



# 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,3,6,7

**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** // 7 ..... 3.70

**ESPRESSO** ..... 3.00

**LATTE** // 7 ..... 3.80

**RISTRETTO** ..... 3.00

**MOCHA** // 7 ..... 4.60

**WHITE COFFEE** // 7 ..... 3.60

**FRESHLY BREWED BEWLEY'S TEA** ..... 2.90

**HERBAL TEAS** ..... 3.80

**HOT CHOCOLATE** // 7 ..... 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,6,7,10

**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, served with Homemade Brown Soda Bread // 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 

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

**BURRATA** ..... 10.95  
Cheese, Tomato, Peach, Grilled Courgette and Mint // 6,7,12

**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 // 3,6,7,10,11,12

**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,Barley,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,Barley,4,6,7,9,10,12  
**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,Barley,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

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,Barley,3,4,6,7,10

**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 // 2,4,6,7,9,10,12

**KINSALE PALE ALE FISH & CHIPS** ..... 21.00  
Beer Battered Haddock, Mint and Pea Purée, Tartar Sauce // 1 Wheat,3,4,6,7,9,10,12

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

**8OZ CHARGRILLED RIBEYE STEAK** ..... 37.00  
With Fried Onion and Mushrooms, Chips, Choice of Pepper Sauce or Garlic Butter // 1 Wheat,Barley,4,6,7,9,12

**CHARGRILLED CHICKEN SUPREME** ..... 25.00  
Buttered Greens, Carrot Puree, Roast Baby Potatoes, Wild Mushroom and Creamy Pepper Sauce // 1 Barley,4,6,7,9,12

**RAGU ELLE BOLOGNESE WITH LINGUINE PASTA** ..... 22.50  
Beef and Pork Mince in a Rich Tomato Sauce served with Garlic Sourdough Bread // 1 Wheat,6,7,9,12

## SIDES

**PORTION OF CHIPS WITH GARLIC MAYO** // 3,6,10 ..... 5.50  
**PORTION OF VEGETABLES** // 6,7 ..... 5.00  
**PORTION OF SIDE SALAD** // 6,10 ..... 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 **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**

ALL OUR MEATS ARE GUARANTEED IRISH

SEE OUR WINE LIST FOR VEGAN WINE

 Vegetarian  
**VEGAN** Vegan  
**GF** Gluten Free

### ALLERGEN INFORMATION

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

1: Cereal (Wheat) (Barley) 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