

## CHILDREN'S MENU

(up to 12 years)



**CHICKEN GOUJONS** €5.70  
Strips of chicken breast, deep fried with chips

**FISHY BITES** €5.70  
Strips of white fish, deep fried with chips

**MINI SPAG BOL** €5.70  
Pasta with Bolognese sauce

**BURGER** €5.70  
Beef burger on a toasted bun with chips

**PIZZA** €5.70  
Margarita on a Nordic Bread

**COCKTAIL SAUSAGES** €5.70  
Basket of cocktail sausages with chips

**BABY BOWL** €2.40  
Vegetables, potato and gravy

**BAKED BEANS OR PEAS** €0.50

## CHILDREN'S DESSERTS

**BANANA SPLIT** €2.40

**JELLY & ICE CREAM** €2.40

**SELECTION OF ICE CREAMS** €2.40

**PANCAKE** €2.40  
with chocolate sauce and ice cream

**WHARF SUNDAE** €2.40  
with freshly whipped cream  
and toffee sauce

**PROFITEROLES** €2.40

**SELECTION OF HOME MADE CAKES** €1.95

## DRINKS

**CAPUCCINO**  
€2.50

**LATTE**  
€2.50

**ESPRESSO**  
€2.25

**AMERICANO**  
€2.25

**CHOICE OF SPECIALITY TEAS**  
€1.95

## DESSERTS

ALL CAKES AND DESSERTS MADE BY  
SHIRLEY OUR RESIDENT PASTRY CHEF

€5.00

**BLACKBERRY & APPLE CRUMBLE**  
with vanilla scented ice cream

**CHOCOLATE MOUSSE**  
with freshly whipped cream

**WARM STICKY TOFFEE PUDDING**  
with homemade Butterscotch sauce

**TRADITIONAL SHERRY TRIFLE**  
with freshly whipped cream

**SUMMER FRUIT CHEESECAKE**  
on a Red Fruit Coulis

**CREAMED RICE PUDDING**  
with a red Berry Compote



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**Wharf Tavern**  
AT THE TRIDENT HOTEL

**bar menu**

We are on the 2011 Coeliac Friendly Restaurant List

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

## LIGHT BITES

-  **HOME-MADE SOUP OF THE DAY** €4.30  
With a crusty white roll or home made brown bread
-  **WHARF TOASTED SPECIAL** €6.70  
Ham, cheese, tomato and onion in toasted white bread served with salad and chips
-  **FRESH OYSTERS** €7.95  
½ dozen of the finest Oysterhaven Oysters served natural
-  **DEEP FRIED BRIE** €6.70  
Coated in bread crumbs, Brie fried in vegetable oil with crispy rocket leaves accompanied with a fresh compote of cranberry
- CHOWDER** €6.70  
A tomato based chowder with fresh seafood and shellfish, accompanied by homemade brown bread
- REGULAR SANDWICHES** €4.75  
Turkey, ham cheese, tuna, egg salad

## SERIOUS SANDWICHES

ALL SERVED ON RUSTIC BREAD

- WEST CORK HONEY ROAST HAM** €6.50  
Freshly carved ham on hand cut bread with a mild mustard sauce
- PIG SANDWICH** €6.50  
Slow roast pork shoulder, hand pulled to be tender and juicy, with an excellent barbecue sauce
- CAJUN CHICKEN SANDWICH** €6.50  
Grilled Cajun spiced chicken breast on hand cut bread with spicy mayo and coleslaw
-  **VEGGIE SANDWICH** €6.50  
Vegetarian special, cheddar, red onion, tomato, lettuce and mustard cress

 **GLUTEN FREE (Please Specify)**

 **VEGETARIAN**

## MAIN BAR MENU

- BEEF BURGER** €12.95  
Sourced from a farm not too far from the hotel, a chargrilled 8oz beef burger, on a toasted bun with bacon and cheese, chips and relish
- STEAK SANDWICH** €14.95  
A chargrilled 6oz Irish dry aged striploin in a crusty baguette, with sauté onions, salad, garlic butter and chips
-  **10 OZ IRISH SIRLOIN STEAK** €20.95  
Cooked to your liking and served with chips as well as onions, mushrooms & tomato. Your Choice of Garlic Butter or Green Pepper Sauce (not gluten free)
-  **LAMB & GUINNESS STEW** €13.95  
Traditional lamb stew, slow cooked with boiled potatoes and root vegetables
- CHICKEN CAESAR SALAD** €9.95  
Hearts of Romaine lettuce with croutons, parmesan, house Caesar dressing and freshly grilled chicken breast
- SPAGHETTI BOLOGNESE** €12.00  
(or similar pasta dish) Pasta with a rich Bolognese sauce with garlic bread
-  **VEGETARIAN ENCHILADA** €12.50  
Stir fried vegetables in a tortilla wrap topped with tomato and cheese melt and served on a bed of rice
- CHICKEN GOUJONS** €10.95  
Crispy chicken goujons with chips and sweet chilli mayo
- MOULES MARINIÈRE** €11.50  
Steamed local mussels in a creamy white wine sauce, served with a crispy baguette
- MOULES MARINIÈRE SERVED WITH CHIPS** €13.00
- FISH & CHIPS** €13.95  
Fresh West Cork fish in a crispy batter with chips, tartare sauce and salad
- OPEN PRAWN & SMOKED SALMON** €11.95  
On homemade brown bread with lemon and capers
-  **WEST CORK FARMHOUSE CHEESE PLATTER** €10.50  
A selection of West Cork cheese from the award winning Carrigaline Farmhouse, Gubbeen & Milleens; garnished with a mixed salad and Ballymaloe Tomato Relish served with a crispy baguette

SEE CATCH OF THE DAY AND SPECIALS