



TRES PALMAS

-PRIVATE KITCHEN-

[FAMILY STYLE ORDER]

Serving size starts at 6 up to 15 per order.

+506 6083-9676

TRESPALMASCOCINA@GMAIL.COM

BREAKFAST

.QUICHE (GREAT AS LUNCH TOO!)

- BACON, ONION & CHEESE.
- BROCCOLI AND FETA CHEESE.
- MUSHROOM, HAM & SPINACH.

.COUNTRY CASSEROLE

Breakfast sausage, eggs, sweet pepper, scallions, cheese and bread.

.BREAKFAST BURRITOS

- TIPICO: scrambled eggs, bacon, plantain, cheese, rice & beans.
- NOT TIPICO: bacon, scrambled eggs, sweet potato & cheese.

.FRESH FRUIT

.YOGURT & GRANOLA CUP

Homemade crunchy granola, homemade jelly, greek yogurt and banana.

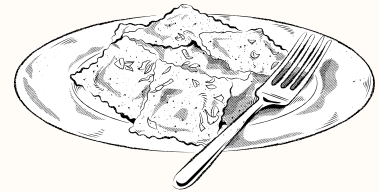
.SMOOTHIES

- Green: coconut milk, pineapple, spinach, ginger & banana.
- Banana: blueberry, almond milk, coconut sugar & banana.

.AÇAÍ BOWL

A combinación of açai, peanut butter and greek yogurt topped with homemade crunchy granola, choco chips, mango, blueberries & fresh banana.

FORK AND KNIFE MENÚ



MAINS

.MEATBALLS

.GRILLED MEAT W/CHIMICHURRI

.MOUSSAKA

Beef, roasted eggplant and tomato sauce layer.

.CHICKEN PARMESAN/CORDON BLEU

.ROLLED STUFFED CHICKEN

.CHIPOTLE ROASTED CHICKEN THIGH

.CHICKEN, VEGGIES AND MUSHROOMS CURRY.

.BBQ PORK RIBS

.RICE AND SHRIMPS

.FISH, SPINACH AND MASCARPONE CASSEROLE

SIDES

.SPANISH POTATO TORTILLA

.GRATIN POTATO CASSEROLE

.AIR FRYER GARLIC PARMESAN POTATO WEDGES.

.RATATOILLE

.JAZMIN RICE / COCONUT RICE

.GRATIN VEGGIES

.GREEN BEAN CASSEROLE

.ROASTED VEGETABLES

.COLESLAW COCONUT DRESSING

.TOMATO STUFFED

.CAESAR SALAD

.QUINOA SALAD

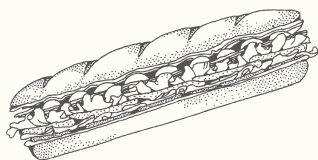
.MEDITERRANEAN SALAD

PASTA

.LASAGNA

.CANNELLONI (BEEF/SPINACH)

.STUFFED PASTA W/ RED SAUCE



HAND HELD MENÚ

WRAPS

.CHICKEN CURRY & BROCCOLI

.CHICKEN GUACAMOLE

Lettuce, guacamole, chicken & ginger dressing.

.MEXICAN

Black beans, seasoned pork, pico de gallo, cheese & avocado.

.TURKEY AND SPINACH

Turkey, fresh spinach, avocado and cilantro dressing, provolone cheese.

.BBQ

Pork ribs, cabbage, American cheese and pickles.

SLIDERS -BRIOCHE BUNS-

.BEEF BURGER

Tomato, lettuce, pickles, amazing dressing and American cheese.

.CHICKEN SALAD

.TUNA SALAD

EMPANADAS

.HAM & CHEESE

.SPINACH, CHEESE & BECHAMEL SAUCE

.CHICKEN

.BEEF

.MUSHROOMS, ONION & CHEESE

PANINIS

.TURKEY

Turkey, tomato pesto, fresh tomato, provolone cheese & basil pesto.

.MEATBALLS

Meatballs, tomato pesto, chipotle sauce & jack pepper cheese.

.ITALIAN CHICKEN

Shredded chicken, pepper jack cheese, spinach and caramelized onion.

APPETIZERS

.GUACAMOLE

.PICO DE GALLO

.BLACK BEANS DIP

.TUNA SALAD

.SHRIMP SALAD

Fresh dill, heart palm, avocado.

.CILANTRO-GARLIC SHRIMPS
SKEWERS



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