

ENGLISH

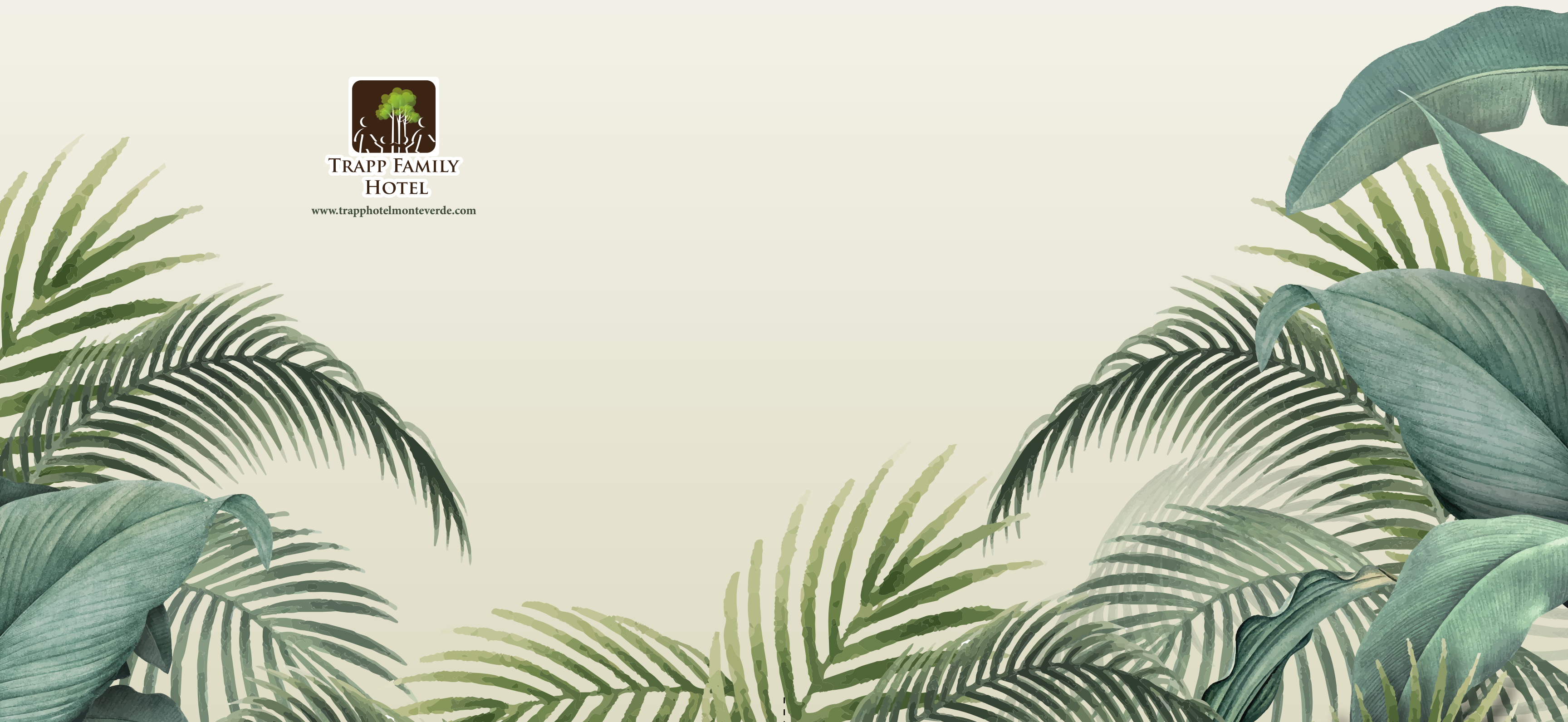


TRAPP FAMILY  
HOTEL



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[www.trapphotelmonteverde.com](http://www.trapphotelmonteverde.com)



## APPETIZERS

**Fish Ceviche** \$ 13  
Pacific fish, onion, red bell pepper, cilantro, lemon juice served with "Costa Rican patacones".

**Trapp Tacos (two Tacos)** \$ 13  
Crispy fish sticks, tomato, onion, cabbage, cilantro, lemon and chipotle mayonnaise.

**Grilled Tuna Steaks** \$ 16  
Tomato, chive, cucumber, sesame seeds, lemon-soy sauce served with crunchy plantain chips.

## SALADS

**Monteverde Salad** \$ 12  
Lettuce, cherry tomato, pineapple, onion, fresh heart of palm, cucumber with citrus dressing.

**Choice chicken** \$ 18

**Costa Rican Heart of Palm Salad** \$ 13  
Cherry Tomato, onion, monterrico cheese, cilantro, fresh black pepper with extra virgin olive oil.

**Costa Rican Salad** \$ 11  
Marinated cheese, tomatoes, basil dressing, and balsamic reduction.

## CREAM SOUPS

**Mexican Chicken Tortilla Soup** \$ 14  
Tomatoes, onion, cilantro, dry pepper, garlic served with cheese, tortilla chips and sour cream.

**Homemade Soup** \$ 13  
Prepared with fresh seasonal vegetables.

## BEEF BURGER AND SANDWICHES

**Trapp Angus Beef Burger** \$ 17  
Ground Angus Beef, brioche bread, Monterrico cheese, bacon, lettuce, tomatoes, onion, tartar sauce, BBQ sauce and french fries.

**Classic Club Sandwich** \$ 15  
Turkey ham, tomatoes, lettuce leaves, bacon, mayonnaise and french fries.

**Vegetarian Mushrooms Sandwich** \$ 13  
Grilled mushrooms and onions, roasted red peppers, tomatoes, lettuce and creamy basil dressing and french fries.

**Chicken Sandwich** \$ 17  
Tomatoes, lettuce, monterrico cheese, passion fruit and french fries.

## KIDS MENU

**Spaghetti** \$ 8  
Pomodoro Sauce, extra virgin olive oil and parmesan cheese.

**Chicken Fingers** \$ 10  
Served with French fries.

**Ham and Cheese Sandwich** \$ 8  
Served with French fries.

## FISH AND PASTA

**Sea Bass With Garlic Sauce** \$ 24  
Mashed potatoes, seasonal vegetables, white wine and garlic sauce.

**Breaded Sea Bass** \$ 24  
Mashed potatoes, seasonal vegetables and tartar sauce.

## NUTRITIONIST RECOMMENDATION

**Grilled Salmon (644 calories)** \$ 27  
**(Rich in heart-healthy omega 3 facts)**  
Sautéed spinach with mushroom and bacon, mashed potatoes, cherry tomato relish and citrus butter sauce.

**Spaghetti Bolognese** \$ 17  
Beef mince, plum tomatoes, onions, garlic, tomato puree, dried oregano, basil, extra virgin olive.

**Seafood Linguine** \$ 25  
Shrimp, octopus, calamari, clams, tomatoes in garlic butter white wine sauce and parsley.

**Penne with Salmon 200g and Roasted Tomatoes** \$ 27  
Roasted tomato, fresh basil, oregano, black olives, extra virgin oil.

**Penne Pasta with Roasted Tomatoes** \$ 15  
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** \$ 18  
**Tenderloin fajitas** \$ 27  
**Fish** \$ 23  
**Vegetarian (531 calories)** \$ 14

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** \$ 27  
**Rib Eye** \$ 30  
**Beef Fajitas** \$ 22  
**Chicken Breast** \$ 19  
**Chicken Fajitas** \$ 19

## 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.

