

Costa d'Este

BEACH RESORT

Our aim is to use local ingredients with respect to seasonal harvests. We believe in products that are natural and pesticide free from local farms. Sealed Sweet - Vero Beach, K&M Treasure Coast-Fort pierce, B&W Growers-Belle Glade, Alderman Farms-Boynton Beach, Winter Park Dairy-Winter Park, Green Sky Growers-Winter Garden and Pero Farms-Clewiston & Devil's Garden.

The Wave is open for breakfast, lunch and dinner; reservations are strongly recommended, dinner dress code is a casual elegance.

Dial 4100

Hours of Service

Breakfast

7:00 a.m. to 11:00 a.m.

Lunch

11:30 a.m.-3:00 p.m.

Dinner

5:30 p.m. 9:30 p.m.

*Join us for cocktails at
The Wave Kitchen and Bar*

Open at 12:00 p.m.

Cabana Bar

Open at 10:00 a.m.

In Room Dining

Brewed

Cuban Coffee	4
Cafe con Leche ~ Espresso and Steamed Milk	5
Costa d'Este House Blend Coffee	4
Selection of Tea - English Teatime, I Love Lemon, Cozy Chamomile, Mint Medley	4

Fruit and Juices

Cold Juices Orange, Grapefruit, Apple, Guava, Tomato, V8	4
Mixed Berry Fruit Smoothie	6

Eggs

Home Style "La Completa"

Eggs "Benedict" Griddled English muffin, Canadian bacon and Sundried Tomato Hollandaise	13
Costa d'Este Breakfast Two Eggs any Style with Choice of Ham, Bacon, Sausage, or Palomilla Hash	13
Personal Omelet <u>Your Choice of three:</u> Chorizo Sausage, Smoked Ham, Creole Pork, Bacon, Gulf Shrimp, Asparagus, Tomatoes and Mushrooms	13
Spanish Omelet Spiced Tomatoes, Green Peppers, Onions and Fresh Peas	13

**Served with Home Fries and Your Choice of English Muffin or Toast, Orange Juice & Coffee
Egg Beaters or Egg Whites are Available Upon Request**

*Consuming Raw Seafood, Shellfish or Eggs May Increase Your Risk of Food Borne Illness
A 20% Service Charge is Automatically Added to the Bill
\$4 Delivery Charge

In Room Dining

Griddle

French Toast Cubanas Griddled Cuban Bread Battered in Egg, Topped with Tropical Fruit Compote	8
Vegetarian Crepe Fresh Spinach, Tomatoes and Mushrooms Topped with Onion-Pepper Marmalade	10
Buttermilk or “Berry” Pancakes Three Large Pancakes with Maple Syrup	8
Buttermilk Waffles Topped with Fresh Berries	8

Cereal and Bakery

House-Made Mango Granola Add Yogurt and Seasonal Berries	6 8
Oatmeal “Brulée” Caramelized Bananas with Brown Sugar and Raisins	5
Fresh Baked Croissant	5
Lox and Bagels With Cream Cheese, Capers, Onions and Tomatoes	14
Bagel with Cream Cheese Plain, Sesame, Cinnamon Raisin	5

Sides

2 Eggs – Any Style	3
2 Buttermilk Pancakes	3
Thick-Cut Grilled Canadian Bacon	4
Apple Wood Smoked Bacon or Classic Breakfast Sausage	4
Palomilla Hash – Minced Prime Sirloin with shredded potatoes, peppers & Onions	4
Smoked Salmon	9

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In Room Dining

STARTERS

Shrimp Cocktail , Classic Cocktail and Remoulade Sauces	12
Crispy Calamari , Horseradish Aioli, Meyer Lemon and Cilantro	13
Spinach & Artichoke Dip , Goat Cheese & Baked Pita Chips	9

FROM OUR CEVICHE MASTER

Mediterranean Mix , Shrimp, Calamari, Octopus, Cilantro, Olive Oil & Meyer Lemon	11
Lobster, Coconut and Crab , Jalapeños, Ginger, Cilantro & Key West Lime	15
Ahí Tuna , Sliced Avocado, Florida Orange Juice, Soy & Wasabi Drizzle	14

SOUPS

(Daily Rotation)

Classic Black Bean Soup	6
Soup Dujour	8

SALADS

10

All Natural Ingredients from Regional Farmers

Osceola Organic Farms Spring Greens , Micro Shoots, Goat Cheese & Balsamic Vinaigrette
B&W Growers Hearts of Romaine Caesar , Classic Dressing & Shaved Parmigiano Reggiano

Additions to your Salad

8

Marinated Amish Free Range Chicken Breast	Simply Grilled Atlantic Salmon
Grilled Center Cut Filet Mignon	Blackened Tiger Shrimp
Seared Ahi Tuna	

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In Room Dining

Main Plates and Sandwiches

Served with your choice of Sweet Potato Fries, Yucca Fries or Plantain Chips

Simply Grilled Today's Catch, Avocado-Mango Salsa	15
Grilled Mahi-Mahi Sandwich, Tartar Dressing	15
Grilled Natural Chicken Sandwich, Provolone Cheese & Red Tomato Sauce	13
Paradise Angus Burger, 8 oz burger, Swiss Cheese, Ripe Tomatoes and Romaine	11
Cuban Sandwich, Smoked Ham, Roasted Pork, Swiss Cheese, Mustard & Pickles	11
Palomilla Sliders, Thin Sliced, Seared Sirloin Medallions, Sautéed Onions	13
Turkey Club Sandwich, Provolone Cheese, Bacon, Tomato & Watercress	11
Salmon B.L.T., Smoked Applewood Bacon, Bib Lettuce, Tomato & Lemon Aioli	14

Chef's Pizza of the Day

All Natural Ingredients – Chef's Creation

13

Specialties

Traditional Home Style Cuban Favorites from the
"Estefan Kitchen"

Served with White Rice, Black Beans and Sweet Plantains

14

Shredded Beef (*Ropa Vieja*), Light Tomato Cuban Creole Sauce with Onions & Peppers (p 91)*

Cuban Style Steak (*Bistec de Palomilla*), Thin Steak seasoned with Garlic Salt, Onions & Parsley (p 75)*

Marinated & Grilled Skirt Steak (*Bistec de Churrasco*), Mojo Marinated, Topped with Onions (p 79)*

* Recipes from Emilio and Gloria Estefan Cook Book "Estefan Kitchen"

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In Room Dining

Your Choice of Fish

(Your In Room Dining Specialist will recite today's Fresh Catch)

Seared Grouper

29

Poached Salmon

27

Seared American Snapper

27

Cumin Dusted Tuna

29

Broiled Florida Lobster Tail

36

(Chef Ray is presenting the best way to prepare the particular seafood item you select.
Your choice of a sauce below will compliment your selection)

Add Your Choice of Sauce

Spanish Sofrito of Tomato, Olives, Onion & Garlic

White Wine, Butter & Capers Sauce

Mango-Avocado Salsa with Cilantro

Served with Fingerling Potatoes & Seasonal Vegetables

Chops

Grilled NY Strip, Sauce Espagnole (Brown Sauce, Onion, Carrot, Garlic, Herbs, and Sherry) 27

Center Cut Filet Mignon, Sauce Béarnaise 28

Braised Short Ribs, Tomato, Red Wine Sauce 20

Pork Tenderloin, Natural au Jus with Port Wine and Sultana Raisins 20

Veal Chop, Rosemary Demi-Glace 33

Rack of Lamb 33

Served with Roasted Garlic, Parmesan Brule Roma Tomato & Herbed Whipped Potatoes

For the Table

6

Creamed Spinach

Black Beans & Rice

Grilled Asparagus, Hollandaise Sauce

Sweet Potato Fries

Parmesan Fries with Parsley

Seasonal Sautéed Vegetables

Parmigiano Reggiano Yucca Fries

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