Potato confit and citrus sauce  
Tartlets filled with apple and brie, bouquet of lettuce and balsamic reduction (v)*

**SOUP**

*Pumpkin cream with goat cheese and toasted pumpkin seeds (v)*

**MAIN COURSE**

*Pork Tender Loin Garlic Confit served with apple chutney and sweet potato puree  
Grilled Langostino, garlic Aioli, vegetable pappardelle, fresh basil salad, cherry tomatoes  
Cous Cous with Tahini and vegetable stew (v)*

**DESSERT**

*Chocolate Decadence Cake*

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WEDNESDAY

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**APPETIZER**

*Grilled prawns with cilantro gremolata, grilled tomato, and black olive tartets  
Zucchini Ratatouille with black olive tapenade (v)*

**SOUP**

*Seafood Corn Chowder – onion & spinach soup (v)*

**MAIN COURSE**

*Grilled Salmon in dill sauce served with white carrot puree and sautéed asparagus  
Beef filet, steak house potatoes, asparagus, and tamarind chimichurri  
Chana Masala / Arab rice (v)*

**DESSERT**

*Bananas Foster*



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THURSDAY

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**APPETIZER**

*Crab Croquettes served with Kiwi Chutney and lemon confit  
Fresh Mushroom risotto, goat cheese, and truffle oil (v)*

**SOUP**

*Potato leek soup with avocado slices (v)*

**MAIN COURSE**

*Pork Pancetta in guava spiced pineapple bbq sauce, baked sweet potato puree  
Grilled Grouper accompanied by ripe plantain puree, vegetables in a citrus sauce  
Pumpkin curry with creamy quinoa*

**DESSERT**

*Lulo "naranjilla" Cheesecake*

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THURSDAY

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**APPETIZER**

*Prosciutto and melon marinated in Grand Marnier  
Eggplant parmesan with fig confit, blue cheese mousse, brioche toast (v)*

**SOUP**

*Cream of Tomato soup with roasted vegetables and pesto (v)*

**MAIN COURSE**

*Pistachio-crust Mahi (Dolphin), Provençal Vegetables, Lima Bean puree  
Grilled duck with pears in red wine balsamic reduction and pumpkin puree  
Seitan Wellington with mushroom risotto (v)*

**DESSERT**

*Coffee Panna Cotta*

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SATURDAY

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**APPETIZER**

*Sushi rolls (California, Philadelphia, Galapagos)  
Asian vegetable salad (v)*

**MAIN COURSE**

*Tuna with Teriyaki sauce "tacu tacu" and sautéed vegetables  
Lobster "Galápagos" Style, prawns poached in citrus butter served with vegetables  
Sautéed Gluten with Pineapple and vegetables served with white rice (v)*

**DESSERT**

*Banana Chocolate cheesecake*

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SUNDAY

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**APPETIZER**

*"Encebollado" thin slices of red tuna, cassava chips, green plantain,  
chulpe corn and special fish broth  
Crunchy Polenta and amaranth pastries, tomato jam and roasted fennel (v)*

**MAIN COURSE**

*Grilled Octopus Basque Style, served with roasted peppers and sautéed potatoes  
Tournedos of beef in mustard sauce, service with mashed garlic potatoes and glazed carrots  
Gluten-free tomato stew, sautéed potatoes, and roasted bell peppers (v)*

**DESSERT**

*Tiramisu*

*V = There are vegetarian options available at all meals.  
We can meet most dietary requests and accommodate food allergies, including gluten-free and  
vegan options. Please notify us within 30 days of your arrival.*

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*KID-FRIENDLY OPTIONS*

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**CLASSICS**

*Hot Dogs*

*Cheeseburger*

*BBQ Ribs*

*Chicken Nuggets (BBQ and Honey-mustard sauce)*

*Margarita Pizza*

**WRAPS & SANDWICHES**

*Grilled chicken wrap*

*Chicken Quesadilla*

*Grilled cheese sandwich*

*Club sandwich*

**PASTA**

*Spaghetti with marinara or pesto sauce*

*Mac and cheese*

*Add grilled steak or chicken*

*Each dish comes with French fries and a garden salad*

*Subject to change and modifications*