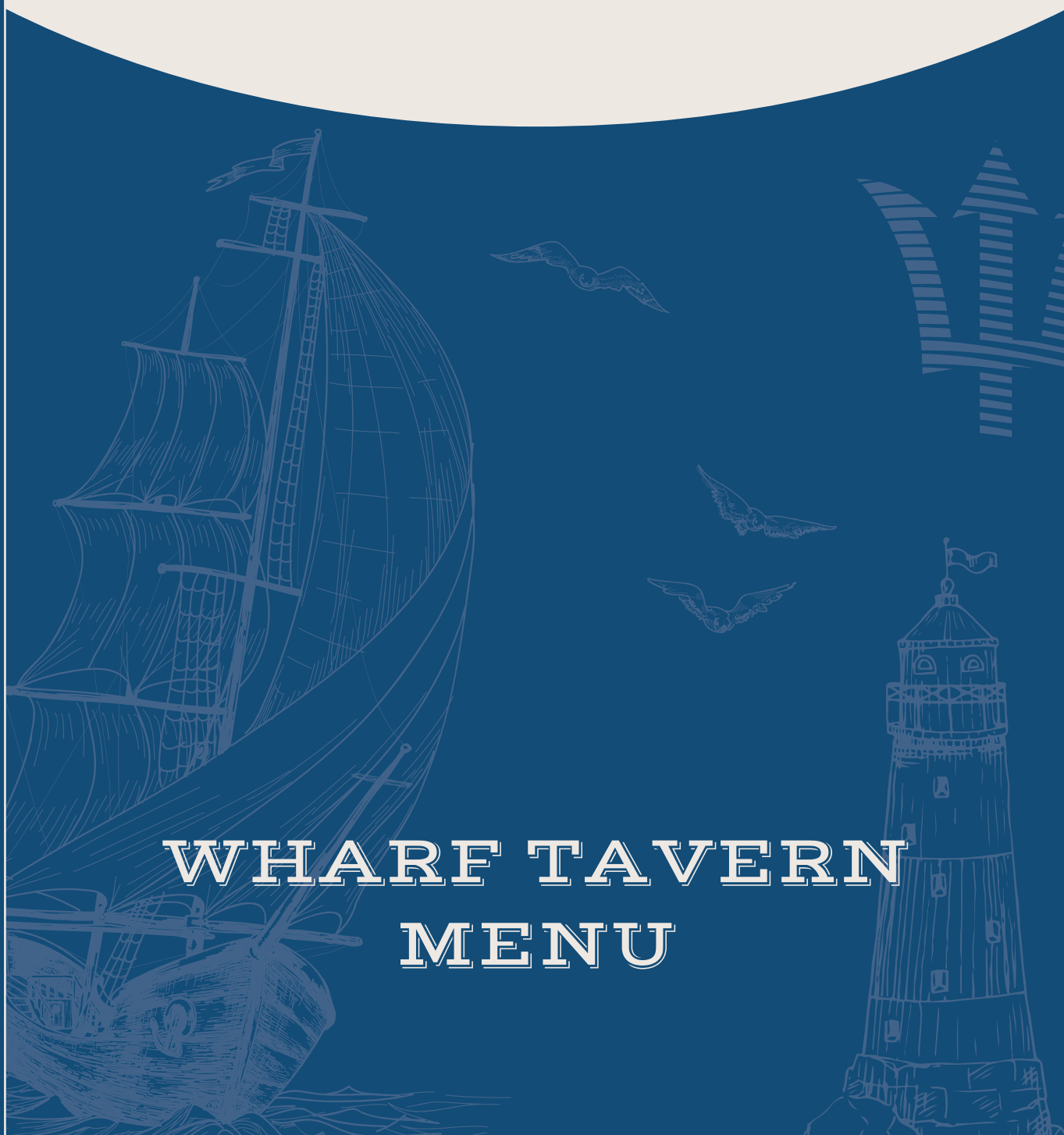




**TRIDENT**

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>3.00</b>
<b>CAPPUCCINO</b> .....	<b>3.30</b>
<b>ESPRESSO</b> .....	<b>2.80</b>
<b>LATTE</b> .....	<b>3.30</b>
<b>RISTRETTO</b> .....	<b>2.80</b>
<b>MOCHA</b> .....	<b>3.50</b>
<b>WHITE COFFEE</b> .....	<b>3.00</b>
<b>FRESHLY BREWED BEWLEY'S TEA</b> ...	<b>2.60</b>
<b>HERBAL TEAS</b> .....	<b>3.20</b>
<b>HOT CHOCOLATE</b> .....	<b>3.50</b>

**V** Vegetarian

**VEGAN** 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

## LIGHT BITES

<b>CHOWDER</b> .....	<b>8.95</b>
Trident Cream Based Seafood Chowder Served with a Dill Scone // 1,3,4,6,7,9	
<b>MUSSELS MARINIERE</b> .....	<b>10.55</b>
A Pint of West Cork Mussels with Garlic, Spring Onion, White Wine and Cream Sauce served with Grilled Ciabatta // 6,7,9,12,14	
<b>SEASONAL SOUP OF THE DAY</b> .....	<b>5.95</b>
Fresh Bread Rolls // 1,6,7,9 <b>V</b>	
<b>CAESAR SALAD</b> .....	<b>7.95</b>
Crispy Gem Lettuce, Bacon, Garlic Croutons, Parmesan Shavings and Caesar Dressing // 1-wheat,4,7,12,3,10 <b>Add Chicken - 3.00</b>	
<b>CLASSIC FISH CAKES</b> .....	<b>9.85</b>
Potato Based Fish Cakes with Fresh Herbs and Scallions served with Saffron Mayo // 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>THE BEST OF CORK</b> .....	<b>9.50</b>
Crumbed Gubbeen Cheese, Clonakilty Black Pudding with a Red Currant Jelly and Horizon Leaves // 1-wheat,3,7,12	
<b>HUMMUS</b> .....	<b>7.50</b>
Savoury Chickpea Hummus served with Crispy Chickpeas and Warm Bread // 11,12	
<b>CHICKEN WINGS</b> .....	<b>11.00</b>
Honey, Soya & Garlic Chicken Wings with Chilli and Scallion // 11,12,13	

## SANDWICHES & SALADS

### COELIAC BREAD AVAILABLE ON REQUEST

<b>OPEN SMOKED SALMON &amp; PRAWN</b> .....	<b>14.95</b>
Chive Crème Fraîche, Pickled Cucumber, Marie Rose Sauce on Brown Soda Bread // 1,2,3,4,6,7,9,10,12	
<b>WHARF TOASTED SPECIAL</b> .....	<b>8.50</b>
The Original Toasted Sandwich with Bandon Vale Cheese, Ham, Beef Tomato. Served with Chips and Salad // 1,6,7,9,10	
<b>STEAK SANDWICH</b> .....	<b>17.50</b>
Cooked Medium, Crispy Onions, Garlic Butter, Cheddar Cheese, Herb Pesto served with Chips // 1,6,7,9,10	
<b>BLUE CHEESE, POACHED PEAR &amp; PUDDING SALAD</b> .....	<b>15.50</b>
Cashel Blue, Clonakilty Black Pudding, Horizon Leaves with Candied Pecans and House Dressing // 1-wheat,7,12,8-pecan nut	
<b>BEEF SALAD</b> .....	<b>16.10</b>
Marinated Beef Flank, Vermicelli Noodles, Sesame Seeds, Peanuts with Fresh Chilli and Soya Dressing // 5,7,8,9,11,12	

Please ask your server for Evening Specials

## MAIN COURSES

### CHICKEN BURGER ..... 15.60

Chicken Breast, coated in Spices and Herbs, tossed in Cornflakes with House Slaw, Lettuce and Cheese in a Brioche Bun // 1-wheat,3,6,7,10,12

### WHARF BURGER ..... 17.96

Locally sourced Beef Burger with Festival Lettuce, Beef Tomato, Red Onion Jam, West Cork Bacon, Bandon Vale Cheddar, Tomato Relish in a Brioche Bun // 1-wheat,3,7,10,12

### GEORGE'S HOMEMADE CHICKEN GOUJONS 15.50

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

### KINSALE SEAFOOD BAKE ..... 18.00

Locally caught Fish and Shellfish in a Creamy White Wine Sauce with Potato and Cheese Crust // 2,3,4,6,7,10,12

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

Beer Battered Haddock, Mint and Pea Puree, Tartar Sauce // 1,3,4,6,7,10,12

### CHICKPEA MASALA ..... 15.00

Indian Style Curry with Chickpeas, Squash, Red Pepper, Coriander, Basmati Rice and Crispy Shallots, Crème Fraiche // 6,7

**Add Chicken - 3.00**

### CHARGRILLED RIBEYE STEAK ..... 29.00

With Portobello Mushroom, Crispy Onions, Stealth Fries, Choice of Pepper Sauce or G.B. // 1,3,6,7,9,12

### CHORIZO & BEAN CASSOULET ..... 18.50

Gubbeen Chorizo and Cannellini Bean Tomato Cassoulet served with Roast Rosemary Baby Potatoes // 3,7,9,12

**PORTION OF CHIPS**  ..... 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 // 8-Hazelnut **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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