



### OVERVIEW

The typical meal at a Costa Rican “soda” (restaurant) is called a casado. It usually consists of gallo pinto (rice and beans), fried plantains, salad, cheese and some meat. Since rice is the preferred staple item, people with a gluten-sensitivity rarely have problems eating typical meals. In addition, sodas often serve corn tortillas instead of bread as a pre-meal snack!

Nevertheless, Costa Ricans love the occasional baked good. There are ample panaderías (bakeries) throughout the country, and unfortunately gluten-free flours are not readily available. We have yet to find potato starch flour, tapioca flour, soy flour, rice flour, quinoa flour, millet flour, bean flour or nut flour. Also, unlike in the U.S., there are no gluten-free sections in grocery stores. Thus, it is difficult to find specialized gluten-free foods such as pastas, cookies and breads.

Still, there is plenty to eat beyond wheat alternatives in Costa Rica. Perhaps your most exciting culinary adventures will occur while perusing the plethora of fruit stands throughout the

country. Locally grown bananas, mangos, papayas and pineapples are abundant. You should also try some of the more localized tropical fruits, such as zapotes, mamones chinos, tamarindo, guayabas and maracuyas among others. On base, we make many fresh juices out of these!

### ON COURSE

While traveling with Outward Bound Costa Rica, we make every effort to accommodate special diets. If you indicate that you are allergic to gluten, we will do our best to buy staple items such as corn tortillas and puffed rice cereal. If you are new to the gluten-free lifestyle, make sure you check with your instructor about hidden gluten inside many of our meals. The following is a list of common foods on course that may contain gluten: hot cocoa powder, white pepper, curry powder, dry roasted nuts, instant coffee, luncheon meats, texturized vegetable protein, soy sauce, salad dressing, mustard, granola, and cereal.

### TYPICAL OPTIONS

#### BREAKFAST

- Puffed Rice Cereal with Milk or Soy milk
- Tropical Fruit
- Gallo Pinto (rice and beans)
- Breakfast Burritos in a Corn Tortilla
- Scrambled Eggs

#### LUNCH/DINNER

- Chili
- Tacos
- Empanadas
- Burritos
- Bean Soup
- Vegetable Stir-fry
- Caesar Salad with Chicken
- Pork Chops with Rice and Veggies
- Fish Fillets
- Mashed Potatoes
- Chop Suey/Fried Rice

