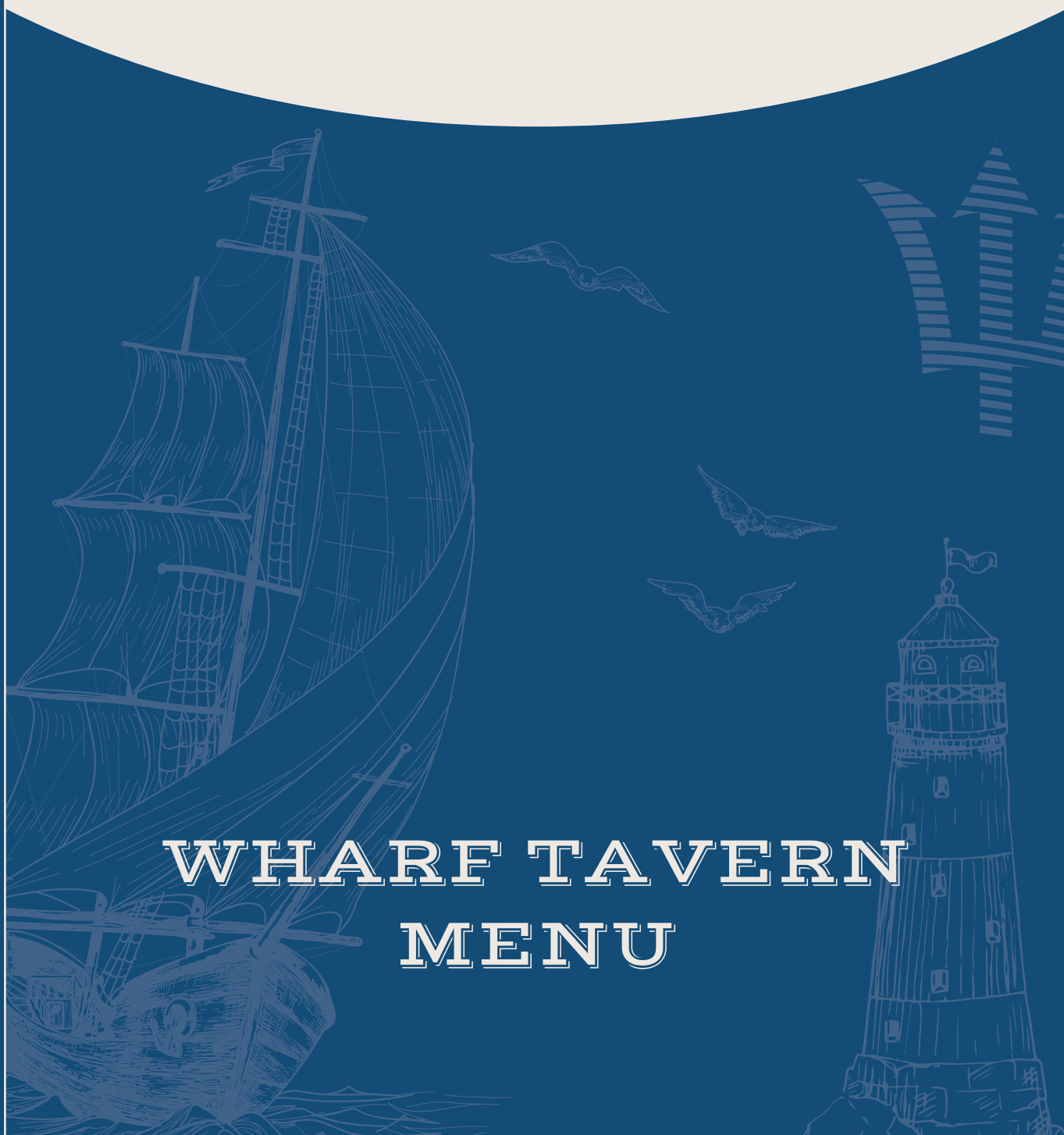


**TRIDENT**

HOTEL ★ ★ ★ ★ KINSALE



**WHARF TAVERN  
MENU**

## MORNING COFFEE & MORNING TREATS

### FRESHLY BREWED NESPRESSO COFFEE

<b>FRESHLY MADE SCONES</b> .....	<b>2.95</b>
Butter, Jam and Cream	
<b>SELECTION OF HOMEMADE BISCUITS</b>	<b>2.25</b>
<b>SHIRLEY'S CAKES</b> .....	<b>3.75</b>
(ask for today's choice) // 1,3,6,7,8,12	
<b>ADD 1 SCOOP OF ICE CREAM</b> .....	<b>1.50</b>
<b>AMERICANO</b> .....	<b>2.80</b>
<b>CAPPUCCINO</b> .....	<b>3.20</b>
<b>ESPRESSO</b> .....	<b>2.80</b>
<b>LATTE</b> .....	<b>3.20</b>
<b>RISTRETTO</b> .....	<b>2.80</b>
<b>MOCHA</b> .....	<b>3.40</b>
<b>WHITE COFFEE</b> .....	<b>3.00</b>
<b>FRESHLY BREWED BEWLEY'S TEA</b> ...	<b>2.50</b>
<b>INFUSIONS</b> .....	<b>3.00</b>
<b>HOT CHOCOLATE</b> .....	<b>3.20</b>


## LIGHT BITES

<b>TRADITIONAL TRIDENT TOMATO BASED SEAFOOD CHOWDER</b> .....	<b>8.90</b>
Homemade Brown Bread // 1,3,4,6,7,9	
<b>MUSSELS MARINIERE</b> .....	<b>10.50</b>
A Pint of West Cork Mussels with Garlic, Spring Onion, White Wine and Cream // 6,7,9,12,14	
<b>SEASONAL SOUP OF THE DAY</b> .....	<b>5.95</b>
Fresh Bread Rolls // 1,6,7,9 	
<b>CAJUN CHICKEN SALAD</b> .....	<b>9.95</b>
Warm Marinated Chicken Breast, Crispy Lettuce, Garlic Croutons, Parmesan Shavings and Caesar Dressing // 1,3,4,6,7,9,10	
<b>THAI FISH CAKES</b> .....	<b>9.80</b>
Lime and Yogurt Dressing and Summer Leaves // 1,3,4,6,7,10,11	
<b>ARDSALLAGH GOATS CHEESE BRUSCHETTA</b>	<b>8.95</b>
Micro Salad, Balsamic Reduction // 1,6,7,9,10,11	
<b>KING PRAWN SCAMPI</b> .....	<b>13.50</b>
Breaded Prawns deep fried, served with Homemade Tartare Sauce // 1,2,3,6,7,10	
<b>WEST CORK CHARCUTERIE PLATE</b> .....	<b>14.95</b>
Cajun Chicken, Gubeen Chorizo, Gubeen Salami served with Mixed Olives, Sundried Tomato, Piccalilli Relish and Rustic Bread // 1,3,6,7,10,11	

## ULTIMATE SANDWICHES

### COELIAC BREAD AVAILABLE ON REQUEST

<b>HALF &amp; HALF OPEN PRAWN &amp; SMOKED SALMON</b> .....	<b>14.95</b>
The Best of Both Worlds. Homemade Brown Bread // 1,2,3,4,6,7,9,10,12	
<b>WHARF TOASTED SPECIAL</b> .....	<b>8.25</b>
The Original Toasted Sandwich with Bandon Vale Cheese, Ham, Beef Tomato. Served with Chips and Salad // 1,6,7,9,10	
<b>SEARED MINUTE SIRLOIN STEAK BAGUETTE</b>	<b>17.50</b>
Cooked Medium, Crispy Onions, Bernaise Sauce, Served with Chips // 1,3,6,7	
<b>CHEF SANDWICH OF THE DAY</b> .....	<b>9.00</b>
House Slaw & Chips // 1,6,7,10,11	

 Vegetarian

 Vegan

### ALLERGEN INFORMATION

If you have any allergies or dietary requirements please inform the waiting staff.

1: Cereal (Wheat) 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 ask your server for Evening Specials

## MAIN COURSES

### CHICKEN BREAST IN A BUN ..... 14.95

Breaded Escalope of Chicken, Crispy Lettuce, Tomato, Garlic Mayonnaise in a Brioche Bun, served with Chips // 1,3,6,7,9,10

### CAJUN CHICKEN SALAD ..... 15.50

Warm Marinated Chicken Breast, Crispy Lettuce, Garlic Croutons, Parmesan Shavings and Caesar Dressing // 1,3,4,6,7,9,10

### WHARF BURGER ..... 16.95

8oz Locally Sourced Irish Beef Burger with Seasonal Leaves, Bandon Vale Cheddar Cheese, Smoked West Cork Bacon, Tomato Relish in a Brioche Bap // 1,3,6,7,10

### GEORGE'S HOMEMADE CHICKEN GOUJONS ..... 15.50

With Chips, House Slaw & Garlic Mayonnaise // 1,3,6,7,9,10

### TRADITIONAL FISH & CHIPS ..... 16.95

In a Beer Batter, Mushy Peas, Capers & Gherkin Mayonnaise // 1,3,4,6,7,10,12

### KINSALE SEAFOOD BAKE ..... 17.95

Selection of Locally Caught Fish, Poached Fresh, Smoked & Shellfish in a Creamy White Wine Sauce with Potato and Cheese Crust. Served with Vegetables or Salad // 2,4,6,7,9,10,12,14

### MUSSELS MARINIÈRE ..... 16.50

Steamed West Cork Mussels with Garlic, Spring Onion, White Wine & Cream Served with Chips // 6,7,9,12,14

### THAI RED MEDITERRANEAN VEGETABLE AND CHICKPEA CURRY ..... 15.50

With Basmati Rice // 6 **VEGAN**

Add Chicken - €17.95

### KING PRAWN SCAMPI ..... 26.50

Breaded Pink Prawns with Homemade Tartare Sauce, Served with Chips // 1,2,3,6,7,10

### CHARGRILLED IRISH PRIME HEREFORD SIRLOIN STEAK ..... 28.00

Traditional Garnish of Portobello Mushrooms, Tomato, Onions and Chips. Choice of Garlic Butter, Pepper and Brandy Sauce // 1,3,6,7,9,12

PORTION OF CHIPS **V** ..... 3.50

PORTION OF VEGETABLES ..... 3.50

PORTION OF SIDE SALAD ..... 3.50

## VEGAN FRIENDLY

### VEGAN CAESAR SALAD ..... 9.95

Crispy Lettuce, Spicy Chickpea, Garlic Crutons, Nut & Seed Parmesan and Parsnip Crisps // 1,6,8 - Cashew Nuts **VEGAN**

### WHARF PLANT BASED TOASTED SANDWICH ..... 9.00

Toasted Sandwich with Violife Mature Cheese, Beef Tomato, Red Onion, Ballymaloe Jalapeno Pepper Relish. Served with Chips and Salad // 1,6,10 **VEGAN**

### BEYOND BURGER ..... 16.50

In a Kaiser Bun, Ballymaloe Relish, Violife Mature Cheddar Cheese, House Slaw and Chips // 1,6,10 **VEGAN**

### VEGAN CHOCOLATE TART ..... 6.50

Hazelnut Crumb, Glenown Chocolate and Coconut Ice Cream // 6,8 **VEGAN**

## SEE OUR WINE LIST FOR VEGAN WINE

Our food is cooked to order, please allow time for preparation. If you are in a hurry, please make staff aware And they will assist with menu choices. All our food is sourced locally where possible.

### OUR SUPPLIERS

**Eggs** Riverview Eggs  
**Meat** Quigley Meats, Cork  
**Chicken** Shannonvale, Clonakilty  
**Dairy** Clona West Cork Foods & Sean Bohan, Kinsale  
**Fish** Matt O'Connell Foods, Cork  
**Shellfish** Haven Shellfish, Oysterhaven  
**Salad Leaves** Horizon Leaves, Dunderrow  
**Fruit & Vegetables** Allfresh, Cork, Rosscarberry Strawberries



**TRIDENT**  
HOTEL ★ ★ ★ ★ KINSALE

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