

La Trappe

TRAPPIST

Abdij O.B.U. Koningshoeven

Drinks & menu

Welcome to the Proeflokaal

Our Trappist ales

Although the La Trappe Trappist ales vary greatly from one another, they also have similarities. Each beer is pure ale. They are all produced according to **secret recipes of the Trappist monks** with attentiveness, passion and traditional craftsmanship.



La Trappe Epos (0.0%)

A refreshing, hazy, light blond 0.0% Trappist ale with a beautiful, firm head. The aroma is fruity, spicy and slightly hoppy. The taste is characterised by a pleasant bitterness and a refreshing aftertaste.

Bottle 33 cl: 5.⁰⁰



La Trappe Nillis (0.0%)

Dark, amber-coloured alcohol-free 0.0% Trappist ale with an off-white head. Fruity and malty with a pleasant bitterness and a caramel-sweet aftertaste.

Bottle 33 cl: 5.⁰⁰



La Trappe Puur (4.5%)

Organic, top-fermented Trappist ale. Blond and unfiltered. Refreshing, fruity and hoppy ale with a pleasant bitterness and a mild, dry finish.

Tap 30 cl: 4.⁶⁵

Bottle 33 cl: 4.⁸⁰



La Trappe Witte Trappist (5.5%)

Light-blonde, cloudy with a firm and long-lasting head. Smooth, malty, lightly sour and tingling sensation due to the carbonation. A consistently drinkable, refreshing thirst quencher.

Tap 30 cl: 4.⁹⁵

Bottle 75 cl: 11.⁹⁵

Bottle 33 cl: 5.²⁰



La Trappe Blond (6.5%)

Golden yellow Trappist ale with a white head and a rich flavour. An agreeable and tingling ale with a lightly sweet, smoothly bitter and malty taste.

Tap 25 cl: 4.⁹⁵

Bottle 75 cl: 12.⁵⁰

Bottle 33 cl: 5.³⁰



La Trappe Dubbel (7%)

Classic dark-brown Trappist ale with an ivorycoloured head. A full malty and caramel-sweet taste with the subtle, sweet influence of dates, honey and dried fruits*.

Tap 25 cl: 4.⁹⁵

Bottle 75 cl: 12.⁵⁰

Bottle 33 cl: 5.³⁰

** grenadine in La Trappe Dubbel € 0.²⁵ fine!*



*La Trappe Bockbier (7%)**

Chestnut-coloured with a beige head. A unique seasonal ale with a dry, smoked and herbal flavour and a vigorous bitterness, which fuses amazingly with a liquorice undertone.

Tap 25 cl: 5.³⁵

Bottle 75 cl: 13.²⁰

Bottle 33 cl: 5.⁵⁵

** ask our colleagues about availability*

tip

Organise your own tasting event by sharing our 75 cl bottles (in small tasting glasses). Enjoying the ales together is even nicer. Our staff will be happy to tell you about the options.





La Trappe Isid'or (7.5%)

Amber-coloured Trappist ale with a broken white head. The harmonious taste starts off fruity and shifts to malty caramel. A perfectly balanced ale.

Tap 25 cl: 5.³⁵

Bottle 75 cl: 13.²⁰

Bottle 33 cl: 5.⁵⁵



La Trappe Tripel (8%)

Golden blonde with a white head. A full flavour with a candy-sweet and light malty character.

Tap 25 cl: 5.¹⁵

Bottle 75 cl: 12.⁹⁵

Bottle 33 cl: 5.⁵⁵



La Trappe Quadrupel (10%)

Characteristically Trappist ale and the source for the name of this style. Warm, amber-coloured with a cream-coloured head. The full, heart-warming and intense taste is malty with sweet tones of dates and caramel.

Tap 25 cl: 5.⁴⁵

Bottle 75 cl: 13.⁹⁵

Bottle 33 cl: 5.⁸⁵



*La Trappe Quadrupel Oak Aged (11%)**

Pure indulgence for the true ale lover. Unique Trappist ale with a well-balanced taste and unique oak aroma. The complex taste depends on the type of barrel used for ageing the ale and therefore differs per batch. This special Trappist ale is only available in bottles and is exclusively available in our Proeflokaal and our abbey shop.

Bottle 37.5 cl: from 18.⁰⁰

** ask our colleagues about availability*



Tasting boards

You can choose from a number of tasting boards in the Tasting Room. Each board has three tasting glasses* (15 cl). Ask our colleagues for the tasting form to discover the differences in aroma, taste and experience. Take your time, unleash your senses and enjoy the moment.

The classics

10.⁴⁵

We're proud of our classic ales. Enjoy these authentic ales with a rich history.

La Trappe Blond (6.5%)

La Trappe Dubbel (7%)

La Trappe Tripel (8%)



Fresh and fruity

10.⁸⁵

La Trappe Witte Trappist (5.5%)

La Trappe Blond (6.5%)

La Trappe Isid'or (7.5%)

Strength & Character

10.⁸⁵

La Trappe Dubbel (7%)

La Trappe Tripel (8%)

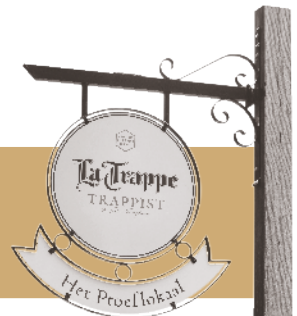
La Trappe Quadrupel (10%)

Enjoy here, give there

For every tasting board sold, we donate €1 to the Made Blue Foundation. Every euro donated provides 3,000 litres of clean drinking water. With each tasting board, you give more than 100 people elsewhere on earth access to water for a day.



(*) Unfortunately, it is not possible to change ales in our tasting boards. Are you with a larger party and want to taste other La Trappe ales as well? Then choose our 75 cl bottles and ask for some tasting glasses.



Ariston Trappist soft drink

We could say that Ariston is a trendy new soft drink, but it isn't. Ariston isn't new. Ariston is back.

In the attic of our abbey, we found a forgotten bottle: a Trappist soft drink that was once made within these walls. That got us thinking. Why shouldn't an abbey that brews beer and makes cheese be allowed to make a soft drink that is just as unique?

And so Ariston was reborn. Made under the supervision of our monks. Just like them, our ingredients come from all corners of the world. Fruit and herbs combine to create a sunny, characterful Trappist soft drink. Refreshing, complex and distinctive. With the fizz of yesteryear and the flavour of today.

In a world that is constantly buzzing with distractions, tranquillity has become a refuge. When the clamour dies down, only the essential remains – the pure, the true, the meaningful.

Fizzy, yes; distractions, no.



Ariston Trappist soft drink



Ariston blood orange - blueberry - juniper

Blood orange, blueberry and a subtle hint of juniper. Slightly cloudy, sparkling and distinctive.

Bottle 27.5 cl: 4.²⁰



Ariston lime - ginger - elderflower

Lime, zesty ginger and delicately floral elderflower. Light in colour, sparkling and distinctive.

Bottle 27.5 cl: 4.²⁰



Ariston blueberry - yuzu - lemongrass

Blueberry, tropical dragon fruit and zesty yuzu, refined with lemongrass. Bright, sparkling and distinctive.

Bottle 27.5 cl: 4.²⁰



Ariston mango - mandarin - cardamom

Mandarin, tropical mango and a subtle hint of spicy cardamom. Cloudy, sparkling and distinctive.

Bottle 27.5 cl: 4.²⁰

Other drinks

Sodas

Coca Cola	3. ²⁵
Coca Cola Zero	3. ²⁵
Fuze Tea	3. ²⁵
Fuze Tea Green	3. ²⁵
Fristi	3. ²⁵
Chocomel	3. ²⁵

Juices

Schulp biological apple juice	3. ²⁵
Schulp biological pear juice	3. ²⁵
Fresh orange juice	4. ¹⁵

Water

Made Blue sparkling water	2. ⁷⁵
Made Blue non-sparkling water	2. ⁷⁵
Made Blue 0.7 L sparkling water	6. ⁹⁵
Made Blue 0.7 L non-sparkling water	6. ⁹⁵

Wines

Torres, Magnetic Blanco (Sauvignon Blanc, Garnacha Blanca)	5. ⁵⁰
<i>Soft and fruity with floral and fruity notes</i>	
Torres, Magnetic Rosé (Grenache Noir, Syrah)	5. ⁵⁰
<i>Fresh and fruity with aromas of red fruit</i>	
Torres, Magnetic Tinto (Garnacha Tinta, Syrah)	5. ⁵⁰
<i>Soft and elegant with aromas of ripe fruit and soft tannins</i>	

Hot drinks

EARTH Coffee	3. ⁰⁰
EARTH Tea	3. ⁰⁰
<i>(Select from: English Breakfast, Earl Grey, Rooibos, Lemon Green, Fruity Green or Forest Fruit)</i>	
EARTH Espresso	3. ⁰⁰
EARTH Double espresso	4. ⁰⁵
EARTH Cappuccino	3. ³⁰
EARTH Latte	3. ³⁰
EARTH Latte macchiato	3. ³⁰
Hot chocolate	3. ³⁵
+ whipped cream	0. ⁵⁰
Fresh mint tea	3. ⁵⁵
Fresh ginger tea	3. ⁵⁵
+ honey from our own abbey	0. ⁵⁰

Made Blue

We like to serve water because it's tasty and healthy. Unfortunately, there are still many countries where people have to walk several hours a day to get water that is often contaminated as well. They can't work or go to school. Because of that, they can never build a healthy life. That is why we serve Made Blue Water, delicious chilled water that we bottle on site. We donate an amount to Made Blue for every bottle we serve. This way, we provide 1,000 times more drinking water per bottle in countries with permanent water scarcity such as Ethiopia, Tanzania and Vietnam. This partnership has seen the Proeflokaal make approximately 2,700,000 litres of clean drinking water available to the areas in the past year.

Taste the silence

Around Koningshoeven Abbey, calmness spreads like a warm blanket over the vast fields and wooded areas. From the first footsteps within the abbey walls, you can feel the most essential ingredient of this exceptional ale: silence.

In the late 19th century, a small group of Trappist monks fled France and settled in Berkel-Enschot, in the heart of Brabant. There, they discovered a piece of heathland with some farms and a sheepfold. They adopted this former country residence of King Willem II, known as Koningshoeven, as their new home. It was here that they established their monastery and decided to begin brewing beer.

To this day, they live a life of prayer and work. They do so in silence as much as possible, which fosters **focus and mindfulness in all their activities.**

And you can taste that!



Proeflokaal Philosophy

We cook with the quiet conviction that befits the setting: the La Trappe Proeflokaal, on the grounds of the Trappist Abbey of Koningshoeven. There, surrounded by the aroma of hops and malt and the silence of the surroundings, we serve dishes in which **beer and food come together** to create a fully rounded experience.

Our kitchen is **firmly rooted in the soil of Brabant**, with the occasional cosmopolitan twist, driven by a deep passion for simplicity, seasonality, and provenance. Every dish we serve embodies the Trappist philosophy: respect for nature, care for the community, and a focus on what truly matters.

Enjoy your meal!

Sep Graumans

Head Chef of the La Trappe Proeflokaal



‘I cook with the understated conviction
that suits the surroundings.’

Committed to a better world

You serve more than ale with La Trappe Trappist. After all, being a Trappist means something. A Trappist has the inner conviction to 'do good'. By engaging with people and nature in a respectful and innovative way, we, as an abbey and brewery, make a lasting contribution to a better world, both now and for future generations.

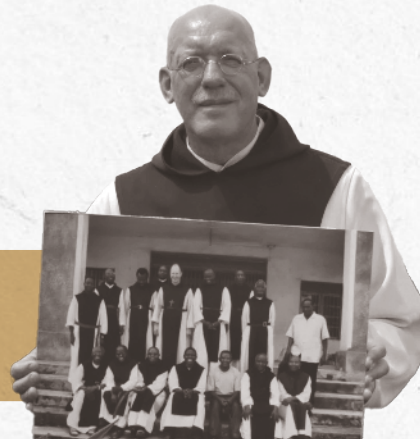
We donate part of our proceeds to charities, both near and far. Water is an important theme within the many charities we support. We support Made Blue, a foundation that fights for **clean drinking water for everyone in the world**. The water we serve in the Proeflokaal is therefore Made Blue water.

Within the walls of our abbey, we work closely with Diamant Groep, Stichting Prins Heerlijk, and GGZ Breburg. Through these partnerships, **we provide employment opportunities for individuals distanced from the labour market** in our brewery, Proeflokaal, and Abbey shop. Further afield, we support a branch of **our abbey in Uganda**, where our fellow monks initiate agricultural, educational, and healthcare projects for the local community.

We consider our mission to be leaving the world more beautiful than we found it.

Father Abbot

'We donate a part of our proceeds to charitable causes.'



From our bakery

Strawberry Coupe 🌱 🧂 Seasonal favourite

Two scoops of vanilla ice cream from *IJshoeve Uijlenborch* with homemade beer cake, fresh strawberries and biscuit crumble | 8.⁵⁰

Our ale suggestion: La Trappe Witte Trappist

La Trappe Coffee 🧂

Coffee with Koningshoeven beer liqueur and whipped cream | 8.⁵⁰

Prins Heerlijk appeltaart 🌱 🧂

Apple pie with a chocolate from our own abbey | 5.⁵⁰
whipped cream + 0.⁵⁰

Cherry turnover 🌱 🧂

Freshly made in our own bakery | 5.⁵⁰

Strawberry vlaaitje 🌱 🧂

Regional fruit tart from our own bakery, made with fresh strawberries | 5.⁵⁰

Sausage roll 🌱

From our own abbey | 3.¹⁰

🌱 = vegetarian

🌱 = contains gluten

🧂 = contains lactose

🌰 = contains nuts

In spite of the meticulous work methods of our staff, the complexity of our kitchen does not enable us to provide 100% guarantee regarding allergens. We will do everything we can to take this into account.

Snacks



La Trappe Quadrupel beef 'bitterballen' 🍷 🍷 🍷 🍷

Suggestion

With mustard and mayonnaise, 8 pieces | 11.⁵⁰

La Trappe Isid'or cheese 'bitterballen' 🍷 🍷 🍷 🍷

With Savora mustard, 8 pieces | 11.⁵⁰



La Trappe Dubbel stew meat 'bitterballen' 🍷 🍷 🍷 🍷

Chef's favourite

With mustard and mayonnaise, 8 pieces | 13.²⁵

Loaded nachos 🍷

With spicy minced meat, jalapeños and gratinated with Trappist cheese | 12.³⁰

Nachos from the oven 🍷 🍷

With tomato salsa, topped with Trappist cheese, spring onion and crème fraîche | 11.⁵⁰



Camembert 🍷 🍷

With abbey honey and pistachios, served with bread | 10.⁵⁰

Crispy pork belly 🍷

Served with oyster mushrooms and hoisin sauce | 12.⁵⁰

Snacks

La Trappe Isid'or bratwurst
Served with sauerkraut, pickles and
onion compote | 10.²⁰

Meatballs 🍴
In a gravy of La Trappe Isid'or
served with mustard caviar, 8 pieces | 7.⁹⁵



Loaded fries 🍴
Served with caramelised onion,
pulled pork and La Trappe
Isid'or gravy | 12.²⁵

Gyozas 🥟
Vegetable gyozas with hoisin sauce | 8.⁰⁰

Bao Buns with pulled chicken 🍴
Marinated in black garlic and
served with fresh vegetables | 12.⁷⁵



*Finding it difficult to choose? Then put together your own
food platter or lunch by ordering a mix of snacks.*

Abbey platters

Abbey cheese platter 🍷 🍷 🍷

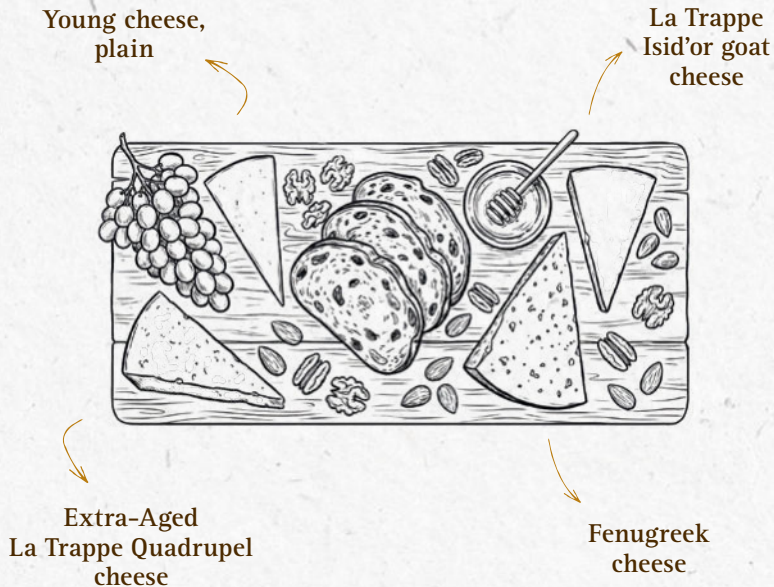
Cheese board with four different kinds of cheese from our own abbey, served with a syrup of La Trappe Quadrupel, raisin-nut bread and grapes | 17.⁵⁰

Abbey charcuterie platter 🍷

A tasty selection of fine cold meats from the *Livar Limburg Abbey pig* | 17.²⁵

Abbey cheese & charcuterie platter 🍷 🍷 🍷

A tasty combination of our abbey cheeses and charcuterie from the *Livar Limburg Abbey pig* | 17.²⁵



Bread from our own abbey

Brewers' lunch 🍷 🍴

Homemade soup, white & brown bread from our own abbey, with scrambled eggs, jam, abbey cheese & La Trappe stew meat croquette (✓ possible) | 17.¹⁰



La Trappe stew meat croquettes 🍷 🍴 Suggestion

Two La Trappe stew croquettes and mustard, served on abbey bread (✓ cheese croquettes possible) | 16.⁵⁰

Our ale suggestion: La Trappe Dubbel

Club De Koningshoeven 🍷 🍴

Abbey cheese, *Livar* ham, butterhead lettuce, tomato, bacon, homemade egg salad and vegetable crisps (✓ possible) | 16.⁹⁵

Our ale suggestion: La Trappe Witte Trappist

Scrambled eggs with salmon 🍷 🍴

Scrambled eggs with smoked salmon, spring onion and bearnaise sauce, served on abbey bread | 14.⁵⁰

Our ale suggestion: La Trappe Blond

Tuna salad 🍷 🍴

Tuna salad, capers, onion, gherkin and lettuce, served on abbey bread | 13.⁵⁰

Our ale suggestion: La Trappe Tripel

Soups

Tomato soup

With fresh tomatoes, small meatballs, served with bread from our own abbey and butter (✓ possible) | 6.⁵⁰

Soup of the day

Served with bread from our own abbey and butter (✓ possible) | 6.⁵⁰

Salads

Caprese 🍷 🍷

Saladini with cherry tomato, buffalo mozzarella and basil cream | 16.⁹⁵

Our ale suggestion: La Trappe Blond

Salade Niçoise 🍷 🍷 Chef's favourite

Crunchie leaf salad with tuna salad, haricot verts, anchovies, olives and a hard-boiled egg | 17.⁷⁵

Our ale suggestion: La Trappe Witte Trappist

Lunch

Spicy chicken 🍷

Bread with spicy chicken marinated in La Trappe Blond and fresh raw vegetables, prawn crackers and chilli mayonnaise | 16.⁹⁰

Our ale suggestion: La Trappe Blond

Pork belly 🍷 🍷

Slow-cooked pork belly from the *Livar Limburg Kloostervarken*, glazed with La Trappe Quadrupel, a mousseline of garlic, oyster mushrooms and hoisin sauce, served with fresh chips | 21.⁵⁰

Our ale suggestion: La Trappe Isid'or

Salmon fillet 🍷 Favourite

Salmon fillet from *Zalmboerderij Maashorst*, with asparagus, baby potatoes and a bearnaise sauce, served with fresh fries | 25.⁵⁰

Our ale suggestion: La Trappe Blond

Trappist burger 🍷

Trappist burger of the *Livar Limburg Abbey* pig on a beer brew sandwich with tomato, onion, pickle, pickled red cabbage, fried bacon and La Trappe Blond mayonnaise, served with fresh chips | 18.⁹⁵

Our ale suggestion: La Trappe Isid'or

La Trappe beef stew 🍷

Beef stew with spices, slowly cooked in La Trappe Dubbel, served with homemade fries | 19.⁵⁰

Our ale suggestion: La Trappe Dubbel

Bread pizza

BBQ chicken 🍷 🍷

Bread pizza BBQ chicken with our famous spicy chicken, tomato, red onion, abbey cheese and barbecue sauce | 16.⁵⁰

Our ale suggestion: La Trappe Tripel

Salmon 🍷 🍷

Bread pizza with creamy stracciatella di bufala, fresh salmon, red onion and capers | 17.²⁵

Our ale suggestion: La Trappe Blond

Caprese 🍷 🍷

Bread pizza with tomato sauce, cherry tomatoes, buffalo mozzarella and pesto | 16.⁵⁰

Our ale suggestion: La Trappe Witte Trappist

Spicy mince 🍷 🍷

Bread pizza with spicy minced meat, tomato, red onion, creamy stracciatella di bufala, pesto and abbey cheese | 16.⁵⁰

Our ale suggestion: La Trappe Tripel

For kids

Small tomato soup with meatballs (✓ possible) | 4.⁰⁰

Brioche bun with chocolate sprinkles and jam 🍞 | 5.⁵⁰

Brioche bun cow cheese from our own abbey 🍞 | 6.⁵⁰

Small pizza margherita 🍕 | 11.⁵⁰

Croquette with fries 🍟 | 7.⁷⁵

Pan toasted ham/cheese sandwich 🍞 | 7.⁵⁰

Ask our staff about our fun postcards to colour in. When you have finished, put your card in the letterbox and we will do the rest. Your drawing becomes a real card that we post to an address of your choice.



Our valuable suppliers

The Proeflokaal is all about quality, craft and provenance. As many of our dishes are prepared with carefully selected products – and organic where possible. Below are the logos of our suppliers – all committed partners who contribute to the quality of our dishes.

Our own abbey also makes a valuable contribution to the Proeflokaal's cuisine – something we are especially proud of.

Thanks to all our suppliers for their beautiful products!



Abdijs Koningshoeven



Dirk Laureijs keurslager



Poelier Kapteijns



De Stroom



La Trappe

TRAPPIST

Abdij O.B.U. Koningshoeven

Taste the silence

*Thank you for visiting our
Proeflokaal. Hope to see you soon!*