

Latin American Sample Menus

Discovering new foods can be one of the best parts of traveling. The sample menus below are just a few examples of the types of traditional, local favorites you will have the opportunity to try on tour. Every meal will include table water (or bottled water if deemed necessary by locals) and you can usually buy other beverages if you wish. Across all of Latin America, common side dishes typically include white rice, plantains (fried or sweet), beans (red kidney beans or lentils), and salad (usually a combination of lettuce, tomatoes, carrots, onions, with some variations). Proteins vary between beef, chicken, and fish (varies across region, but sea bass is very common). All meals are served as a group—not à la carte—and a vegetarian option will be available if requested in advance. Please notify EF of any other dietary restrictions or food allergies you may have. Enjoy!



BELIZE

Beef fajitas
Chicken or beef tacos
Stewed chicken with rice and beans

COSTA RICA

Rice and beans
Fried sweet plantains
Chicken or other meat
Steamed vegetables

ECUADOR

Soup
Roasted chicken with rice and vegetables
Fresh fruit
Salad

PANAMA

Rice and chicken
Fried fish with fried plantains
Salad
Pasta

COLOMBIA

Rice and chicken
Arepas (thick, corn-flour tortillas)
Fried or grilled fish with rice
Salad
Rice and beans

DOMINICAN REPUBLIC

Mashed plantains
Rice and beans
Fried fish or meat
Pasta
Seasonal fruit

GALÁPAGOS

Fish or chicken
Rice, French fries, or plantains
Pasta
Salad

PERU

Lomo Saltado (beef in local soy sauce with fried vegetables)
Aji de Gallina (chicken in locally flavored sauce with rice)
Seafood or ceviche
Potatoes and corn