



TROVA

Rooted in the Land

The name Trova reflects the artistry of improvisation—a tribute to creativity and spontaneity. In this spirit, Chef Lugo reimagines nostalgic Puerto Rican classics, infusing them with global flavors while showcasing local Puerto Rican ingredients. Each dish is crafted as a heartfelt homage to Puerto Rico, celebrating the island's diverse culinary heritage and vibrant culture.

To further honor this connection, Trova partners with local farms, fishermen and producers, using fresh, locally sourced ingredients to support the community and promote sustainable practices. This menu is Chef Lugo's love letter to his homeland, designed to honor his roots while embracing innovation.

TROVA

Para Empezar

To Start

GUANIME CON SALMOREJO

\$16 U

Native sweet corn tamal served with rich Puerto Rican crab stew

Guanimes translates to corn bread by the Tainos who were native Indians from Puerto Rico. Traditionally, Guanimes are made with cornmeal, sugar, salt, all-purpose flour and butter, wrapped in banana leaves.

Salmorejo de Cangrejo is a traditional Puerto Rican crab stew made with tender crab meat, simmered in a rich sofrito base with peppers, onions, garlic, and tomatoes.

Carbs: 60g | Protein: 10-15g | Fats: 10-15g

NIGIRI DE GRANITOS CON ATÚN

\$18

Humacao's own local fritter "granitos" served with fresh tuna and kabayaki sauce

For this dish Chef Lugo is combining a traditional Japanese dish called nigiri with local dish from Humacao.

Nigiri is a traditional type of Japanese sushi consisting of a small hand-formed mound of vinegared sushi rice topped with a slice of raw fish or other seafood.

Granos rice fritters! These are traditional Puerto Rican delicacy only found in the town of Humacao. they are made using ground cooked rice and then stuffed with cheese.

Carbs: 30-35g | Protein: 15-20g | Fats: 5-10g

PULPO AL ESTILO JOYUDA

\$21

Octopus thinly sliced, olive aioli, avocado, lime, cured egg yolk, focaccia croutons

Inspired by the vibrant flavors of Chef Lugo's childhood visits to Joyuda a fishing village is the west coast of Puerto Rico. This dish pays homage to one his favorites from Joyuda "Vasito de pulpo".

Carbs: 40g | Protein: 35g | Fats: 15-20g

CEVICHE DE COCO

\$20 VG

Young coconut meat, coconut leche de tigre, lime, onions, cancha, served in a whole coconut

This dish is completely vegan and highlights the rich versatility of coconut in three different ways. It features tender young coconut meat as the main component, a coconut "leche de tigre," and is elegantly served in a whole coconut.

Carbs: 20-30g | Protein: 5-10g | Fats: 10-15g

TARTAR DE AGUACATE CON MOJO VERDE

\$16 VGP

Fresh avocado, canary mojo verde, cilantro, lime, cured egg yolk, focaccia croutons

This dish is a tribute to Puerto Rico's deep-rooted connection to the Canary Islands. In fact, up to 82% of people in certain parts of Puerto Rico have Canarian heritage. Our Avocado Tartare is paired with a vibrant Canary mojo verde, a traditional sauce bursting with fresh herbs and citrus. The result is refreshing, flavorful dish that bridges cultures through taste.

Carbs: 20-30g | Protein: 5-10g | Fats: 20-25g



GF - Gluten-Free U - Vegetarian VG - Vegan VGP - Vegan Possible

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



FOR GUESTS INTERESTED IN NUTRITIONAL INFORMATION, PLEASE SCAN THE QR CODE FOR FULL DETAILS. IF YOU HAVE ANY DIETARY CONCERNS OR ALLERGIES, FEEL FREE TO ASK OUR TEAM FOR ASSISTANCE.

TROVA

Tasting Menu

Tasting Menu

Menú de Degustación

TROVA TASTING MENU - 4-COURSE SELECTION

\$70

Experience the essence of Trova with a curated 4-course selection of dishes from our menu. Each course showcases Puerto Rican flavors and global influences, offering a complete journey through our culinary vision. Perfectly crafted to deliver the full Trova experience.

CHEF EXPERIENCE MENU - 5-COURSE TASTING

\$90

Indulge in a 5-course tasting of Chef Lugo's personal favorites. Each dish highlights his creative take on Puerto Rican flavors and global inspirations, offering an intimate glimpse into his culinary artistry. A true showcase of Trova's finest.

ADD WINE PAIRING FOR

\$40



TROVA

De La Costa

BACALAO CON ESCABECHE DE TOMATES \$30

Seared 8 oz cod with confit tomato escabeche and Yukon Gold potato milhojas, dried olives, sun-dried tomato beurre blanc

Cod has a profound place in Puerto Rican history, traveling across the Atlantic to become a cornerstone of our cuisine. Here, it's reimagined through a modern lens: seared to perfection, paired with a bright confit tomato escabeche inspired by traditional island escabeches. The layered Yukon Gold potato milhojas adds elegance and nods to Spanish culinary influence. The plate captures the enduring dialogue between Puerto Rico, Spain, and the Atlantic.

Carbs: 20-30g | Protein: 35-40g | Fats: 15-20g



From The Coast

CALDOSO DE LANGOSTA MP

Better known as "asopao," Caribbean lobster, lobster stock, jamón serrano, recaó, rice

Caldoso de Langosta is a dish steeped in the essence of Puerto Rican coastal life, blending the luxurious flavors of Caribbean lobster with the island's comforting tradition of asopao — a hearty, soupy rice dish beloved by locals. As you savor Caldoso de Langosta, you taste the melding of cultures — Indigenous Taino traditions, African techniques, and Spanish ingredients — all carried by the sea breeze. It's a dish that feels like a celebration of the island's history, people's resilience, and the abundant treasures of the Caribbean waters.

Carbs: 30-40g | Protein: 40-50g | Fats: 15-25g

De La Montaña

COCHINILLO CONFITADO \$32

Slow-cooked suckling pig, sweet potato purée, ajillo sauce, and local watercress, pickled starfruit

The slowly cooked local lechón suckling pig pays homage to the island's iconic lechón, a centerpiece of Puerto Rican celebrations and gatherings. Trova takes this beloved tradition on a global journey, pairing it with steamed buns, bold tamarind hoisin sauce, bridges the Caribbean and Asia with its sweet and tangy notes, while the vibrant salsa criolla celebrates the island's fresh and colorful produce. Finally, the ají mayo adds a creamy kick, reflecting the adventurous spirit of Trova's kitchen.

Carbs: 60-70g | Protein: 40-45g | Fats: 40-50g

From The Mountain

CARNE GUISADA CON PASTEL DE ARROZ \$40

Comforting braised short ribs, an homage to traditional home cooking served with rice and beans cooked on banana leaves

A dish that brings together the soul of Puerto Rican home cooking with a refined culinary twist. This dish is Chef Lugo's heartfelt tribute to the comforting stews of his childhood, lovingly prepared in family kitchens, and a celebration of the island's vibrant culinary traditions.

At its heart is carne guisada, a rich, slow-cooked stew made with tender short ribs, elevating the classic recipe with a luxurious cut of meat. The short ribs, simmered to perfection with layers of sofrito, tomatoes, and warm spices, are infused with layers of flavor that recall the hearty meals shared around Puerto Rican dinner tables — real quality, grounded in local pride.

Carbs: 50-60g | Protein: 40-45g | Fats: 20-30g

ENCEBOLLADO DE ABUELA LUISA \$35

Grilled sirloin filet, green onion purée, crispy leeks, ajillo sauce, charred onion purée

Encebollado de Abuela Luisa is more than a dish — it's a love letter to family, tradition, and the enduring bond between generations. Inspired by Chef Lugo's cherished memories of his grandmother Luisa, this creation reimagines her signature way of cooking Chef Lugo's favorite dish.

Carbs: 40-50g | Protein: 35-40g | Fats: 20-30g

TROVA BURGER \$19

2 smash patties, American cheese, secret sauce, ají chimichurri, local root chips

Carbs: 40-50g | Protein: 45-50g | Fats: 50-60g



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De La Montaña

From The Mountain

PECHUGA A LA JARDINERA **\$28**
Parmesan granola-crusted chicken breast served with mesclun salad from Guacabo's garden and seasonal vegetables

Pechuga a la Jardinera is a dish that brings the garden to your plate, blending wholesome simplicity with refined craftsmanship. Inspired by the lush landscape of Puerto Rico and the fresh, vibrant produce grown at Guacabo Farm, this dish is a celebration of nature's bounty and culinary creativity.
Carbs: 30-40g | Protein: 50-55g | Fats: 15-20g

NUEVAYOL **\$59**
14 oz New York Strip crusted with peppercorns and Puerto Rican coffee, finished with a creamy aged rum peppercorn sauce. Served with crispy fries

This dish is a tribute to the eternal connection between Puerto Rico and New York. "Nuevayol" is the name Puerto Ricans affectionately gave to the city that welcomed so many of our people in search of new opportunities, without ever leaving their roots behind. Here, the classic French steak au poivre is reimagined with aged rum and Puerto Rican coffee, reflecting how the flavors of the island have left their mark on the Big Apple and vice versa. It tells a story of coming and going, of tradition and modernity, and of Puerto Rican pride anywhere in the world.
Carbs: 64g | Protein: 92g | Fats: 98g

ARROZ DE MONTAÑA **\$28**
Annatto crispy rice Puerto Rican sausage "longaniza", 63-degree egg, local bok choy, shiitake mushrooms, soy broth, served tableside.

This dish tells the story of Puerto Rico's vibrant countryside. The crispy annatto rice captures the island's bold colors, while the longaniza sausage honors traditional flavors passed down through generations. Kale and mushrooms add a modern touch, bridging tradition and innovation. As the soy broth is poured tableside, it unites the dish, symbolizing the harmony of Puerto Rico's land and flavors. Topped with a soft egg, its richness ties it all together—a celebration of the island's past, present, and future in every bite.
Carbs: 60-70g | Protein: 25-30g | Fats: 20-30g



Acompañantes

Sides

TOSTONES **\$10**
Ask the server for our seasonal tostones
Carbs: 30-35g | Protein: 1-2g | Fats: 10-15g

YUQUITAS **\$10**
Fried yucas and cilantro aioli
Carbs: 40-45g | Protein: 2-3g | Fats: 10-15g

ENSALADA TÍPICA **\$10**
Green salad lime dressing, tomatoes, avocados
Carbs: 10-15g | Protein: 2-3g | Fats: 10-15g

ARROZ CON HABICHUELAS **\$10**
Rice and beans
Carbs: 50-60g | Protein: 10-15g | Fats: 5-10g



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La Huerta

From The Garden

ENSALADA DE RAÍCES LOCALES

\$15 U

Roasted local root salad, cumin, goat cheese, pumpkin seeds, oranges

This dish is a love letter to Puerto Rico's land and the farmers who nurture it. Root vegetables have long been a cornerstone of our island's cuisine, sustaining generations with their resilience and deep, earthy flavors.

More than just a salad, this dish tells the story of Puerto Rico's agricultural heritage, one that continues to thrive through the hands of our local farmers.

Carbs 25-30g | Protein 5-10g | Fats 15-20g



GNOCCHI DE PASTELES

\$32 U

Gnocchi de pasteles navideños, eggplant ragout, tiny carrots, tiny radishes

In Trova, any day could be Christmas. We don't need to wait until the holidays to eat pasteles; here, the flavors of Puerto Rico's Navidad show up whenever nostalgia calls. Instead of the traditional leaf-wrapped pastel, the masa is transformed into soft, delicate ñoquis that capture all the sazón and soul of the Christmas table. They're served over a rich eggplant ragù that nods to the hearty guisos found in so many Puerto Rican homes, then finished with tiny vegetables, carrots, and radishes cut as small as confetti, like the colors and movement of a parranda. This is Chef Lugo's creative take on the classic pastel, a way of serving Christmas on a plate any day of the year, anywhere in Puerto Rico.

Carbs: 50-60g | Protein: 10-15g | Fats: 20-25g

SOPA DE CALABAZA CON COCO Y JENGIBRE

\$16 U

Roasted pumpkin soup with coconut cream, ginger and pumpkin seeds

Pumpkin has long been a staple in Puerto Rican kitchens, from family gatherings to holiday tables. This soup elevates that tradition with Caribbean coconut cream and a bright touch of ginger, bringing depth, warmth, and tropical character. The pumpkin seeds add texture while honoring the island's tradition of zero-waste cooking. It's a comforting bowl that feels both familiar and new — rooted in Puerto Rican flavors yet refreshed with global inspiration.

Carbs 30-35g | Protein 5-10g | Fats 5-10g

MELOSO DE QUINOA CON GANDULES

\$28 VGP

Our healthier version of arroz con gandules, quinoa risotto wholesome with pigeon peas and pumpkin

This dish is our version of one of Puerto Rico's most iconic dishes "arroz con gandules".

Carbs 50-60g | Protein 15-20g | Fats 10-15g

La Huerta

From The Coast

COLIRUBIA EN HOJA DE PLÁTANO

MP

Fresh yellowtail snapper, marinated in ají amarillo, baked in plantain leaves, red onions and ají dulce salad, lime, seasonal tostones

This dish celebrates the rich culinary heritage of two ancient cultures - the Tainos of Puerto Rico and the Incas of Peru - by blending their traditional cooking methods and iconic ingredients. The technique of wrapping snapper in banana leaves and baking it pays homage to the Tainos, who used natural materials like banana and plantain leaves to cook food over fire, sealing in moisture and enhancing flavors with an earthy essence. Similarly, the Incas employed similar methods, steaming or baking foods wrapped in leaves - a practice deeply rooted in their connection to the land.

Carbs 30-40g | Protein 40-50g | Fats 20-30g

PULPO A LA PARRILLA CON ENSALADA LOCAL

\$28

Grilled octopus, ají panca marinade, Guacabo fresh greens, olives, lime dressing, citrus segments

The octopus, grilled to perfection, pays homage to the island's deep connection to the sea, a resource that has sustained its people for centuries. Marinated in ají panca, a smoky and slightly sweet Peruvian chili, the dish nods to the shared culinary influences across Latin America, blending the bold flavors of the Andes with Puerto Rican soul.

The fresh greens from Guacabo Farm, known for their sustainable practices and exceptional quality, ground the dish in local pride.

Carbs 20-30g | Protein 30-35g | Fats 10-15g

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