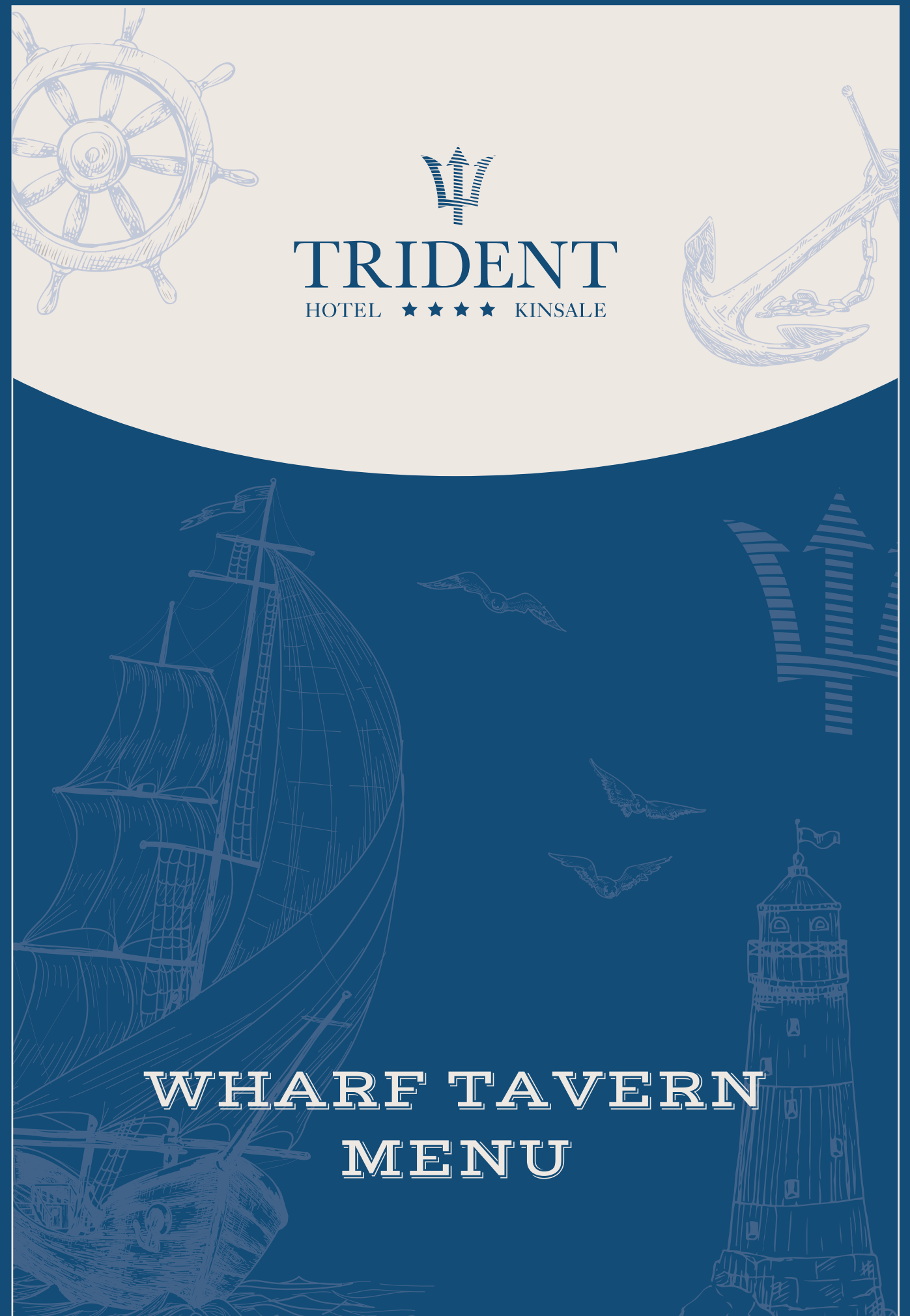




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WWW.TRIDENTHOTEL.COM



MORNING COFFEE & MORNING TREATS

FRESHLY BREWED NESPRESSO COFFEE

FRESHLY MADE SCONES 3.95
Butter, Jam and Cream // 1 Wheat,3,7

SELECTION OF HOMEMADE BISCUITS 3.75
// 1 Wheat,1(b) Oats,3,6,7

SHIRLEY’S CAKES
LEMON DRIZZLE CAKE, COFFEE CAKE 4.95
(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 3.60

CAPPUCCINO // 7 3.80

ESPRESSO 3.00

LATTE // 7 3.90

RISTRETTO 3.00

MOCHA // 7 4.80

WHITE COFFEE // 7 3.80

FRESHLY BREWED BEWLEY’S TEA 3.10

HERBAL TEAS 3.80

HOT CHOCOLATE // 7 4.80

DOUBLE ESPRESSO 4.80

TO SHARE

TRIDENT CHARCUTERIE BOARD TO SHARE 23.95
Served with Fresh Bread, Cured Meats,
Cheeses, Dips // 1 Wheat,6,7,10

HUMMUS 9.75
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 12.50
Trident Cream based Seafood Chowder, served with
Homemade Brown Soda Bread // 1 Wheat,Oat,3,4,6,7,9,12
Gluten-free option available on request

MOULES MARINIÈRE 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
Gluten-free option available on request

SEASONAL SOUP OF THE DAY 8.50
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

BRIE AND CRANBERRY BRUSCHETTA 11.95
With Fig Jam // 1 Wheat,6,7,10,12

BBQ PORK RIBS 13.00
Served with Mint, Coriander and Lime Chutney
// 6,7,9,10,12

CHILLI & MAPLE CHICKEN WINGS 12.50
With Ranch Dressing // 3,6,7,10,11,12

SCAMPI STARTER 13.50
..... MAIN COURSE 28.00
Panko Crumb served with Horizon Leaves, Capers,
Gherkins, 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,Oat, Barley,2,3,4,6,7,9,10,12
Gluten-free option available on request

WHARF TOASTED SPECIAL 13.50
The Original Toasted Sandwich with Bandon Vale
Cheese, Ham, Beef Tomato. Served with Chips
and Salad // 1 Wheat,6,7,10
Gluten-free option available on request

SEARED 6OZ SIRLOIN STEAK, SAUTÉED ONIONS,
AND MUSHROOMS ON GARLIC CIABATTA 24.95
With Pepper Sauce // 1 Wheat, Barley,4,6,7,9,12

CAESAR SALAD STARTER 10.50
..... MAIN COURSE 17.50
Crispy Gem Lettuce, Bacon, Parmesan Shavings
and Caesar Dressing // 1 Barley,3,4,6,7,10,12
Add Chicken - 4.50

BLUE CHEESE, PEAR AND
ROAST WALNUT SALAD 16.50
Served with House Dressing and Chicory Leaves
// 6,7,8 Walnuts,9,10

Please ask your server for Evening Specials

MAIN COURSES

CRISPY KOREAN BBQ CHICKEN BURGER .. 23.50
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 BEEF BURGER 25.00
Two 4oz patties with Provolone Cheese, Lettuce, Pickle
Onion, Brioche Bun and Burger Sauce served with Chips
// 1 Wheat,3,6,7,9,10,12
Gluten-free option available on request

HOMEMADE CHICKEN GOUJONS 20.50
With Chips, House Slaw and Garlic Mayonnaise
// 1 Wheat,3,6,7,9,10

KINSALE SEAFOOD BAKE 24.95
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 23.00
Beer Battered Haddock, Mint and Pea Purée,
Tartar Sauce // 1 Wheat,Barley,3,4,6,7,9,10,12

COCONUT AND SQUASH CURRY 21.00
With Roast Cauliflower served with Steamed
Basmati Rice // 6,7,9,12
Add Chicken - 4.50

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 26.50
Buttered Greens, Carrot Purée, Roast Baby Potatoes,
Wild Mushroom and Creamy Pepper Sauce
// 1 Barley,4,6,7,9,12 (Please allow time for cooking)

BEEF RAGOUT PAPPARDELLE 23.50
With Pecorino Cheese and Garlic Bread
// 1 Wheat,3,6,7,9,12

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

CHICORY SALAD 16.00
With Squash, Pear, Onion and Tomato
// 6,9,10,12

WHARF PLANT BASED
TOASTED SANDWICH 12.50
Toasted Sandwich with Violife Mature Cheese,
Beef Tomato, Red Onion, Relish. Served with
Chips and Salad
// 1 Wheat, 6,10
Gluten-free option available on request

BEYOND BURGER 20.50
In Sesame Seed Bun, Violife Mature Cheddar, Lettuce
& Red Onion served with Ballymaloe Relish and Fries
// 1 Wheat,6,10,11

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

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