



Breakfast Options:

A selection of Trapfruits' seasonal best.

Fruit Box: Bananas, oranges, pineapples, sweet mangos, red grapes, creamy custard apples, lychees, granadilla and our latest addition: the exotic and delicious dragon fruit **[options may vary due to season]**

Homemade juice of your choice: Pineapple + Ginger | Lemonade | Mango + Pineapple

Overnight breakfast oats: [gluten free/dairy free options] w/additional toppings: honey, seed/nut mix

Mains Options:

A selection of Trapfruits favourites

Rice and peas, fried dumplings, fresh callaloo, kale, collard green and plantain, vegan Trap'slaw, herby mixed leaves salad with avocado and sun-kissed tomatoes

+ Jerk chicken | Jerk Salmon | Moroccan spiced cauliflower

Contains: Gluten [gluten-wheat, gluten-barley], dairy, eggs, fish, mustard, sulphites, Sulphur D (vinegar)

Sweet potato, Moroccan spice cauliflower, fresh callaloo, avocado, sunkissed tomato.

Contains: Gluten [gluten-wheat, gluten-barley], dairy, eggs, fish, mustard and sulphites

Moroccan couscous salad, spiced sweet potato medley, Trapfruits slaw, hummus, herby mixed leaves salad with cucumber and sun-kissed tomatoes

Contains: Gluten [gluten-wheat, gluten-barley], dairy, eggs, fish, mustard and sulphites