

Breakfast at Cala Lodge

Schedule: 6:30 a.m. a 9:00 a.m.

Breakfast is the most important feeding time, therefore we want you to enjoy it as a special moment during your stay. For today's breakfast we have healthy and fresh options, all our ingredients are locally produced and support the sustainable development of the community.

We remind you that all our options include coffee or tea, milk, orange juice, fresh fruits, bread, butter, and our delicious home made jam. Our jam is made with a recipe that has been in the family for over 25 years. It still remains as part of our breakfast as a sign of the importance that the family has at Cala Lodge Hotel.

Victor Ramirez is our coffee provider, he has more than 30 years of experience in process and quality of coffee. Since 8 years ago he works in his own family business, estate and coffee tour called "El Cafetal". All the production is organic and shade-grown Coffee

**At Cala lodge we take care of your health,
if you are gluten intolerant,
ask about our gluten-free foods,
so that your breakfast is the best thing in the morning.**



**GLUTEN
FREE**



1. Typical Breakfast

Gallo pinto, eggs, cheese and tomato.

Gallo pinto or just “pinto” like we say in Costa Rica is our typical dish, which is basically rice and beans cooked and mixed with species. It is believed that was introduced by Afro-Latin immigrants living on the Caribbean coast.

2. Internacional Breakfast

Fresh pancakes and eggs.

The eggs used for breakfast are produced by a local family business MIRASAN with more than 22 years in the market. Located in Los Tornos, they provide a high health, and free-stress environment for the hens.

3. Cala Lodge Breakfast

Scrambled, fried or omelette eggs with vegetables.

Mario Vargas from San Luis is our fruits and vegetables provider. With years of experience, he prioritizes the local products to guarantee free-agrochemicals fruits and vegetables.

4. Light Breakfast

Granola with banana, yogurt or milk.

Ingrid Arias is a local enterprising woman, with more than 15 years of experience. The bread we served every morning was designed exclusively for Cala Lodge.

As one of our policies at Cala Lodge we certify that we do not use or purchase any products that come from vulnerable or endangered species.

