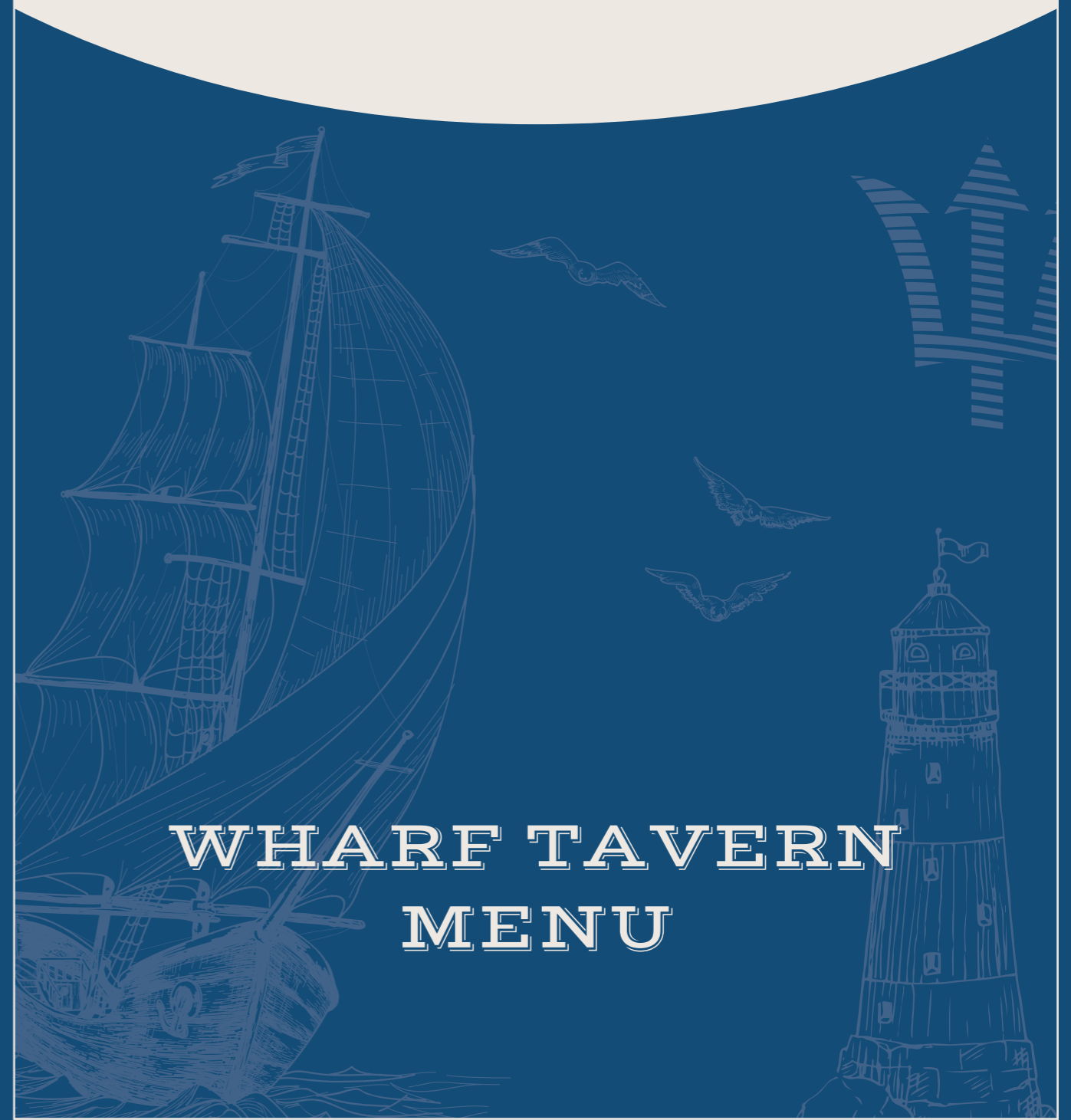




**TRIDENT**  
HOTEL ★★★★★ KINSALE



# WHARF TAVERN MENU



**TRIDENT**  
HOTEL ★★★★★ KINSALE

World's End, Kinsale Cork, Ireland, P17 NT38  
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## 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 **V**

**MISO SALMON TACOS** ..... 13.00  
Crushed Avocado, Radish and Asian Dressing  
// 1 Wheat,4,6,7,10,11,12,14)

**BURRATA** ..... 10.95  
Cheese, Tomato, Peach, Grilled Courgette and Mint  
// 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

**CHILLI & MAPLE CHICKEN WINGS** ..... 11.50  
With Ranch Dressing // 6,7,12

**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** ..... 12.00  
The Original Toasted Sandwich with Bandon Vale  
Cheese, Ham, Beef Tomato. Served with Chips  
and Salad // 1 Wheat,6,7,10

**SLOW COOKED PULLED BEEF BAGUETTE** .... 24.00  
With Fried Onion and Mushrooms, Pepper Sauce on  
Ciabatta Bread // 1 Wheat,3,6,7,10,12  
**Add Cheese - .50**

**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**

**FETA & QUINOA SALAD** ..... 16.50  
With Squash, Mixed Seeds and Pickled Onion  
// 6,7,10,12

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 and 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 Purée,  
Tartar Sauce // 1 Wheat,3,4,6,7,12

**BUTTER CHICKEN CURRY** ..... 23.50  
With Pilau Rice // 6,7,9,12  
**Available Vegetarian**

**8OZ CHARGRILLED RIBEYE STEAK** ..... 37.00  
With Fried Onion and Mushrooms, Chips,  
Choice of Pepper Sauce or Garlic Butter  
// 1 Wheat,6,7,9,12

**CHARGRILLED CHICKEN SUPREME** ..... 25.00  
Buttered Greens, Carrot Puree, Roast Baby  
Potatoes, Wild Mushroom and Creamy  
Pepper Sauce // 6,7,12

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

## SIDES

**PORTION OF CHIPS**  
**WITH GARLIC MAYO** // 3,6,10,12 **V** ..... 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

**QUINOA SALAD** ..... 16.50  
With Squash, Garden Peas, Mixed Seeds and Pickled Onion  
// 6,10,12 **VEGAN**

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

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

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

### SEE OUR WINE LIST FOR VEGAN WINE

**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