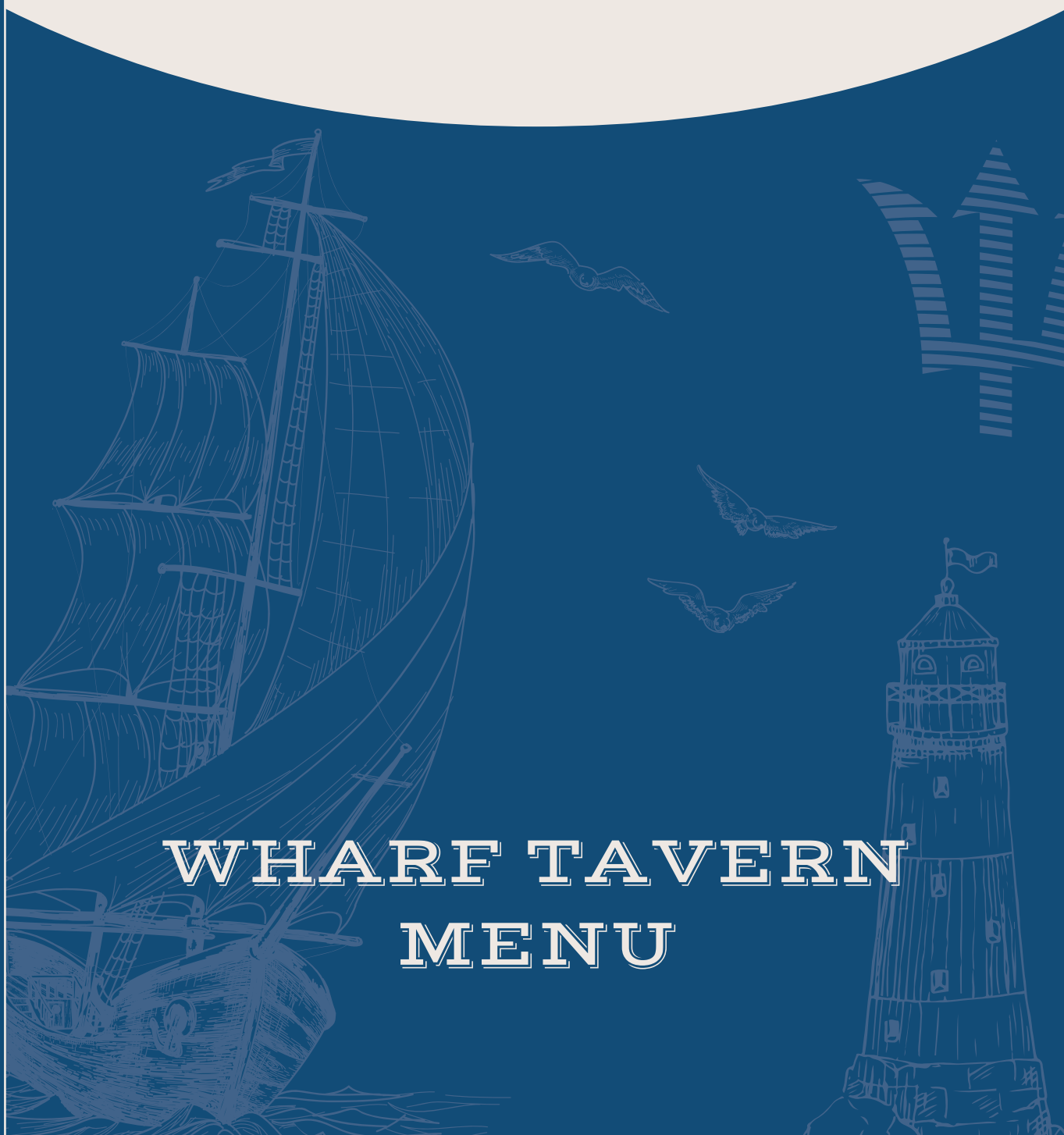


**TRIDENT**

HOTEL ★ ★ ★ ★ KINSALE



**WHARF TAVERN  
MENU**

## MORNING COFFEE & MORNING TREATS

### FRESHLY BREWED NESPRESSO COFFEE

#### FRESHLY MADE SCONES ..... 3.25

Butter, Jam and Cream // 1,3,7

#### SELECTION OF HOMEMADE BISCUITS 3.25

// 1, 1(b)-oats, 6, 7, 3

#### SHIRLEY'S CAKES ..... 4.50

(ask for today's choice) // 1,3,6,7

#### ADD 1 SCOOP OF ICE CREAM // 3,7 ... 1.50

#### AMERICANO ..... 3.00

#### CAPPUCCINO ..... 3.30

#### ESPRESSO ..... 2.80

#### LATTE ..... 3.30

#### RISTRETTO ..... 2.80

#### MOCHA ..... 3.50

#### WHITE COFFEE ..... 3.00

#### FRESHLY BREWED BEWLEY'S TEA ... 2.60

#### HERBAL TEAS ..... 3.20

#### HOT CHOCOLATE ..... 3.50

**V** Vegetarian

**VEGAN** Vegan

**GF** Gluten Free

### ALLERGEN INFORMATION

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

1: Cereal (Wheat) 1(b): Oats 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

#### CHOWDER ..... 9.50

Trident Cream Based Seafood Chowder  
Served with a Dill Scone // 1,3,4,6,7,9,12

#### MUSSELS MARINIERE ..... 12.00

A Pint of West Cork Mussels with Garlic, Spring Onion, White Wine and Cream Sauce served with Grilled Ciabatta // 1,6,7,9,12,14

#### SEASONAL SOUP OF THE DAY ..... 5.95

Fresh Bread Rolls // 1,6,7,9 **V**

#### CLASSIC FISH CAKES ..... 10.50

Potato Based Fish Cakes with Fresh Herbs and Scallions served with Saffron Mayo // 1,3,4,6,7,10

#### ARDSALLAGH GOATS CHEESE BRUSCHETTA 9.00

Micro Salad, Balsamic Reduction // 1,6,7,9,10

#### THE BEST OF CORK ..... 9.50

Crumbed Gubbeen Cheese, Clonakilty Black Pudding with a Red Currant Jelly and Horizon Leaves // 1,3,6,7,10,12

#### HUMMUS ..... 7.50

Savoury Chickpea Hummus served with Crispy Chickpeas and Warm Bread // 1,11

#### CHICKEN WINGS ..... 10.50

Honey, Soya & Garlic Chicken Wings with Chilli and Scallion // 1,6,11,12

#### SCAMPI ..... 11.00

Breadcrumbed served with Horizon Leaves, Caper, Gherkin, Mayonnaise and Lemon  
// 1,2,3,6,7,10

## SANDWICHES & SALADS

### COELIAC BREAD AVAILABLE ON REQUEST

#### OPEN SMOKED SALMON & PRAWN ..... 15.50

Chive Crème Fraîche, Pickled Cucumber, Marie Rose Sauce on Brown Soda Bread // 1,2,3,4,6,7,9,10,12

#### WHARF TOASTED SPECIAL ..... 9.50

The Original Toasted Sandwich with Bandon Vale Cheese, Ham, Beef Tomato. Served with Chips and Salad // 1,6,7,10

#### STEAK SANDWICH ..... 17.50

Cooked Medium, Crispy Onions, Garlic Butter, Herb Pesto served with Chips // 1,6,7,10

#### CAESAR SALAD ..... 7.95

Crispy Gem Lettuce, Bacon, Garlic Croutons, Parmesan Shavings and Caesar Dressing // 1,3,4,6,7,10,12

**Add Chicken - 3.00**

#### BLUE CHEESE, POACHED PEAR & PUDDING SALAD ..... 15.50

Cashel Blue, Clonakilty Black Pudding, Horizon Leaves with Candied Pecans and House Dressing  
// 1,7,12,8-pecan nut,10

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 // 1,3,6,7,10,12

### WHARF BURGER ..... 18.50

Locally sourced Beef Burger with Festival Lettuce, Beef Tomato, Red Onion Jam, West Cork Bacon, Bandon Vale Cheddar, Tomato Relish in a Brioche Bun // 1,3,6,7,10,12

### GEORGE'S HOMEMADE CHICKEN GOUJONS 15.95

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

### KINSALE SEAFOOD BAKE ..... 19.95

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 // 1,3,4,6,7,12

### CHICKPEA MASALA ..... 15.50

Indian Style Curry with Chickpeas, Squash, Red Pepper, Coriander, Basmati Rice and Crispy Shallots, Crème Fraiche // 1,6,7,12

**Add Chicken - 3.00**

### CHARGRILLED RIBEYE STEAK ..... 29.95

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 // 6,7,9,12

### PORTION OF CHIPS ..... 4.50

### PORTION OF VEGETABLES ..... 4.50

### PORTION OF SIDE SALAD ..... 3.95

## VEGAN FRIENDLY

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

Crispy Lettuce, Spicy Chickpea, Garlic Crutons, Nut & Seed Parmesan and Parsnip Crisps // 1,6,8 - Cashew Nuts,10 **VEGAN**

### WHARF PLANT BASED

### TOASTED SANDWICH ..... 9.00

Toasted Sandwich with Violife Mature Cheese, Beef Tomato, Red Onion, 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 ..... 7.00

Hazelnut Crumb, vegan vanilla ice cream, oats // 1(b)-gluten free oats, 8-hazelnut **VEGAN GF**

## 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.



**TRIDENT**  
HOTEL ★ ★ ★ ★ KINSALE

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