



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. Locals have a different understanding of the term “vegetarian,” so it is best to specify exactly what you cannot eat (ex. ni carne, ni pollo, ni pescado, ni huevos, ni productos lácteos como mantequilla y leche).

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

Unfortunately, while the climate of Costa Rica is ideal for tropical fruits, the variety and quality of vegetables are limited. There are carrots and broccoli, but you will have difficulty finding many vegetarian staples such as kale, okra, leeks, spinach, mushrooms, etc. There are, however, native vegetables you may wish to try, such as pejibaye, palmito, chayote, yuca, and camote.

We purchase most of our packaged snacks from Bio-land, an organic company based in Tres Rios, Costa Rica. Their items include rice cakes, whole wheat sticks, cookies, crackers, etc. They state that none of their products contain any animal derivatives. You can view their products online at <http://www.bio-land.org/index-english.html>. We also purchase food for snacking (ex. granola bars) from Cosecha Dorada (<http://www.cosecha-dorada.com/en/home.shtml>).

ON COURSE

While traveling with Outward Bound Costa Rica, we make every effort to accommodate special diets. There is usually at least one vegetarian/vegan on every course, and we strive to purchase locally and seasonally. Furthermore, as stewards of the environment we have a very strict no-beef policy due to the correlation between deforestation and cattle.

Vegetarians and vegans will always have options at every meal. While on course, many meals will be vegetarian due to unfeasibility of procuring/refrigerating meat and concerns about contamination. Texturized soy protein is common, but tempeh, seitan and tofu are not readily available. The bulk of your protein intake will stem from legumes – as almost all meals consist of some version of gallo pinto and our trail mix contains peanuts.

TO BRING

- Nuts & Seeds (ex. almonds, walnuts, pecans, pistachios, hemp)
- Energy Bars (ex. Clif, Vega)
- Dry Roasted Edmame
- Fruit Bars & Leathers
- Dried Fruit
- Kale Chips
- Pretzels
- Chocolate Bars
- Almond Butter
- Vegan Jerky
- Vegan Baked Goods

TYPICAL OPTIONS

BREAKFAST

- Buttermilk Pancakes
- Cereal with Milk or Soy Milk (vegan)
- Granola (vegan)
- Tropical Fruit (vegan)
- Gallo Pinto (vegan)
- Breakfast Burritos
- Scrambled Eggs
- French Toast
- Oatmeal (vegan)

LUNCH

- Peanut Butter and Jelly Sandwiches
- Gallo Pinto (vegan)
- Salad (vegan)
- Hard Boiled Eggs

DINNER

- Chili with Texturized Soy Protein (vegan)
- Spaghetti (vegan)
- Tacos
- Empanadas
- Burritos (vegan)
- Bean Soup (vegan)
- Vegetable Stir-fry (vegan)
- Macaroni and Cheese
- Roasted Bell Peppers
- Salad (vegan)

SNACKS

- Fruit
- Trail Mix (raisins, peanuts, banana chips, dried pineapple, dried apricots)
- Cookies
- Crackers (vegan)
- Granola Bars (vegan)

