



AT THE TRIDENT HOTEL

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LIGHT BITES & SALADS

SEASONAL SOUP OF THE DAY 6, 7, 9 €4.95

Served with a crusty roll or Shirley's brown bread

TRADITIONAL TRIDENT SEAFOOD CHOWDER €7.25

Fresh local seafood cooked in a tomato stock with a hint of fine herbs served with homemade brown bread 4, 6, 7, 9

BAKED CRUSTY GARLIC BREAD 1, 6, 7, 9, 10 €3.95

With fresh garlic & parsley

"CHEESE IT" €4.50

With melted Gubbeen cheese

MUSSELS MARINIÈRE 6, 7, 9, 12, 14 €8.95

Steamed local mussels with garlic, spring onions, white wine and cream sauce

CAJUN CHICKEN SALAD 1, 3, 4, 6, 7, 9, 10 €7.95

(STARTER OPTION)

Warm marinated chicken breast, with baby gem lettuce, garlic croutons, parmesan shavings & caesar dressing

TRIDENT HOMEMADE 1, 6, 7, 9, 10 €7.50

CHICKEN LIVER PATÉ

Served with cumberland sauce and a selection of breads

HOUSE STYLE PRAWN COCKTAIL 2, 7, 9, 10 €9.25

With marie rose sauce

Our food is cooked to order from fresh produce so please allow time for preparation. If you are in a hurry please make our staff aware and they will assist with menu choices. All our food is sourced locally where possible. If you have any allergies or dietary requirements please inform the waiting staff.

SERIOUS SANDWICHES - ON RUSTIC BREAD

PIG SAMBO 1, 6, 9, 10 €8.50

Slow roast belly of Timoleague spiced pork, hand pulled served with salad, chips and barbeque sauce

CAESAR CLUB 1, 3, 4, 6, 7, 9, 10 €7.95

Chicken, smoked West Cork bacon, Bandon Vale cheddar, baby gem and caesar mayonnaise with chips and salad

SMOKED ATLANTIC SALMON 1, 3, 4, 7, 9, 10 €9.95

On homemade brown bread with salad, capers and horseradish cream

OPEN PRAWN 1, 2, 3, 7, 9, 10, 12 €12.50

On homemade brown bread with salad and marie rose sauce

HALF & HALF 1, 2, 3, 4, 7, 9, 10, 12 €11.95

OPEN PRAWN & SMOKED SALMON

The best of both worlds

WARM SUNDRIED TOMATO 1, 6, 7, 9, 10 €7.95

& BRIE FOCACCIA

With red onion marmalade with basil pesto

WHARF TOASTED SPECIAL 1, 6, 7, 9, 10 €7.95

The original toasted sandwich with Bandon Vale Cheese, ham, beef tomato served with chips and salad

PLATTER OF WEST CORK CHEESE 1, 7 €8.50

With homemade tomato relish and cheese biscuits

SANDWICHES - BROWN OR WHITE OR WRAPS

(Gluten Free available on request) 1, 3, 6, 7, 9, 10

Chicken, lettuce, tomato & chilli mayo €5.25

Traditional ham, whole grain mustard, tomato, lettuce & onion €5.25

Egg salad, seasonal leaves €5.25

These combinations open on homemade brown bread €6.25

MAIN COURSE - MEAT

WHARF BURGER 1, 6, 7 €13.95

8oz locally sourced Irish beef burger with seasonal leaves, Bandon Vale cheddar cheese, smoked West Cork bacon and homemade tomato relish on a floury bap
(Please allow a minimum of 20 minutes cooking time)

TRADITIONAL BEEF 1, 3, 6, 7, 9, 12 €15.50 & GUINNESS CASSEROLE

With a pastry crust served with seasonal vegetables & potatoes

CAJUN CHICKEN SALAD 1, 3, 4, 6, 7, 9, 10 €12.95 WHARF STYLE

Warm marinated chicken breast, with baby gem lettuce, garlic croutons, parmesan shavings and caesar dressing

GEORGE'S HOMEMADE 1, 3, 6, 7, 9, 10 €12.95 CHICKEN GOUJONS

With chips, salad and chilli mayonnaise

SIRLOIN STEAK 10OZ 6, 7, 9, 12 €23.95

Char grilled prime Irish Beef with grilled tomato, mushrooms, sauté onions, chips and pepper sauce

THAI RED CHICKEN CURRY 6, 7 €14.95

Served with savoury rice

SUPPLIERS:

EGGS:	Riverview Eggs
MEAT:	Quigley Meats Cork, John Barrett Kinsale, Stauntons Timoleague
CHICKEN:	Shannonvale Clonakilty
DAIRY:	Clona West Cork Foods
FISH:	O'Connell's Cork
SHELLFISH:	Haven Shellfish Oysterhaven
SALAD LEAVES:	Horizon Leaves Dunderrow
VEGETABLES:	Keelings Cork, All Fresh Cork

MAIN COURSE - FISH

TRADITIONAL FISH & CHIPS 1, 3, 4, 6, 10, 12 €15.95

Locally caught fish crisp fried in beer batter served with chips, homemade tartar sauce and lemon wedges

MUSSELS MARINIÈRE & CHIPS 6, 7, 9, 12, 14 €14.95 (MOULES & FRITES)

Steamed local mussels with garlic, spring onions, white wine and cream served with chips

KINSALE SEAFOOD BAKE 4, 6, 7, 9, 10, 12 €15.95

Selection of locally caught fish, poached in cream white wine with potato and cheese topping served with vegetables and potatoes or chips and salad (Please allow a minimum of 20 minutes cooking time)

OVEN ROASTED FILLET OF HAKE 4, 6, 7, 9 €16.95

Served on a bed of ratatouille, wilted spinach leaves & pesto dressing

VEGETARIAN OPTIONS

VEGETABLE ENCHILADA 1, 6, 7, 9 €12.95

Grilled tortilla filled with stir fried vegetables, coated with Carbery cheddar cheese and tomato sauce – served with steamed rice

WITH CHICKEN €14.95

PASTA 1, 6, 9 €12.95

Penne pasta with mushrooms, sundried tomato and basil cream

THAI RED CURRY 6, 7 €12.95

Vegetable and chick peas served with savoury rice

ALLERGENS:

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



CHILDREN'S MENU

(up to 12 years)

HOMEMADE CHICKEN GOUJONS 1, 3, 6, 7	€6.25
Deep fried pieces of breaded chicken breast	
PENNE PASTA 1, 7, 9	€5.70
With homemade tomato base sauce	
HOMEMADE FISHY BITES 1, 3, 4, 6, 7	€6.25
Golden fried pieces of white fish	
BURGER 1	€6.25
4oz locally sourced beef burger in floury bap	
<i>(Above children dishes served with chips or creamed potato)</i>	
PIZZA 1, 6, 7	€5.70
With homemade tomato base sauce and grated mozzarella cheese	
JOHN BARRETT AWARD WINNING COCKTAIL SAUSAGES 1, 6	€5.70
With chips in the basket	
BABY BOWL 6, 7, 9	€3.50
Vegetables, potato and gravy	
BAKED BEANS OR PEAS	€1.00
VEGETABLES OF THE DAY	€1.50

CHILDREN'S DESSERTS

BANANA SPLIT 1, 6, 7	€3.25
JELLY & ICE CREAM 1, 7	€3.25
SELECTION OF ICE CREAMS 1, 7	€2.95
HOMEMADE PANCAKE 1, 3, 6, 7	€3.25
with chocolate sauce and ice cream	
HOMEMADE PROFITEROLES 1, 3, 6, 7	€3.25
Filled with fresh whipped cream and dipped in chocolate	
WHARF SUNDAE 1, 7	€3.25
With ice cream, jelly, freshly whipped cream and toffee sauce	



TRIDENT

HOTEL ★ ★ ★ ★ KINSALE

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