

ENGLISH



TRAPP FAMILY
HOTEL



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www.trapphotelmonteverde.com

APPETIZERS

Fish Ceviche \$ 15
Pacific fish, onion, red bell pepper, cilantro, lemon juice served with "Costa Rican patacones".

Trapp Tacos (two Tacos) \$ 15
Crispy fish sticks, tomato, onion, cabbage, cilantro, lemon and chipotle mayonnaise.

Grilled Tuna Steaks \$ 18
Tomato, chive, cucumber, sesame seeds, lemon-soy sauce served with crunchy plantain chips.

SALADS

Monteverde Salad \$ 14
Lettuce, cherry tomato, pineapple, onion, fresh heart of palm, cucumber with citrus dressing.

Choice chicken \$ 20

Costa Rican Heart of Palm Salad \$ 15
Cherry Tomato, onion, monterrico cheese, cilantro, fresh black pepper with extra virgin olive oil.

Costa Rican Salad \$ 13
Marinated cheese, tomatoes, basil dressing, and balsamic reduction.

CREAM SOUPS

Mexican Chicken Tortilla Soup \$ 16
Tomatoes, onion, cilantro, dry pepper, garlic served with cheese, tortilla chips and sour cream.

Homemade Soup \$ 15
Prepared with fresh seasonal vegetables.

BEEF BURGER AND SANDWICHES

Trapp Angus Beef Burger \$ 19
Ground Angus Beef, brioche bread, Monterrico cheese, bacon, lettuce, tomatoes, onion, tartar sauce, BBQ sauce and french fries.

Classic Club Sandwich \$ 17
Turkey ham, tomatoes, lettuce leaves, bacon, mayonnaise and french fries.

Vegetarian Mushrooms Sandwich \$ 15
Grilled mushrooms and onions, roasted red peppers, tomatoes, lettuce and creamy basil dressing and french fries.

Chicken Sandwich \$ 19
Tomatoes, lettuce, monterrico cheese, passion fruit and french fries.

KIDS MENU

Spaghetti \$ 10
Pomodoro Sauce, extra virgin olive oil and parmesan cheese.

Chicken Fingers \$ 12
Served with French fries.

Ham and Cheese Sandwich \$ 10
Served with French fries.

FISH AND PASTA

Sea Bass With Garlic Sauce \$ 26
Mashed potatoes, seasonal vegetables, white wine and garlic sauce.

Breaded Sea Bass \$ 26
Mashed potatoes, seasonal vegetables and tartar sauce.

NUTRITIONIST RECOMMENDATION

Grilled Salmon (644 calories) \$ 29
(Rich in heart-healthy omega 3 facts)
Sautéed spinach with mushroom and bacon, mashed potatoes, cherry tomato relish and citrus butter sauce.

Penne with Salmon 200g and Roasted Tomatoes \$ 29
Roasted tomato, fresh basil, oregano, black olives, extra virgin oil.

Spaghetti Bolognese \$ 19
Beef mince, plum tomatoes, onions, garlic, tomato puree, dried oregano, basil, extra virgin olive.

Seafood Linguine \$ 27
Shrimp, octopus, calamari, clams, tomatoes in garlic butter white wine sauce and parsley.

Penne Pasta with Roasted Tomatoes \$ 17
Roasted tomato, fresh basil, oregano, black olives, extra virgin oil.

COSTA RICAN CUISINE "CASADO"

The casado has been a fundamental dish in the diet of Costa Ricans and it is responsible for energizing the men and women who built this country.

Casado with:

Chicken \$ 20
Tenderloin fajitas \$ 29
Fish \$ 25
Vegetarian (531 calories) \$ 16

White rice, black beans, ripe plantains, picadillo de chayote with corn, and green salad.

GRILLED MEATS (CHOOSE 2 SIDE ORDER AND 1 SAUCE)

Grilled Beef Tenderloin \$ 29
Rib Eye \$ 32
Beef Fajitas \$ 24
Chicken Breast \$ 21
Chicken Fajitas \$ 21

SIDE ORDERS

- Mashed potatoes.
- Roasted potatoes with parsley and cajun spices.
- French fries.
- Seasonal vegetables.
- Parmesan-roasted tomatoes.
- Sautéed fresh mushrooms with tomatoes and garlic.

SAUCES

- Black pepper sauce.
- Chimichurri sauce.
- Mushroom sauce.
- BBQ and guava sauce.



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