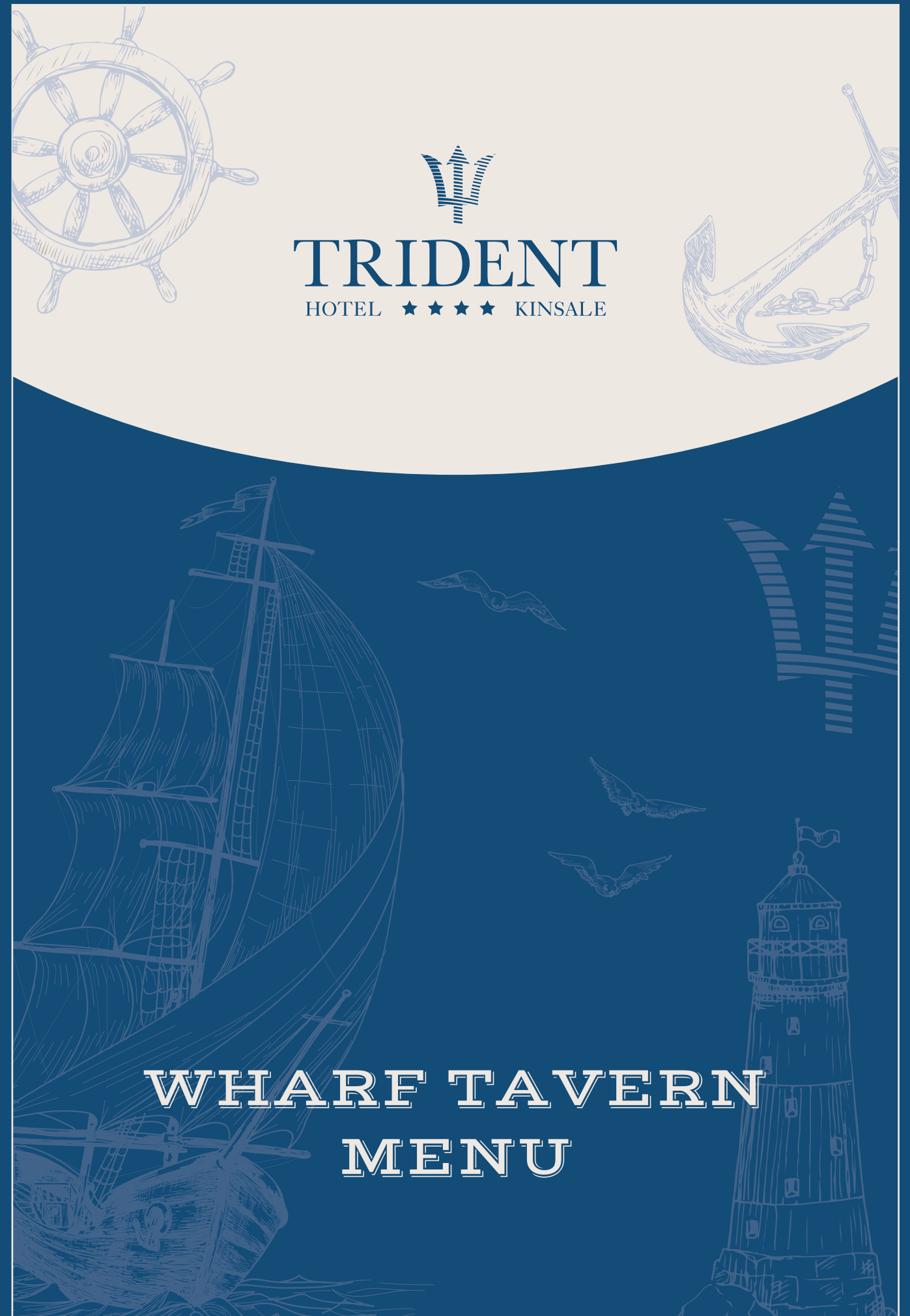




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WWW.TRIDENTHOTEL.COM



MORNING COFFEE & MORNING TREATS

FRESHLY BREWED NESPRESSO COFFEE

FRESHLY MADE SCONES 3.75
Butter, Jam and Cream // 1 Wheat,3,7

SELECTION OF HOMEMADE BISCUITS 3.50
// 1 Wheat,1(b)-oats,6,7,3

SHIRLEY’S CAKES
LEMON DRIZZLE CAKE, COFFEE CAKE 4.75
(ask for today’ s choice) // 1 Wheat,3,6,7

CHOCOLATE BISCUIT CAKE // 1 wheat,6,7 5.00

ADD 1 SCOOP OF ICE CREAM // 3,7 2.50

AMERICANO 3.50

CAPPUCCINO 3.70

ESPRESSO 3.00

LATTE 3.80

RISTRETTO 3.00

MOCHA 4.60

WHITE COFFEE 3.60

FRESHLY BREWED BEWLEY’S TEA 2.90

HERBAL TEAS 3.80

HOT CHOCOLATE 4.60

Double Espresso 4.20

TO SHARE

TRIDENT CHARCUTERIE BOARD To SHARE 23.50
Served with Fresh Bread, Cured Meats,
Cheeses, Dips // 1 Wheat,6,7

HUMMUS 9.50
Savoury Chickpea Hummus served with Crispy
Chickpeas and Warm Bread // 1 Wheat,11

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.

LIGHT BITES

CHOWDER 12.00
Trident Cream Based Seafood Chowder
// 1 Wheat,3,4,6,7,9,12

MOULES MARINIERE 14.00
A Pint of West Cork Mussels with Garlic, Spring
Onion, White Wine and Cream Sauce served
with Grilled Ciabatta // 1 Wheat,6,7,9,12,14

SEASONAL SOUP OF THE DAY 8.00
Fresh Bread Rolls // 1 Wheat,6,7,9 

SMOKED HADDOCK CROQUETTE 12.50
Served with Curry Mayo Dip // 1 Wheat,3,4,6,7,10

GOATS CHEESE & TOMATO BRUSCHETTA .. 11.00
Confit Tomato and Red Onion Jam
// 1 Wheat,6,7,10,12

PULLED PORK BAO BUNS 12.50
Shredded Lettuce, Siracha Mayo, Chilli,
Gochujang Sauce and Sesame Seeds
// 1 Wheat,3,6,7,10,11,12

STICKY BBQ CHICKEN WINGS 11.50
Honey & Garlic Chicken Wings with
Chilli and Scallion // 1 Wheat,6,10,11,12

SCAMPI STARTER 13.50
..... MAIN COURSE 28.00
Panko Crumb served with Horizon Leaves, Caper,
Gherkin, Mayonnaise and Lemon // 1 Wheat,2,3,6,7,10

SANDWICHES & SALADS

COELIAC BREAD AVAILABLE ON REQUEST

OPEN SMOKED SALMON & PRAWN 18.50
Chive Crème Fraîche, Pickled Cucumber, Marie Rose
Sauce on Brown Soda Bread // 1 Wheat,2,3,4,6,7,9,10,12

WHARF TOASTED SPECIAL 11.50
The Original Toasted Sandwich with Bandon Vale
Cheese, Ham, Beef Tomato. Served with Chips
and Salad // 1 Wheat,6,7,10

STEAK SANDWICH 26.50
Gem Lettuce, Garlic Mayo, Tomato, Onion Jam
on Focaccia Bread // 1 Wheat,3,6,7,10

CAESAR SALAD STARTER 10.00
..... MAIN COURSE 17.50
Crispy Gem Lettuce, Bacon, Garlic Croutons, Parmesan
Shavings and Caesar Dressing // 1 Wheat,3,4,6,7,10,12
Add Chicken - 4.50

GOATS CHEESE AND BEETROOT SALAD 16.50
Mixed Leaves, House Dressing and Candied
Pecans with Balsamic Vinegar // 1 Wheat,6,7,8,10

Please ask your server for Evening Specials

MAIN COURSES

CRISPY KOREAN BBQ Chicken Burger 23.00
Fried Chicken Breast with Sriracha Mayo, Lettuce,
House Slaw in a Brioche Bun, served with Chips
// 1 Wheat,3,6,7,10

THE WHARF DOUBLE BACON & CHEESE .. 25.00
Two 4oz Beef Patties, Streaky Bacon, Bacon Jam
with Pickled Red Onions on a BBQ Bun, served
with Chips // 1 Wheat,6,7,11,12

HOMEMADE CHICKEN GOUJONS 19.50
With Chips, House Slaw & Garlic Mayonnaise
// 1 Wheat,3,6,7,9,10

KINSALE SEAFOOD BAKE 24.25
Locally caught Fish and Shellfish in a Creamy
White Wine Sauce with Potato and Cheese Crust
// 2,3,4,6,7,10,12

KINSALE PALE ALE FISH & CHIPS 21.00
Beer Battered Haddock, Mint and Pea Puree,
Tartar Sauce // 1 Wheat,3,4,6,7,12

SPICED SWEET POTATO
AND COCONUT CURRY 18.50
Cashew Nuts, Chickpea & Butternut Squash served
with a flavoured Basmati Rice // 6,7,8 Cashew Nut,12
Add Chicken - 4.50 | Add Prawns // 2 - 7.00

CHARGRILLED RIBEYE STEAK 42.00
With Portobello Mushroom, Homemade Onion Rings,
Chips, Choice of Pepper Sauce or Garlic Butter.
// 1 Wheat,6,7,9,12

ROAST CHICKEN SUPREME 24.00
Chargrilled Greens, Crushed Potatoes, Maple
Bacon with Mustard and Tarragon Sauce // 6,7,10,12

RAGU ELLE BOLOGNESE
WITH LINGUINE PASTA 22.50
Beef and Pork Mince in a rich Tomato Sauces served
with Garlic Sourdough Bread // 1 Wheat,3,6,7,12

PORTION OF CHIPS
WITH GARLIC MAYO // 3,6,10,12  5.50
PORTION OF ONION RINGS // 1 Wheat, 6,12 5.50
PORTION OF VEGETABLES // 6,7 5.00
PORTION OF SIDE SALAD // 6,10,12 4.95
PORTION OF BUTTERED MASH // 6,7 5.50

VEGAN FRIENDLY

VEGAN CAESAR SALAD 16.50
Crispy Lettuce, Butternut Squash, Beetroot, Red
Onion, Spicy Chickpea, Garlic Croutons, Nuts &
Seeds and Sweet Potato Crisps
// 1 Wheat,6,8 - Cashew Nuts,Hazelnut,10 

WHARF PLANT BASED
TOASTED SANDWICH 12.00
Toasted Sandwich with Violife Mature Cheese,
Beef Tomato, Red Onion, Relish. Served with
Chips and Salad
// 1 Wheat, 6,10 

BEYOND BURGER 20.00
In Sesame Seed Bun, Volife Mature Cheddar, Lettuce
& Onion Jam served with Ballymaloe Relish and Fries
// 6,10,11  

VEGAN CHOCOLATE TART 9.50
Hazelnut Crumb, Vegan Vanilla Ice Cream
// 8 - Hazelnut & Cashew  

SEE OUR WINE LIST FOR VEGAN WINE

 Vegetarian
 Vegan
 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