



TRIDENT

HOTEL ★ ★ ★ ★ KINSALE

*Daytime Menu*

# DAYTIME

## Light Bites

<b>SEASONAL SOUP OF THE DAY</b>	€5.25	<b>CHICKEN LIVER PÂTÉ</b>	€7.95
<i>Fresh Bread Rolls 1,6,7,9</i>		<i>Fennel &amp; Apple Jam, Toasted Sourdough, Pickled Carrots 1,6,7,9,10</i>	
<b>TRADITIONAL TRIDENT TOMATO BASED SEAFOOD CHOWDER</b>	€7.25	<b>HOMEMADE SCAMPI BREADED PINK PRAWNS</b>	€11.50
<i>Homemade Brown Bread 1,3,4,6,7,9</i>		<i>With Homemade Tartare Sauce 1,2,3,6,7,10</i>	
<b>MUSSELS MARINIÈRE</b>	€8.95	<b>SUPER FOOD SALAD</b>	€8.00
<i>A Pint of Oysterhaven Mussels with Garlic Spring Onion, White Wine and Cream 6,7,9,12,14</i>		<i>Organic Leaves, Sprouting Broccoli, Quinoa Pomegranate, Goats Cheese, Nuts &amp; Seeds, House Dressing Add Chicken: €3.00 6,7,8,10</i>	

## Ultimate Sandwiches

<b>CHICKEN WITH FENNEL SLAW &amp; APPLE</b>	€7.95	<b>CRISPY SMOKED BACON (BLT)</b>	€7.95
<i>in a Rustic Bread 1,6,7,9,10</i>		<i>Tomato, Lettuce &amp; Mayo in a Blaa 1,3,6,7,9,10</i>	
<b>HOUSE SPICED WEST CORK BEEF</b>	€7.95	<b>SEARED STEAK BAGUETTE</b>	€12.00
<i>Dressed Rocket, Cherry &amp; Chilli Tomato Salsa, Sourdough Bread 1,6,7,9</i>		<i>Cooked Medium, Caramelised Onions, Béarnaise Sauce 1,3,6,7</i>	
<b>SMOKED ATLANTIC SALMON</b>	€9.95	<b>ARDSALLAGH GRILLED GOATS CHEESE</b>	€7.95
<i>On Homemade Brown Bread with Salad, Capers and Horseradish Cream 1,3,4,6,7,9,10</i>		<i>Rocket, Bell Peppers, Red Onions Confit &amp; Olive Oil, Focaccia Fingers, Balsamic Reduction 1,6,7,9,10</i>	
<b>OPEN PRAWN</b>	€12.50	<b>WEST CORK CHEESE PLATTER</b>	€10.50
<i>On Homemade Brown Bread with Salad, Marie Rose Sauce 1,2,3,6,7,9,10,12</i>		<i>With Homemade Tomato Relish and Gubben Crackers 1,7,10</i>	
<b>HALF &amp; HALF</b>	€11.50	<b>ROAST JOINT SANDWICH OF THE DAY</b>	€6.95
<b>OPEN PRAWN &amp; SMOKED SALMON</b>		<i>1,6,7,10</i>	
<i>The Best of Both Worlds 1,2,3,4,6,7,9,10,12</i>			
<b>WHARF TOASTED SPECIAL</b>	€6.25	<b>PORTION OF CHIPS</b>	€2.50
<i>The Original Toasted Sandwich with Bandon Vale Cheese, Ham, Beef Tomato 1,6,7,9,10</i>		<i>Coeliac Bread Available on Request</i>	

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## Main Courses

<b>SUPER FOOD SALAD</b>	€12.00	<b>MUSSELS MARINIÈRE</b>	€14.95
<i>Organic Leaves, Sprouting Broccoli, Quinoa</i>		<i>Steamed Oysterhaven Mussels with Garlic,</i>	
<i>Pomegranate, Goats Cheese, Nuts &amp; Seeds, House Dressing</i>		<i>Spring Onion, White Wine &amp; Cream</i>	
<i>Add Chicken: €3.00 6,7,8,10</i>		<i>Served with Chips 6,7,9,12,14</i>	
<b>WHARF BURGER</b>	€13.95	<b>BANGERS AND MASH</b>	€12.50
<i>8oz Locally Sourced Irish Beef Burger with Seasonal Leaves,</i>		<i>John Barrett of Kinsale Pork &amp; Leek Sausages,</i>	
<i>Bandon Vale Cheddar Cheese, Smoked West Cork Bacon,</i>		<i>Creamy Champ Potato, Onion Gravy 1,6,7,9,10,12</i>	
<i>Eve's Leaves Smoked Tomato Relish in a Brioche Bap 1,6,7,10</i>			
<b>GEORGE'S HOMEMADE CHICKEN GOUJONS</b>	€12.95	<b>OVEN BAKED FILLET OF SALMON</b>	€19.50
<i>With Chips, Salad &amp; Chilli Mayonnaise 1,3,6,7,9,10</i>		<i>Pak Choi, Citrus &amp; Dill Cream Sauce 4,6,7,9,12</i>	
<b>TRADITIONAL FISH &amp; CHIPS</b>	€15.95	<b>PEA AND BROAD BEAN RISOTTO</b>	€14.95
<i>In a Blacks of Kinsale Beer Batter, Pea Puree,</i>		<i>Ardsallagh Goats Cheese, Spinach 6,7,9,12</i>	
<i>Caper &amp; Gherkin Mayonnaise 1,4,6,7,10,12</i>			
<b>KINSALE SEAFOOD BAKE</b>	€15.95		
<i>Selection of Locally Caught Fish, Poached Fresh</i>			
<i>&amp; Smoked Fish in a Creamy White Wine Sauce with</i>			
<i>Potato and Cheese Crust. Served with vegetables</i>			
<i>and Potato or Chips and Salad 4,6,7,9,10,12</i>			

### ALLERGEN INFORMATION

1: Cereal, 2: Crustaceans, 3: Eggs, 4: Fish, 5: Peanuts, 6: Soybeans, 7: Milk, 8: Nuts, 9: Celery,  
10: Mustard, 11: Sesame Seeds, 12: Sulphur Dioxide & Sulphites, 13: Lupin, 14: Molluscs

Please inform your server if you have any food allergies

# Wine List

## RED WINE

<b>Leopards Leap, Cabernet Sauvignon (S.Africa)</b>	€25.50   gls €6.50
<i>A burst of dark fruit flavours, creating a refined red with an aftertaste that lingers.</i>	
<b>Shottensbrooke, Shiraz (Australia)</b>	€24.50   gls €6.20
<i>A ripe fruity bouquet, medium bodied with spicy flavours. An easy drinking red.</i>	
<b>Santa Rita Gran Hacienda, Merlot (Chile)</b>	€23.00   gls €6.20
<i>Rich, Soft, full bodied and well balanced with a lovely lingering after taste.</i>	
<b>Vina Egui, Rioja (Spain)</b>	€27.50   gls €6.70
<i>12 months in American oak barrels. An elegant palate of ripe fruit framed by soft tannins.</i>	
<b>Les Janelles, Pinot Noir (France)</b>	€27.00
<i>Classic Pinot Noir aromas of red fruit, beautifully balanced acidity with layers of flavour.</i>	
<b>Lagrima Bonarda Argenceres, Mendoza (Argentina)</b>	€27.00
<i>Aromas of red fruit, a well-balanced wine with pleasant acidity and a long finish.</i>	
<b>Coco Merlot Stellenbosch (South Africa)</b>	€27.00
<i>A silky smooth red wine with coffee and chocolate notes from ageing in toasted French oak barrels.</i>	
<b>Cotes Du Rhone, Les Pas De La Beaume</b>	€25.00
<i>Intense red berries with a hint of spice, lovely Easy drinking soft wine.</i>	
<b>Torreon de Paredes, Reserva Privada, Cabernet Sauvignon, 2011 (Chile)</b>	€42.00
<i>Well-aged and complex, very mature tannins, good darkFruit with a very pleasant finish.</i>	
<b>Nipozzano Chianti Rufina Riserva (Italy)</b>	€37.00
<i>An elegant wine with fine tannins that are well balanced with a long and persistent fruity finish.</i>	
<b>Vina Hermosa Gran Reserva 2007 (Rioja)</b>	€45.00
<i>Intense but well balanced, silky in the mouth, long-lasting with an attractiveness that will open up and improve for hours in the glass.</i>	
<b>Chateau Corbin Michotte St Emilion, Grand Cru Classe, 2006</b>	€80.00
<i>Aromas of blackberries set the scene for a wine that brings out a soft, supple texture, attractively fresh, smoky and ready to drink.</i>	
<b>1/2 Bottle Torreon De Paredes Merlot (Chile)</b>	€13.50

## WHITE WINE

<b>Pinot Grigio, delle Venezie San Giorgio</b>	€25.00   gls €6.50
<i>Fresh orange and pear aromas. Dry with tons of ripe fruit flavour: crisp acidity, deliciously ripe.</i>	
<b>Shottensbrooke Chardonnay, Australia</b>	€24.50   gls €6.20
<i>Rich and textural in mouth feel, the fruit is supported by fine background oak with great balance</i>	
<b>Domaine Du Deminaire Organic Rose, Rhone</b>	€24.00   gls €6.40
<i>Flavours of white fruit on the nose, a fresh and crisp finish on the pallet. Great as an aperitif, with white fish, prawns and white meat.</i>	
<b>Destinea Sauvignon Blanc, Joseph Mellot (Loire)</b>	€25.00   gls €6.50
<i>Stunning Sauvignon Blanc, perfect accompaniment to oysters, seafood and goats cheese.</i>	
<b>Mooiplass Chenin Blanc Bush Vines (S.Africa)</b>	€30.00
<i>Medium to full-bodied wine made in a refreshing New World style. Ripe summer fruit with a dry, lingering finish.</i>	
<b>PradoRey Verdejo, Rueda (Spain)</b>	€27.00
<i>Attractive, fresh fruit on the nose, full palate with good nuttiness and hints of lime.</i>	
<b>Walnut Block Organic Sauvignon Blanc (N. Zealand)</b>	€28.95
<i>Aromas of lime, passion fruit and basil. Refreshing acidity is softened by ripe green apple &amp; citrus flavours.</i>	
<b>Villa Huesgen Pinot Blanc Weißburgunder (Germany)</b>	€28.00
<i>One of the best Pinot Blanc vineyards of the Mosel region. Classic white Burgundy flavour with aromas of pineapple, banana and melon.</i>	
<b>Springfield Estate Wild Yeast Chardonnay (S.Africa)</b>	€35.00
<i>Unoaked &amp; slow natural ferment with a concentrated burst of pure, rich fruit with a long ripe spicy aftertaste.</i>	
<b>Sancerre, Domaine de Bellecours, Joseph Mellot</b>	€36.00
<i>Notes of citrus fruits and mango. Soft on the pallet with remarkable length, a fine delicate wine.</i>	
<b>Torreon De Paredes Sauvignon Blanc (Chile)</b>	1/2 Bottle €13.50

## SPARKLING WINE & CHAMPAGNE

<b>Colle De Principe Prosecco Fizzante</b>	€28.00
<b>Vallformosa Classic Cava Brut (Spain)</b>	€35.00
<b>Laurent Perrier N.V</b>	€74.00