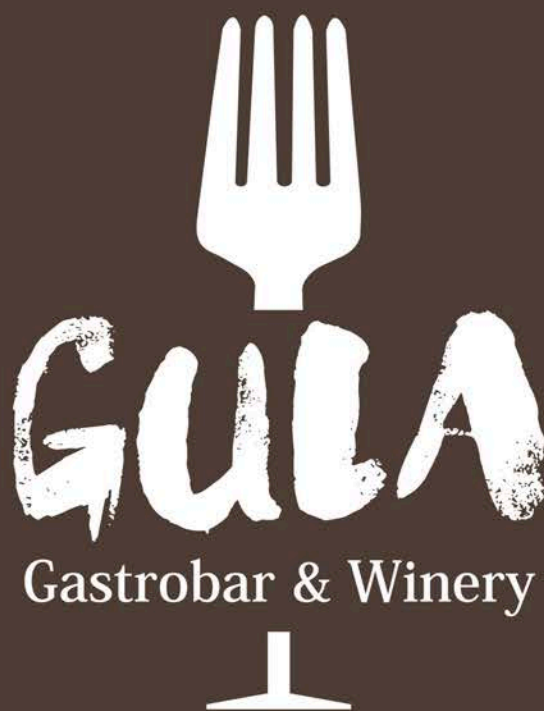




GULA ROATÁN, HONDURAS
GULA, SAN BENITO, EL SALVADOR

EVERYTHING MADE FROM SCRATCH

just for you

TASTING MENU \$45



TASTING MENU \$65



Entrees:

- Stuffed Pepper.
- Green Olives.
- Artichoke in Extra Virgin Olive Oil.
- Spianata with Italian Charcuterie.

Main Courses:

- Shrimp Catalana.
- Eggplant Parmigiana.
- Lasagna alla Bolognese.
- Crispy Fried Shrimp.

Dessert:

- Chef's Choice.

Entrees:

- Stuffed Pepper.
- Green Olives.
- Artichoke in Extra Virgin Olive Oil.
- Spianata with Italian Charcuterie.

Main Courses:

- Lobster Pasta.
- Shrimp Catalana.
- Eggplant Parmigiana.
- Lasagna alla Bolognese.
- Crispy Fried Shrimp.

Dessert:

- Chef's Choice.

Allergens



Prices in USD
Tips not included

APPETIZERS

GARLIC SHRIMP \$26 🍷🍤🧄
Shrimp with garlic and parsley.

SHRIMP CEVICHE \$24 🍷🍤🌿
Marinated in fresh lime with tomato, onion and coriander.

🌿 **EGGPLANT PARMIGIANA** \$24 🍷🍆🧀
Layered baked eggplant, prepared with mozzarella cheese, tomato and basil.

CHARCUTERIE BOARD \$26 🌿🍷🧀
Assorted selection of italian cold cuts.

ENTREES \$24 🌿🐟
Stuffed pepper, green olives, artichokes in extra virgin olive oil, spianata and Italian charcuterie.

🌿 **CAPRESE SALAD** \$19 🍷🍅
Silced fresh mozzarella, tomatoes, basil and extra virgin olive oil.

CASUAL

GULA CHEESEBURGER \$25 🌿🍷🍔🍟🥤
Cheddar cheese, bacon, tomato, lettuce, grilled onions, fries and house sauce.

CHICKEN FINGERS \$19 🌿🍷🍔🍟🥤
Strips of breaded chicken breast fried to perfection served with fries and honey mustard.

FISH FINGERS \$19 🌿🍷🍔🍟🐟🥤
Strips of breaded fresh fish fried to perfection served with fries and tartaro sauce.

NACHOS \$16 🌿🍷🍔🍟🧀
Crispy tortilla chips loaded with chicken, cheese and pico de gallo.

🌿 Vegetarian/Vegan

Allergens

🌿 🍷 🍤 🧄 🥚 🍌 🥜 🐟 🌿 🥤
Gluten Dairy Seafood Garlic Eggs Sulfites Nuts Fish Sesame Mustard

SATISFACTION IN EVERY BITE

Prices in USD
Tips not included

MAIN COURSES

POTATOES GNOCCHI \$25

Choose the homemade potatoes gnocchi with your favorite sauce: pesto, fresh tomato, bolognese or sorrentina.

RAVIOLI IN BRODO \$16

Served in homemade chicken broth, beef or vegetable.

ROATAN'S WHOLE FISH \$39

Fresh red snapper served with pico de gallo, fried sweet plantains, chimol and rice & beans.

OCTOPUS CARPACCIO \$33

Thin sheed boiled octopus served with extra virgin olive oil, lemon juice, salt and pepper.

LOBSTER ALLA CATALANA \$45

Onions, fresh tomato, basil and extra virgin olive oil.

GULA BEEF TENDERLOIN \$44

Wrapped in bacon served with red wine sauce and smashed potatoes and vegetables.

FRITTO MISTO \$30

Shrimps, squids, fish, carrots and zucchini fried to perfection.

SPAGHETTI ALLA CARBONARA \$26

Tocino, huevo, parmigiano reggiano y pimienta negra.

LOBSTER PASTA \$38

Lobster, basil, tomato sauce and extra virgin olive oil.

SURF & TURF \$60

Beef tenderloin, lobster, smashed potatoes and veggies.

GRILLED LOBSTER \$55

Served with vegetables.

LASAGNA ALLA BOLOGNESE \$27

Original family recipe: slowly cooked meat sauce and creamy white sauce.

SEAFOOD SOUP \$28

Seafood soup with a touch of coconut milk as recommend the island tradition.

GRAND GULA SALAD \$19

Tuna, olives, lettuce, tomato, boiled egg and extra virgin olive oil.

 Vegetarian/Vegan

Allergens

      
Gluten Dairy Seafood Garlic Eggs Sulfites Nuts Fish

Prices in USD
Tips not included

PIZZAS



 **SPIANATA \$9** 
Oregano, salt and olive oil.

 **MARGHERITA \$13**   
San Marzano tomato sauce and mozzarella.

NAPOLETANA \$16    
San Marzano tomato sauce, mozzarella, capers and anchovies.

CONTADINA \$19    
San Marzano tomato sauce, mozzarella, salami, olives and green pepper.

 **CALZONE \$13**   
San Marzano tomato sauce, mozzarella and basil.

CAPRICCIOSA \$22    
San Marzano tomato sauce, mozzarella, prosciutto cotto, mushrooms and egg.

GUSTOSA \$24   
San Marzano tomato sauce, mozzarella, eggplant, prosciutto and parmesan.

 **CARRETIERRA \$17**    
San Marzano tomato sauce, oregano, basil, garlic, mozzarella and fresh tomato.

 **FOUR CHEESE \$23**   
San Marzano tomato sauce, mozzarella, gorgonzola, Honduran cheese and cream cheese.

FRUTTI DI MARE \$27    
San Marzano tomato sauce, mozzarella and seafood.

HAWAIIANA PIZZA \$25   
San Marzano tomato sauce, ham, mushrooms and pineapple.

MEAT LOVERS PIZZA \$27    
San Marzano salsa de tomate, pepperoni, sausage, prosciutto, chicken and tomato sauce.

 **VEGETARIAN \$23**   
San Marzano tomato sauce, mozzarella, caramelized onion, zucchini, eggplant, carrot, green pepper and roasted garlic.

EXTRAS

HAM \$4 PROSCIUTTO \$4 DOUBLE MOZZARELLA \$3
TUNA \$3 MUSHROOMS \$3

 Vegetarian/Vegan

Allergens

       
Gluten Dairy Seafood Garlic Eggs Sulfites Nuts Fish

Prices in USD
Tips not included

BUON APPETITO!

SPECIAL DISHES



BEEF TENDERLOIN \$50  

Served with garlic chimichurri and natural fries.



TERIYAKI SALMON \$42   

Served in teriyaki sauce with broccoli and cauliflower.



CAULIFLOWER HUMMUS \$12   

Served with spianata.



ZUCCHINI CARPACCIO \$12  

DESSERTS

TIRAMISU \$15   

PANNACOTTA WITH STRAWBERRY ICE CREAM \$15 

MOUSSE AU CHOCOLAT \$15  

CHEESECAKE \$15   

KEY LIME PIE \$15   

APPLE SECRET WITH VANILLA CREAM \$15    

PAVLOVA \$15  

DEALS

SHRIMP POUND \$27.99  

2X1 PIZZA EVERY THURSDAY



Vegetarian/Vegan



Gluten Free



Keto

Allergens



Gluten



Dairy



Garlic



Eggs



Sulfites



Fish



Seafood

Prices in USD
Tips not included

COCKTAILS

MONKEY LALA \$16

Kahlua, Bailey's, vodka, coconut cream, condensed milk and ice.

MAI TAI \$16

Pineapple juice, orange juice, white rum, black rum, tequila and triple sec.

LONG ISLAND ICE TEA \$17

Rum, vodka, tequila, gin, triple sec, lemon mix and Pepsi.

TEQUILA SUNRISE \$16

Tequila, orange juice, granadine and ice.

VODKA PIÑA \$16

Vodka, pineapple juice and ice.

STRAWBERRY MARGARITA \$16

Tequila, crushed ice, strawberry puree and triple sec.

CAIPIRÍSSIMA \$16

Rum, lemon, sugar, soda and ice.

LEMON DAIQUIRI \$16

Rum, lemon juice and frappe ice.

PINEAPPLE DAIQUIRI \$16

Rum, pineapple juice and frappe ice.

PIÑA COLADA \$16

Rum, pineapple, coconut cream and frappe ice.

RUM PUNCH \$16

Rum, fruit punch and ice.

RUM AND COKE \$16

Rum, Pepsi and ice.

MARGARITA \$16

Tequila, triple sec, lemon mix and ice.

BLUE LAGOON \$16

Vodka, lemon mix, blue curacao and ice.

BLUE HAWAII \$16

Rum, pineapple juice, orange juice, lemon mix, blue curacao and ice.

CAIPIROSKA \$16

Vodka, lemon, sugar, soda and ice.

MIAMI VICE \$16

Strawberry, piña colada and rum.

MOJITO \$16

White rum, mint, soda and lemon.

BAHAMA MAMA \$16

Orange juice, lemon juice, pineapple juice, grenadine, rum and coconut rum (Malibu).

SUMMER PINK \$16

Strawberry vodka, lemon juice, club soda and 7 Up.

APEROL SPRITZ \$16

NEGRONI -AMERICANO- SBAGLIATO \$16

BEERS

INTERNACIONAL BEER \$6.5

LOCAL BEER \$5.5

(Imperial / Salva Vida / Barena).

SOFT DRINKS

SAN PEREGRINO WATER / ACQUA PANNA \$7

WATER \$3

FRUIT PUNCH \$3

ORANGE JUICE \$3

LEMONADE \$4

SODAS \$3

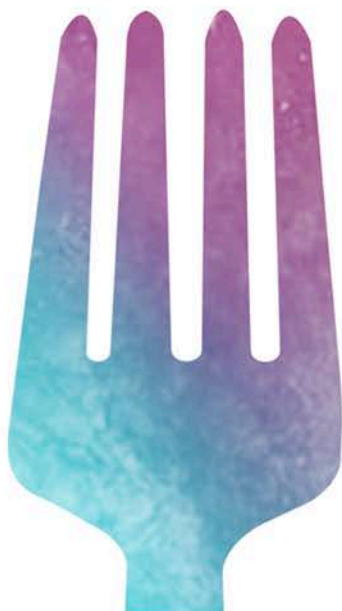
(Pepsi / Diet Pepsi / Mirinda / 7UP).

Allergens

  
Gluten Dairy Sulfites

OUR DRINKS

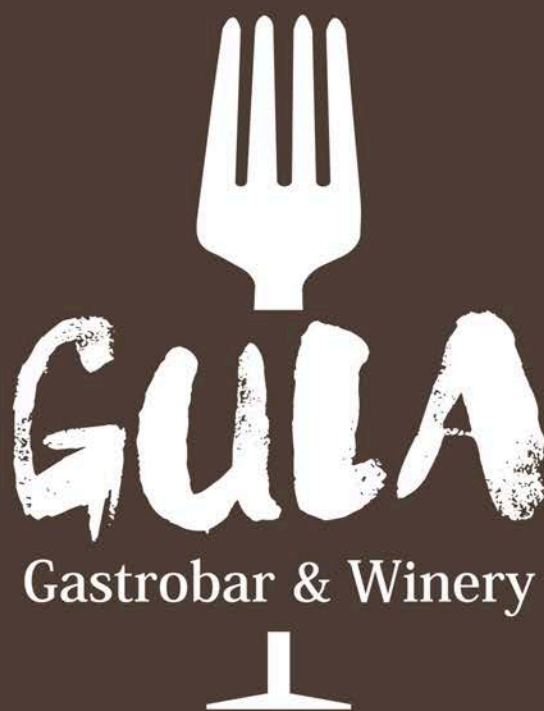
Prices in USD
Tips not included



WINE MENU



Prices in USD. Tips not included. Taxes included.



GULA ROATÁN, HONDURAS
GULA, SAN BENITO, EL SALVADOR

EVERYTHING MADE FROM SCRATCH

just for you

TASTING MENU \$45



TASTING MENU \$65



Para compartir

Entradas:

- Pimiento relleno.
- Aceitunas.
- Alcachofas en Aceite de Oliva Extra Virgen.
- Spianata con Embutidos Italianos.

Platos principales:

- Camarones alla Catalana.
- Parmigiana di Melanzane.
- Lasagna alla Bolognese.
- Camarones Empanizados y Fritos.

Postre de la casa.

Entradas:

- Pimiento relleno.
- Aceitunas.
- Alcachofas en Aceite de Oliva Extra Virgen.
- Spianata con Embutidos Italianos.

Platos principales:

- Pasta con Langosta.
- Camarones alla Catalana.
- Parmigiana di Melanzane.
- Lasaña alla Bolognese.
- Camarones Empanizados y Fritos.

Postre de la casa.

Alérgenos



Gluten Lácteos Mariscos Ajo Huevos Pistacho Sulfito

Precios en USD
Propinas no incluidas

ENTRADAS

CAMARONES AL AJILLO \$26 🏠 🍷 🍤
Camarones salteados con ajo y perejil.

CEVICHE DE CAMARONES \$24 🍷 🌿
Marinado en lima fresca con tomate, cebolla y cilantro.

🌿 **PARMIGIANA DI MELANZANE \$24** 🏠 🍷
Berenjena horneada en capas, preparada con queso mozzarella, tomate y albahaca.

TABLA DE EMBUTIDOS MIXTOS \$26 🌿 🏠 🍷
Surtida selección de fiambres italianos.

ENTRADA DE LA CASA \$24 🌿 🐟
Pimiento relleno, aceitunas, alcachofas en aceite de oliva extra virgen, spianata y embutido italiano.

🌿 **ENSALADA CAPRESE \$19** 🏠
Mozzarella fresca en rodajas, tomates, albahaca y aceite de oliva extra virgen.

CASUAL

GULA CHEESEBURGER \$25 🌿 🏠 🍷 🍷 🍷
Queso cheddar, tocino, tomate, lechuga, cebolla asada, papas fritas y salsa de la casa.

CHICKEN FINGERS \$19 🌿 🏠 🍷 🍷
Tiras de pechuga de pollo empanizadas fritas a la perfección servidas con papas fritas y salsa de mostaza y miel.

FISH FINGERS \$19 🌿 🏠 🍷 🍷 🐟
Tiras de pescado fresco empanizado frito a la perfección servido con papas fritas y salsa tártara.

NACHOS \$16 🌿 🏠 🍷 🍷
Chips de tortilla crujientes de pollo, queso y pico de gallo.

🌿 Vegetariano/Vegano

Alérgenos

🌿 🏠 🍷 🍷 🍷 🍷 🍷 🍷 🍷 🍷
Gluten Lácteos Mariscos Ajo Huevos Sulfito Nueces Pescado Sésamo Mostaza

SATISFACTION IN EVERY BITE

Precios en USD
Propinas no incluidas

PLATOS PRINCIPALES



GNOCCHI DE PAPAS \$25 🌿 🍝 🍷 🍅 🍴

Elige los gnocchis de papas caseros con tu salsa favorita: Pesto, tomate fresco, bolognese o sorrentina.

RAVIOLI IN BRODO \$16 🌿 🍝 🍷 🍅 🍴

Pasta rellena en caldo de pollo, res o vegetales.

PESCADO FRITO DE ROATÁN \$39 🌿 🐟 🍷 🍅 🍴

Pargo rojo fresco servido con pico de gallo, plátanos fritos, chimol y rice & beans.

CARPACCIO DE PULPO \$33 🍷 🍅 🍴

Pulpo hervido de escama fina servido con aceite de oliva extra virgen, zumo de limón, sal y pimienta.

LANGOSTA ALLA CATALANA \$45 🍷 🍅 🍴

Cebolla, tomate fresco, albahaca y aceite de oliva extra virgen.

LOMO DE TERNERA GULA \$44 🍝 🍷 🍅 🍴

Envuelto en tocino servido con salsa de vino tinto y puré de papas y vegetales.

FRITTO MISTO \$30 🌿 🍷 🍅 🍴 🐟

Camarones, calamares, pescado, zanahorias y calabacines fritos a la perfección.

SPAGHETTI ALLA CARBONARA \$26 🌿 🍝 🍷 🍅 🍴

Tocino, huevo, parmigiano reggiano y pimienta negra.

PASTA CON LANGOSTA \$38 🌿 🍷 🍅 🍴

Langosta, albahaca, salsa de tomate y aceite de oliva extra virgen.

SURF & TURF \$60 🍝 🍷 🍅 🍴

Filete de res, langosta, puré de papas y vegetales.

LANGOSTA A LA PLANCHA \$55 🍷 🍅 🍴

Servida con vegetales.

LASAGNA ALLA BOLOGNESE \$27 🌿 🍝 🍷 🍅 🍴

Receta familiar original: salsa de carne cocida a fuego lento y salsa blanca cremosa.

SOPA DE MARISCOS \$28 🍷 🍅 🍴 🐟

Sopa de mariscos con un toque de leche de coco como recomienda la tradición isleña.

ENSALADA GRAN GULA \$19 🍷 🍅 🍴 🐟

Atún, aceitunas, lechuga, tomate, huevo cocido y aceite de oliva extra virgen.

🌿 Vegetariano/Vegano

Alérgenos

🌿 🍝 🍷 🍅 🍴 🐟
Gluten Lácteos Mariscos Ajo Huevos Sulfito Nueces Pescado

PIZZAS



- 
SPIANATA \$9 

Oregano, sal y aceite de oliva extra virgen.
- 
MARGHERITA \$13   

San Marzano salsa de tomate y mozzarella.
- NAPOLETANA \$16**    

San Marzano salsa de tomate, mozzarella, alcaparras y anchoas.
- CONTADINA \$19**    

San Marzano salsa de tomate, mozzarella, salami, aceitunas y pimienta verde.
- 
CALZONE \$13   

San Marzano salsa de tomate, mozzarella y albahaca.
- CAPRICCIOSA \$22**    

San Marzano salsa de tomate, mozzarella, prosciutto cotto, hongos y huevo.
- GUSTOSA \$24**   

San Marzano salsa de tomate, mozzarella, berenjena, prosciutto y queso parmesano.
- 
CARRETIERRA \$17    

San Marzano salsa de tomate, oregano, albahaca, ajo, mozzarella y tomate fresco.
- 
FOUR CHEESE \$23   

San Marzano salsa de tomate, mozzarella, gorgonzola, queso hondureño y queso crema.
- FRUTTI DI MARE \$27**    

San Marzano salsa de tomate, mozzarella y mariscos.
- HAWAIIANA PIZZA \$25**   

San Marzano salsa de tomate, jamón, hongos y piña.
- MEAT LOVERS PIZZA \$27**    

San Marzano salsa de tomate, pepperoni, embutidos, prosciutto y pollo.
- 
VEGETARIANA \$23   

San Marzano salsa de tomate, mozzarella, cebolla caramelizada, zuquini, berenjena, zanahoria, chile verde y ajo rostizado.

EXTRAS

JAMÓN	\$4	PROSCIUTTO	\$4	DOBLE MOZZARELLA	\$3
ATÚN	\$3	HONGOS	\$3		

 Vegetariano/Vegano

Alérgenos










Gluten Lácteos Mariscos Ajo Huevos Sulfito Nueces Pescado

Precios en USD
Propinas no incluidas

BUON APPETITO!

PLATOS ESPECIALES



FILETE DE RES \$50  

Servido con chimichurri de ajo y papas fritas naturales.



SALMON TERIYAKI \$42   

Servido en salsa teriyaki con brocoli y coliflor.



HUMMUS DE COLIFLOR \$12   

Servido con spianata.



CARPACCIO DE ZUQUINI \$12  

POSTRES

TIRAMISU \$15   

PANNACOTTA CON HELADO DE FRESA \$15 

MOUSSE AU CHOCOLAT \$15  

CHEESECAKE \$15   

KEY LIME PIE \$15   

SECRETO DE MANZANA CON CREMA DE VAINILLA \$15    

PAVLOVA \$15  

PROMOCIONES

LIBRA DE CAMARONES \$27.99  

PIZZA 2X1 TODOS LOS JUEVES



Vegetariano/Vegano



Libre de Gluten



Keto

Alérgenos



Gluten Lácteos Ajo Huevos Sulfito Pescado Mariscos

Precios en USD
Propinas no incluidas

COCTELES

MONKEY LALA \$16 🏠 🍹

Kahlua, Bailey's, vodka, crema de coco, leche condensada y hielo.

MAI TAI \$16 🍹

Jugo de piña, jugo de naranja, ron blanco, ron oscuro, tequila y triple sec.

LONG ISLAND ICE TEA \$17 🍹

Ron, vodka, tequila, gin, triple sec, mix de limón y Pepsi.

TEQUILA SUNRISE \$16 🍹

Tequila, jugo de naranja, granadina y hielo.

VODKA PIÑA \$16 🍹

Vodka, jugo de piña y hielo.

STRAWBERRY MARGARITA \$16 🍹

Tequila, hielo picado, puré de fresa y triple sec.

CAIPIRÍSSIMA \$16 🍹

Ron, limón, azúcar, soda y hielo.

LEMON DAIQUIRI \$16 🍹

Ron, jugo de limón y hielo de frappé.

PINEAPPLE DAIQUIRI \$16 🍹

Ron, jugo de piña y hielo de frappé.

PIÑA COLADA \$16 🏠 🍹

Ron, piña, crema de coco y hielo de frappé.

RUM PUNCH \$16 🍹

Ron, ponche de frutas y hielo.

RUM AND COKE \$16 🍹

Ron, Pepsi y hielo.

MARGARITA \$16 🍹

Tequila, triple sec, mix de limón y hielo.

BLUE LAGOON \$16 🍹

Vodka, mix de limón, blue curacao y hielo.

BLUE HAWAII \$16 🍹

Ron, jugo de piña, jugo de naranja, mix de limón, blue curacao y hielo.

CAIPIROSKA \$16 🍹

Vodka, limón, azúcar, soda y hielo.

MIAMI VICE \$16 🏠 🍹

Fresa, piña colada y ron.

MOJITO \$16 🍹

Ron blanco, hierba buena, soda y limón.

BAHAMA MAMA \$16 🍹

Jugo de naranja, jugo de limón, jugo de piña, granadina, ron y ron de coco (Malibú).

SUMMER PINK \$16 🍹

Vodka de fresa, jugo de limón, club soda y 7 Up.

APEROL SPRITZ \$16 🍹

NEGRONI -AMERICANO- SBAGLIATO \$16 🍹

CERVEZAS

CERVEZA INTERNACIONAL \$6.5 🌿 🍹

CERVEZA NACIONAL \$5.5 🌿 🍹

(Imperial / Salva Vida / Barena).

OTROS

AGUA SAN PEREGRINO / ACQUA PANNA \$7

AGUA \$3

PONCHE DE FRUTAS \$3 🍹

JUGO DE NARANJA \$3 🍹

LIMONADA \$4 🍹

SODAS \$3 🍹

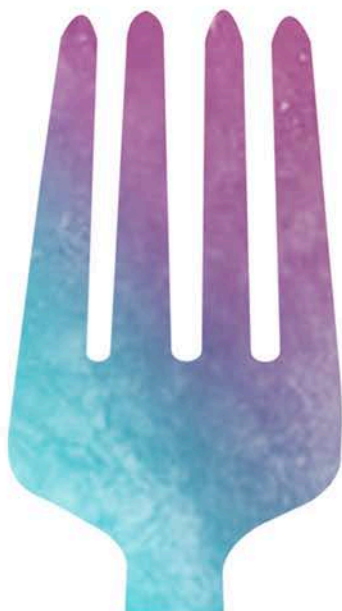
(Pepsi / Pepsi de Dieta / Mirinda / 7UP).

Alérgenos

🌿 🏠 🍹
Gluten Lácteos Sulfito

OUR DRINKS

Precios en USD
Propinas no incluidas



MENÚ DE VINOS



Precios en USD. Propinas no incluidas. Impuestos incluidos.