

## Salads

Served from 12:00 PM to 4:30 PM and 5:30 PM to 9:00 PM

### **Tossed Green Salad**

Choice of French vinaigrette or blue cheese dressing (small/large)...**5.25/7.25**

### **Cesar Salad**

Small/Large...**5.5/7.5**

With grilled chicken or fish (large)...**11.5**

With grilled shrimp (large)...**12.5**

### **Caprese Salad**

Mozzarella, tomato and fresh basil, served with extra virgin olive oil...**6**

## Sandwiches and Wraps

### **Grilled Chicken Sandwich**

With lettuce and tomato, served with coleslaw and fries...**8.25**

With bacon and pepper-jack cheese...**9.75**

### **Grilled Fish Sandwich**

Filet of fish with lettuce, tomato and tartar sauce, served with coleslaw and fries...**8.5**

### **B.L.T**

Sandwich with bacon, lettuce, tomato and mayonnaise, served with coleslaw and fries...**7.75**

### **Chicken Burrito**

Shredded chicken with Mexican rice, beans and cheese, wrapped in an oversized tortilla, topped with 'pico de gallo' and sour cream...**9**

### **Chicken Enchilada**

Served with Mexican rice and refried beans...**8.75**

**Prices do not include gratuity or 7% tax**

## Main

Served from 12:00 PM to 4:30 PM and 5:30 to 9:00 PM

### **Playa Las Lajas Cheeseburger**

Served with coleslaw and fries...**8.75**

With bacon...**9.75**

### **Lasagne**

Ask your waiter for today's choice, served with a green salad and garlic bread...**11.25**

### **Chicken Tikki Masala**

Marinated chicken breast chunks in tomato cream curry with house made Garam Masala served with rice...**12.75**

### **Chicken Quesadilla**

Chicken, cheddar and Pepper-Jack cheese, jalapeños, 'pico de gallo' and sour cream...**8.75**

### **Traditional Panamanian meal with rice, beans and salad of the day**

With chicken or fish filet or pork chop...**8.5**

With shrimp...**11.5**

### **Seafood Soup**

Tomato/fennel seafood stock with fish filet, mussels, shrimp, scallops and 'langostino'...**15**

### **Fish Tacos**

Served with lime/cream salsa, cabbage, 'pico de gallo', refried beans and Mexican rice...**10.25**

### **Seafood Rice**

Assorted seafood and vegetables served with rice...**13.5**

### **Shrimp Scampi with Spaghetti**

With olive oil, garlic, chili flakes, Parmesan cheese, parsley, basil and lemon juice...**12.5**

### **Fish & Chips**

Deep fried beer battered filet of fish served with coleslaw and fries...**9.75**

### **Specials of the Day**

Ask your waiter or check the board for today's selection

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# Appetizers of the world

Served from 12:00 PM to 4:30 PM and 5:30 PM to 9 PM

## Seasoned Potato Wedges

Small/Large...**2.5/4**

## Bruschetta

Toasted garlic bread with tomato, fresh basil, Parmesan cheese, and balsamic vinegar...**3.5**

## Onion Rings

Served with ketchup and blue cheese dressing...**6.5**

## Ceviche

Ask your waiter for today's selection, served with fried plantain chips...**6.5**

## Chicken Satay's

2 Satay's served with Thai peanut butter sauce...**6.5**

## Buffalo Chicken Wings

Deep fried Buffalo wings, served with celery sticks and blue cheese dressing  
Small/large...**6.75/9.75**

## Nachos

Corn tortilla chips, refried beans, cheddar cheese, pepper-jack cheese, 'pico de gallo', and sour cream...**7.5**

## T.J'S Buffalo Shrimp

Shrimp fried in seasoned flour and tossed in butter and Buffalo sauce...**8.5**

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# Breakfast

Served from 7:30 AM to 10:00 AM

## **Continental**

Toast, jam, fruit, coffee or tea...**4.25**

## **Eggs and Toast**

Eggs any way with toast, butter, and jam...**5.5**

## **Las Lajas Scramble**

Eggs, bacon, green onions, potatoes and cheddar cheese, served with toast...**7.5**

## **New York Scramble**

Eggs, smoked salmon, cream cheese and onions, served with toast, and potatoes...**8.25**

## **Denver Omelet**

Omelet filled with onions, bell peppers, ham and cheddar cheese, topped with sour cream, served with toast and potatoes...**8**

## **Huevos Rancheros**

Eggs any way on a tortilla with refried beans, cheddar cheese, sour cream and 'pico de gallo'...  
**7.75**

## **Traditional Panamanian Breakfast**

Beef, peppers and onion, served with Panamanian choice of the day...**6.5**

## **French Toast**

Bread slices dipped in a batter of eggs, cinnamon and vanilla...**5.5**

## **Buttermilk Pancakes**

Served with butter and maple syrup...**5.5**

Hot oatmeal cereal with milk...**3.5**

Cold granola with milk...**4** with  
yogurt...**5**

Large fruit bowl...**6**

Cup of fruit with any breakfast...**1.5**

Plain or fruit yoghurt...**1.5**

Smoothie tropical...**3.5** Berry...**4**

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## Beverages

Served from 7:30 AM to 10:00 PM

Coffee or tea...1  
Iced coffee or tea...2  
Glass of milk...2  
Bottle of water...2  
Assorted sodas...2  
Juice...2.5

### BEERS

Atlas, Balboa, Panama, Soberano...1.5  
Miller, Budweiser...2.5  
Corona...3

### WINES

House White	per glass...4	per bottle...14
House Red	per glass...4	per bottle...14
Chardonnay	per glass...5	per bottle...17

## Cocktails

Served from 7:30 AM to 10:00 PM

Bloody Mary...6	Blue Hawaii...5	Amapola...4
Screwdriver...5	Cuba Libre...4.5	Tequila Sunrise...5
Appletini...6	Fruit Daiquiri...6	Tangerine Dream...5
Kamikaze...6	Hurricane...6	Sea Breeze...5
Lemon Drop...6	Mai Tai...7	Sex on the Beach...5
Purple Hooter...6	Margarita...6	Zombie...7
Manhattan...6	Mojito...6	Jack and Coke...5
Martini...6	Piña Colada...6	Caipirinha...5

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