

Intern FAQ

About our companies

Ecorana Environmental is a Canadian-based eco-travel and environmental education company that specializes in designing and organizing low-cost applied learning holidays for students, researchers, and eco-tourists. Ecorana has a formal partnership with **T.R.E.E.S (Toucan Ridge Ecology and Education Society)** in Belize to offer their clients a truly unique experience living in the rainforests of the Maya Mountains at the T.R.E.E.S Research Center, a registered tourism facility. T.R.E.E.S is a grassroots not-for-profit organization dedicated to the conservation of Belize's natural and cultural heritage through scientific research, education, local capacity building, and creating income-generating and other community projects that increase the well-being of the people and their surrounding environment.

All the internship projects based out of the T.R.E.E.S Research Center are geared towards conservation of the flora and fauna of this extremely biodiverse area, and/or improvement of the lives of the nearby community members. Interns and volunteers play a large role in helping Ecorana and T.R.E.E.S meet their objectives thus you can be assured that your efforts and internship fees are used directly to cover the costs of creating/running the internships with any profit going directly to sustaining the local not-for-profit programs.

What is the total cost the internship?

Internships

Internship rates vary depending on the type of internship

Price breakdowns are as follows:

- *Herpetology and botany interns* receive basic training on a combination of wildlife ecology sampling techniques, work independently on own projects of choice, and help occasionally with other ongoing farm, trail, or field station maintenance projects:
 - \$289 USD (incl. hotel tax) per week.
- *General wildlife ecology interns* receive extensive training on a combination of wildlife ecology sampling techniques on ongoing monitoring projects. This program also allows the option for individuals to work on their own independent project of choice.
 - \$334 USD (incl. hotel tax) per week.
- *Bird banding, bat mist-netting Mammal Trapping focused interns* receive specialized focused one-on-one training on mist-netting, banding/processing, handling/processing with certified trainers, can work independently on own projects of choice, but are not required to help on farm, trail, or field station maintenance projects (though may if desired).
 - \$389 USD (incl. hotel tax) per week.
- *Agriculture, horticulture, and landscaping interns* receive basic training on tropical organic agriculture and agroforestry and work independently on projects of need on the T.R.E.E.S organic farm and on

independent projects of choice, and may on occasion help with other ongoing trail or field station maintenance projects and from time to time join wildlife ecology interns on their projects as the need arises:

- \$184 USD (incl. hotel tax) per week.

For internships, weekly fees include the following:

- Training/tutorship by local experts on your program of choice and materials as well supervisory support for any independent projects the intern decides to undertake. Independent projects must stay within a specified materials budget TBD depending on the project and if it is one of need at T.R.E.E.S.
- Lodging in shared cabins (maximum of four same-sex interns to a bunk-house room in a bunkhouse of mixed males and females)
- Access to all facilities including bathrooms with flush toilets, hot showers, 24-hour electricity, a computer workstation and unlimited Wi-Fi in the main hall (no Wi-Fi at cabins), all supplies/materials/equipment required for the internship (within a specified budget as above)
- All bedding is provided but interns are expected to bring their own towels and other bath essentials. Depending on other groups on site and field station capacity, interns may need to move accommodations during their stay.

Weekly internship fees **Do NOT** include the following:

- Meals are **not** included in the weekly cost of the internship; interns can do a combination of purchasing meals from our on-site restaurant the Toucan Café or prepare their own basic meals with simple ingredients in a designated kitchenette area. More info on meals can be found below.

What are the registration steps?

- 1) After you have submitted your application via our website, we will contact you within a week to let you know if we consider you to be a suitable candidate for the position. If you are short-listed for the position and can confirm that you are available for the dates we suggest, we move forward with the registration.
- 2) Once selected, we will send you a registration package which includes:
 - Intern Agreement Contract
 - Guest information form (includes information on medical insurance coverage, emergency contact info, and food and other allergies)
 - A waiver release form for both TREES and Ecorana
 - Invoice
- 3) All forms will be sent electronically via email and will need to be filled out before arrival.
- 4) You will need to pay a damage deposit of \$200 USD (information on this deposit is included in the Internship Agreement Contract) and will need to notify us of how you would like to make the payment. If no equipment has been damaged or lost, the damage deposit will be refunded in full at the end of your internship.

- 5) You will be sent an email confirmation stating that we have received your reservation deposit and your position will be held.
- 6) You will be reminded 60 days prior to the internship/volunteer position start date and will receive an invoice at this time detailing the total amount owing for the position. You can choose to pay 50% deposit at this time, or the full amount if you wish. Payment instructions will be provided at that time depending on how the intern desires to pay – via credit card, PayPal, wire, or personal cheque.
- 7) **The full amount of the internship for the agreed upon time period MUST be paid in advance BEFORE ARRIVAL and your placement is not confirmed until receipt of payment in full. There are no exceptions to this policy.**

What do I need to know about traveling to the Field Station?

Traveling to Belize

In order to make your trip to Belize go as smoothly as possible, we suggest the following tips!

Transportation

Flights are not included in the internship cost, and Ecorana does not provide transport to/from the internship center as the center is on a main bus route and easily accessible by public transit. The T.R.E.E.S Research Center can be found at mile marker 27.5 of the Hummingbird Hwy in the Stann Creek District of Belize. We are centrally located and easily accessible from the highway so you can travel here easily on your own by public transit which is the most economical choice. However, we are easily accessible by car (4 x 4 not necessary) if you choose to rent a vehicle while in Belize. Guests travelling southbound from The Phillip Goldson International Airport via public transport will need to take a taxi from the airport to the Novelo's Bus Terminal in Belize City (\$25.00 USD). From there, you should take a southbound bus, either the James Bus that goes to Punta Gorda or Floralia that goes to Placencia. You should have a 1-hour bus ride from Belize City to Belmopan (\$3.00 USD) and another 45 minutes bus ride from Belmopan to our station (\$2.00 USD). Getting on the James or Floralia bus is a straight ride to our station, do not get off at Belmopan. The fare if taking the James bus is \$5.00 USD and the fare if taking the Floralia bus is \$7.00 USD. Bus lines **DO NOT** accept card, you must pay in cash. The same is said for taxi rides.

The car ride travelling southbound is approximately 2 hrs from Belize City and if you choose to hire a taxi all the way from the airport you will be charged between \$175- \$250 USD.

If you are coming from the south (i.e., Dangriga) we are about 2 miles north of Middlesex. From the bus terminal take a bus that is northbound to Belmopan or Belize City. The ride takes around 45 minutes and should cost \$3.00 USD. If you are arriving from the Dangriga airport we suggest that you take a taxi to the bus terminal which is about 10 minutes away and should not cost more than \$6.00 USD. Again, most conductors know where we are located, but if not, we are 2 miles north of Middlesex.

Interns can request a private shuttle from the airport to T.R.E.E.S for \$160 USD one-way for however many people are joining.

Passports and Visas

To enter Belize, you will need a passport valid for more than six months before its expiration date. It can take as many as 6 weeks to obtain a passport, so get ready in advance. Nationals of the United States, Canada, Mexico, European Union countries, Norway, Australia, New Zealand, Hong Kong, Venezuela, and members of the Caribbean Community (CARICOM) don't need a visa to enter the country.

Tourists who aren't from the previously mentioned countries may be required to apply and pay for a tourist visa before coming to Belize and, in some cases, might have to acquire permission from Belize Immigration to enter the country. Visas can cost anywhere from USD\$100 to USD\$2,000 depending on your nationality. Belize allows visitors a maximum of one month's stay in the country before they require an extension obtained through the Belize Ministry of Defense and Immigration. Longer stays can be granted on a monthly basis for \$100 US per month, up to 6 months.

Travel Insurance

Interns are required to show proof of their own emergency travel medical insurance prior to or upon arrival at the center.

What are the food arrangements?

Coffee, tea, peanut butter and jam are always provided throughout the duration of the internship at the buffet table in the Main Hall, along with a fridge, dry food storage area, toaster oven, microwave, and kettle. Interns can also purchase their own basic food supplies from nearby vendors that can be prepared simply on-site without access to a full kitchen OR interns can order meals from the on-site Toucan Café restaurant that is open daily and caters to all dietary restrictions (menu and pricing at the end of the document). Interns can also sign up for catered meals when there are groups on site, at the following rates of \$5 USD/breakfast, \$6 USD/lunch, and \$7.50 USD/dinner. All catered meals are full buffet including fresh natural juice with all dietary restrictions accommodated. Meals will be added to your tab, which can be paid at the end of the internship.

What is the length of the internship period?

The suggested length of an internship is 4-6 weeks to really get a feel for the project and grasp the skills and make the most of the training opportunities; it can be shorter or longer if desired. The minimum period for an internship is 4 weeks (30 days in-country for Visa purposes). For anyone choosing to stay longer than 30 days, a Visa extension is required (\$100 USD for 30 days).

What is the environment like at T.R.E.E.S?

The dominant ecosystem present at our site is Lowland Broadleaf Forest. Dominant plant species associated with this habitat and geology include Cohune Palm, Tree Ferns, a multitude of bromeliads and other epiphytes, many lianas and vines especially philodendrons, and a variety of hardwood tree species such as Ironwood, Mahogany, and Sapodilla. Habitat types represented include a combination of primary and secondary growth moist broadleaf forest, moist broadleaf riparian forest, an organic fruit orchard, an old overgrown orchard and pasture, and mixed forested edge and open edge habitat immediately surrounding the center. Dry Creek, a small river, meanders for about 1 km through the length of the property and is fed by an assortment of mountain tributaries scattered throughout the site, providing ample freshwater habitat for aquatic and semi-aquatic species. Over 10 km of trails run through the property and connect on the neighbouring property and into the Forest Reserve.

Where do I sleep?

Interns sleep in same-sex bunkhouses. Our two Jungle Bunkhouses can sleep up to 10 and 12 people in bunkbeds with comfortable mattresses. Hot water showers and flush toilets are in separate detached buildings. Interns have access to all shared communal facilities including dining hall and lecture hall, lounge, office, yoga platform.

What about my laundry?

Laundry services are available on Tuesdays and Fridays. Each load costs \$15 BZD, which will be added to your tab, and includes both washing and drying. Please place your laundry out first thing in the morning so the housekeeper can begin. Ensure your laundry bag is labeled with your name. The cleaned laundry will be returned by the end of the day. Interns are not permitted to do laundry on their own.

Is there any form of scholarship available through T.R.E.E.S. or Ecorana to subsidize the costs of the internship?

Unfortunately, our companies do not have funding to provide subsidies. We do consider reducing fees for Latin American students as well as students from other areas that we feel are truly skilled with a lot of experience in the internship topic that would be able to take a leadership role, though we may not be able to reduce the fees completely as we need to at least cover our costs of having interns stay and learn. Depending on the project we bring in local experts to teach which we have to pay for, and we also have to hire employees to work with interns on various projects.

We encourage students to look into grants/scholarships from other sources; there are a lot out there that are not tapped into. For American students, here are some possible sources:

http://www.volunteerforever.com/article_post/200-volunteer-abroad-study-abroad-scholarships-grants

<http://www.gooverseas.com/scholarships-volunteering-abroad>

<http://www.gooverseas.com/blog/65-study-abroad-grants-and-scholarships>

<http://www.sit.edu/studyabroad/959.htm>

What is the work schedule like?

The schedule largely depends on the project. If you are working more or less independently on a project, you have a large amount of control over your own schedule. It is expected that a minimum of 6-8 hours per day, five days per week (Monday to Friday), are spent on project time. There are many side projects that may be carried out on the premises if desired. Projects with more participants will be more tightly scheduled but will follow this general pattern. For now, all projects carried out at the station (including the trail building projects) will be within a 2-mile radius of the station's main facilities and thus interns will be able to return for meals and to the facilities and will not be expected to pack a lunch or stay off-site at any time. Normally weekends are free, but occasionally projects will need to be conducted over the weekend. In this case the intern will have days off during the week instead.

Are the internships open to non-students or only to students?

The internships are open for applications from whoever is interested!

What about the Internet?

Interns have access to unlimited high-speed internet; however, this is only in the main hall and if large groups are on site the speed is slower. If the intern wants to be able to use the internet at their cabins or elsewhere on the property, we recommend that interns purchase their own SIM cards for use in their (unlocked) phones. Data plans can also be purchased from the T.R.E.E.S office though advance notice must be provided.

What other things should I prepare myself for?

The T.R.E.E.S Research Center is a field station in the jungle. Although we are off a main highway and accessible easily by road, we are still nonetheless located in the jungle in a remote, rural area of a developing country. As such, interns should prepare themselves to experience cultural differences and accept that they may not have all the products available that they may be used to (nor the internet speed that they have come to expect in the developed world!).

Interns must also be able to adapt to the presence of fauna that many find intimidating and disturbing, including venomous snakes (though they are rarely seen) and a plethora of scorpions, spiders, biting flies, and other creepy-crawlies that some people might not be accustomed to (though very few are harmful).

Other travel considerations

Vaccines and prophylactics

Interns should make sure they have received required vaccinations prior to coming to Belize. We recommend the use of a travel clinic in preparing for travel to any foreign destination. These clinics will check the current recommendations for your destination country and then provide the appropriate vaccines and medications for such things as malaria prophylaxis. Although the incidence of malaria is very low in Belize, a prophylactic drug could be taken, this is a personal decision and that of your travel clinic doctor. As travelling anywhere in the world, Hepatitis A and B shots are recommended as well as up to date Tetanus, and Typhoid may be recommended if you will be in country for more than two weeks and traveling to remote villages. There is a low risk of dengue in the country, but it is present. Unfortunately, there are no vaccines to be taken for dengue.

Language

English is the official language of Belize and is spoken throughout the country, although only 4 % of the population speak it as their first language. English is the primary language of public education, with Spanish taught in primary and secondary school as well. Bilingualism is very common. Literacy currently stands at nearly 80%.

All courses at T.R.E.E.S will be taught in English though French and Spanish are also spoken by the staff.

The Belizean Kriol, an English-based Kriol is spoken throughout the country as well as Spanish. Then there many other languages regularly spoken in specific areas of Belize., the breakdown of spoken languages is as follows: Spanish 46%, Creole 32.9%, Mayan dialects, 8.9%, English 3.9% (official language), Garifuna 3.4% (Carib), German (Germanic Plautdietsch, spoken by the Mennonites) 3.3%, other 1.4%.

Money

The Belize Dollar is the official currency of Belize. For several decades now the Belize Dollar has been tied to the U.S. dollar at an official rate of two Belize Dollars to one US dollar, thus, one U.S. dollar equals two Belize dollars. While not recommended as a day to day practice most establishments will accept American money, this even includes the little food stores, as long as the bills are not too big.

There is a bank machine in the Airport that will hand out Belize dollars as well as a Money Exchange office. There are also bank machines in the larger cities (Belmopan, Dangriga, Placencia, etc.). We recommend travelling with some cash but there is no need to travel with large amounts as you can withdraw money from bank machines using foreign cards in all major towns.

Most larger stores, particularly tourist shops, will nearly always accept credit cards.

What should I bring to the Station?

Pack light but bring everything you may need. Goods purchased in Belize (such as batteries and film) may be much more expensive and of inferior quality to those you are accustomed to purchasing. We supply bedding (sheets, pillows, and blankets) and towels at T.R.E.E.S (though towels are supplied for short-term guests, longer-term interns should bring their own towels). We do not supply bath products (soap, shampoo, conditioner). Many field stations and some other types of rustic accommodations in Belize do not supply bedding. Make sure you check with all of your accommodation providers to ensure you are bringing everything you may need. Cabins at T.R.E.E.S have screens as will most other accommodations. However, some people feel more comfortable sleeping under a mosquito net, and we recommend bringing a bed net to anyone that wishes. There are hooks above all of the beds for hanging these nets.

Remember, you will be limited to one checked bag on most American airlines and two carry-on bags. We recommend packing light clothes. In most seasons (wet and dry) we recommend gear and clothes that dry quickly, either the wetness of the rainy season or the humidity of the jungle even during the dry season causes things to go moldy rapidly. Long pants and long-sleeved shirts are great at keeping the biting flies away and we usually recommend wearing pants at all times at T.R.E.E.S.

Flash rains do occur during the wet season up in the mountains, so we highly suggest that you bring some boots to work in the jungle as well as some rain gear, at least a fast-drying rain jacket.

- Rain gear
- Insect Repellent (bug spray)
- Sturdy hiking shoes/boots
- Rain (rubber) boots and/or Tevas or other hiking sandals that can be used in the water
- Sandals and summer clothes
- Bathing Suit
- Towel
- Long pants (preferably light, quick-dry material)
- One warm shirt
- At least one quick-drying long sleeved shirt
- Sunglasses
- Sunscreen
- A good book, during those off times
- Headlamp/flashlight
- Binoculars and/or Camera
- A Rite-in-the-Rain book with waterproof paper to use as a field journal
- USB thumb drive
- Sturdy, thick and well-fitted gloves (if you are working with bats)

Health and Safety

Measure in place at T.R.E.E.S

To ensure your quick recovery in the rare case of a serious emergency we ask that all visitors to our centre present proof of adequate travel medical insurance, specifically with emergency air evacuation coverage. Though hospitals in Belize are very adequate for dealing with routine injuries (including snake bite), major emergencies are better handled outside of Belize.

Your health and safety are very important to us at T.R.E.E.S and as such we have the following measures in place:

- We have a first aid station that is always fully stocked, and all field staff and managers have up to date first aid certification.
- Field staff and managers are also equipped with first aid kits when in the field with guests.
- All of the cabins and communal facilities are equipped with smoke detectors and fire extinguishers.
- We have an up-to-date emergency preparedness plan as well as evacuation plans if need be.

We also recommend that all guests bring their own first aid kits, sunscreen, and sunburn relief cream, allergy medication, bug repellent, and AfterBite to make their stay at T.R.E.E.S as enjoyable as possible! ***If you have a serious allergy, you MUST bring your own Epi-Pen since they can not be purchased in-country.*** In the case that you are not bringing one then we need prior notice so that we can get one for you.

Other precautions for travel within Belize

There are some thefts in Belize; while most incidents are in Belize City and crime is not directly targeted at tourists, we recommend that you take the usual precautions.

The first tip is to not look flashy, don't flaunt nice watches, purses, etc. Always carry your money and passport on your person when travelling. Although we have never had any incidences of thieving at T.R.E.E.S., these people are still around, and you can keep your passport and money in our safe when you arrive at the station, if you so desire.

Make a photocopy of the photo page of your passport and keep this in a separate place from your actual passport. This can aid in getting a new passport should you lose yours.

Bring your driver's licence but leave your school ID and unnecessary credit cards at home. If it is difficult to replace, if you don't need it, or if you can't afford to lose it, leave it at home. The only necessary documentation in Belize is your passport and driver's license if you decide to rent a car or drive for any reason.

If you take medication for any reason, be sure you have an adequate supply.

We suggest that you bring plenty of insect repellent with DEET (25%), although it can be found quite easily in the country (but more expensive than home). One must remember that DEET eats plastic and 100 % DEET is not recommended for direct contact with skin. Citronella insect repellents seem to work quite well for the Botliss flies which are the most common biting insects at T.R.E.E.S.

How do I pay for my stay?

We have several methods of payment available for clients paying from outside of Belize and within Belize:

- Wire transfer from your financial institution to our Canadian or US bank account
- PayPal account (sent to registration@ecorana.ca) or Credit Card Payment – these payment options incur a 5.5% processing fee
- Personal cheque or money order sent by registered mail to our banker in Vancouver, B.C., to be deposited in our Canadian or US bank account
- Canadian clients can also pay by direct deposit into our TD Canada Trust bank account or by Interac e-transfer (sent to registration@ecorana.ca). Please let us know in advance if you will need your invoice in CAD\$.
- Clients within Belize can pay us by cheque or by direct deposit into our Belize Bank account or in cash on site (Belize Dollars or U.S. Dollars accepted).

Detailed banking information will be sent along with your invoice depending on your location and desired mode of payment.



BEVERAGES

JUICE OF THE DAY	14oz	\$4
COFFEE AMERICANO	8oz	\$6
COLD COFFEE	14oz	\$10
Coconut milk, honey		
+milk		\$1
+almond/coconut milk		\$2
SMOOTHIES	14oz	V,GF,DF
BANANA CHOCOLATE		\$12
Mayan chocolate sauce, banana, cinnamon, oreo crumble, almond milk		
PEANUT BUTTER BANANA		\$12
Peanut butter, banana, cinnamon, almond milk		
MANGO TANGO		\$10
Mango, passion fruit, banana, orange, basil, honey, almond milk		
PINA COLADA		\$12
Pineapple, coconut cream, cinnamon, almond milk		
MELON		\$10
Cantaloupe, banana, cinnamon, honey, almond milk		
CHAMOYE DE WATERMELON		\$10
A mexican take on a Japanese drink, we added frozen watermelon and tajin.		
CHAMOYE DE MANGO		\$10
A Mexican take on a Japanese drink, we added frozen mango and tajin.		
LIME OR MANGO MOJITO		\$10
Mango puree, soda, mint simple syrup, lime juice		
LIME or TAMARIND MARGARITA		\$10
Tamarind or Lime juice, simple syrup, tajine salt rim		
BEER		\$6
Belkini Lager or Stout		
MAKE IT AN ADULT DRINK		
+1oz Vodka		\$5
+1oz Rum		\$4
+1oz Tequila		\$5

TOUCAN CAFE

SATURDAY AND SUNDAY SPECIALS

FROM THE COAL BBQ

11AM TO 5PM

PORK BELLY or TOFU KABOBS 6oz (2 skewers) \$24

GF,DF,V,VEG

Pork belly or tofu, pineapple, sweet pepper, red onion, house BBQ sauce, tostones, rice, queso, refried beans

POLLO ASADO GF, DF

\$32

¼ chicken mojo achiote, tostones, pico de gallo, rice, queso, refried, beans

BEEF HAMBURGER 6oz GF, DF

\$18

All beef patty, lettuce, tomato, chipotle mayo, pickled jalapeno, mustard, red onion, house fries
+ house made guacamole V,VEG,DF,GF \$4
+cheese \$2

CHICKEN BURGER 6oz GF,DF

\$18

Chicken breast, lettuce, tomato, chipotle mayo, pickled jalapeno, house made BBQ sauce, red onion, house fries
+house made guacamole V,VEG,DF,GF \$4

TOUCAN CAFE

Every bite's a tropical delight



@ the T.R.E.E.S Research Center Mile 27.5
Hummingbird Highway

+501 523 2891 (calls)
+501 635 7834 (messages via WhatsApp only)

Note that the prices listed are in Belize Dollars



GF - gluten free
VEG - vegetarian
DF - dairy free
V - vegan

EARLY BIRD

QUICHE (Warm or Cold) \$7
Pie crust, ham, bacon, onion, eggplant, sweet pepper, basil, chaya/spinach, cheese

VEGETARIAN QUICHE (Warm or Cold) VEG \$6
Pie crust, red onion, eggplant, sweet pepper, basil, chaya/spinach, tomato, cheese

JOURNEY CAKES
Bun, egg, refried beans, tomato, chipotle mayo DF \$5
Vegan bun, avocado, refried bean, queso frito, tomato, chipotle mayo V on request \$8

Bun, egg, bacon, lettuce, tomato, avocado, lettuce, chipotle mayo \$8

CHORIZO FRITO GF, DF, V, and VEG on request \$15
Crispy garlic fried rice, egg, tomato, onion, sweet pepper, farmer sausage

TOUCAN CAFE

SALADS

CEASER V, DF, GF on request SM \$7 LG \$14
Romaine mix, queso seco, homemade spiced croutons, cucumber, lemon, house made creamy dressing

CRUNCH V, DF, GF on request SM \$7 LG \$14
Mixed greens, onion, green onion, seasonal fresh fruit, avocado, beets, carrots, celery, dill, basil, cucumber, toasted seasoned pepitas, feta, house-made Dijon mustard vinaigrette

WATERMELON FETA SM \$8 LG \$14
GF, VEG, DF, and V on request
Watermelon, red onion, cucumber, cashews, feta cheese, avocado, fresh basil, fresh mint, Jalapeno, lime dressing

ADD TO YOUR SALAD
+ Mojo achiote chicken DF, GF \$8
+ Seasoned soy protein V, VEG, DF, GF \$8

SMALL BITES

We suggest you order a few dishes.
Share food, share life.

CHICKEN TACO (3 pcs) GF, DF on request \$18
House made corn tortilla, cabbage, grilled pineapple pico de gallo, avocado crema, chipotle crema, red salsa, salsa verde, pickled onions, cilantro, lime

FISH TACO (3 pcs) DF \$20
House made corn tortilla, cabbage, grilled pineapple pico de gallo, avocado crema, chipotle crema, red salsa, salsa verde, pickled onions, cilantro, lime

VEGE TACO (3 pcs) GF, DF, V, VEG \$15
House made corn tortilla, crispy queso frito, crispy ripe plantain, grilled pineapple pico de gallo, cabbage, avocado crema, pickled red onion, coconut sour cream, chipotle crema, lime

BEAN FRITTERS (5 pcs) \$9
GF, VEG, and V, DF on request
Black bean, red bean, white bean crispy fritter rounds served with salsa verde, chipotle crema, pico de gallo

CHEESY PLANTAIN BITES (5 pcs) VEG, GF \$9
Fried plantain rounds stuffed with stringy cheese, salsa verde, grilled pineapple pico de gallo



TOSTONES (7 pcs) V, VEG, DF, GF \$9
Double fried green plantain medallions, whipped feta cucumber dip, pico de gallo

EMPANADAS (3pcs) \$12
GF, VEG, DF, and V on request
Corn chaya masa, mozzarella cheese, potato, caramelized onion, pico de gallo, avocado crema, salsa roja
+vegan option, potato onion GF, DF, V \$12
+chicken, potato, caramelized onion GF, DF \$14

SHRIMP CEVICHE GF, DF 8oz \$18 16oz \$28
Lime and vinegar cured shrimp or conch, cilantro, tomato, red onion, served with crispy tortilla chips
+tostones \$4

HEART OF PALM CEVICHE 8oz \$22 16oz \$30
V, VEG, GF, DF
Lime marinated heart of palm, nori, avocado, tomato, red onion, cilantro, jalapeno, served with tortilla chips
+tostones \$4

CEVICHE MIXTO GF, DF 8oz \$25 16oz \$32
+tostones \$4

NACHOS GF, VEG, and V, DF on request \$16
Crispy corn tortillas, house made roasted jalapeno cheese sauce, grilled pineapple pico de gallo, refried black beans, cilantro, pickled onions, lettuce
+ mayo achiote chicken DF \$8
+ seasoned soy protein V, VEG, DF, GF \$8
+ house made guacamole V, VEG, DF, GF \$4

BURRITO VEG, and V, DF on request \$18
House made flour tortilla stuffed with roasted corn, seasoned chicken or seasoned soy protein, grilled pineapple pico de gallo, sauteed peppers and onions, refried beans, cabbage, yellow turmeric rice, cilantro, mozzarella, coconut sour cream
+guacamole V, VEG, DF, GF \$4
+fried ripe plantain V, VEG, DF, GF \$4