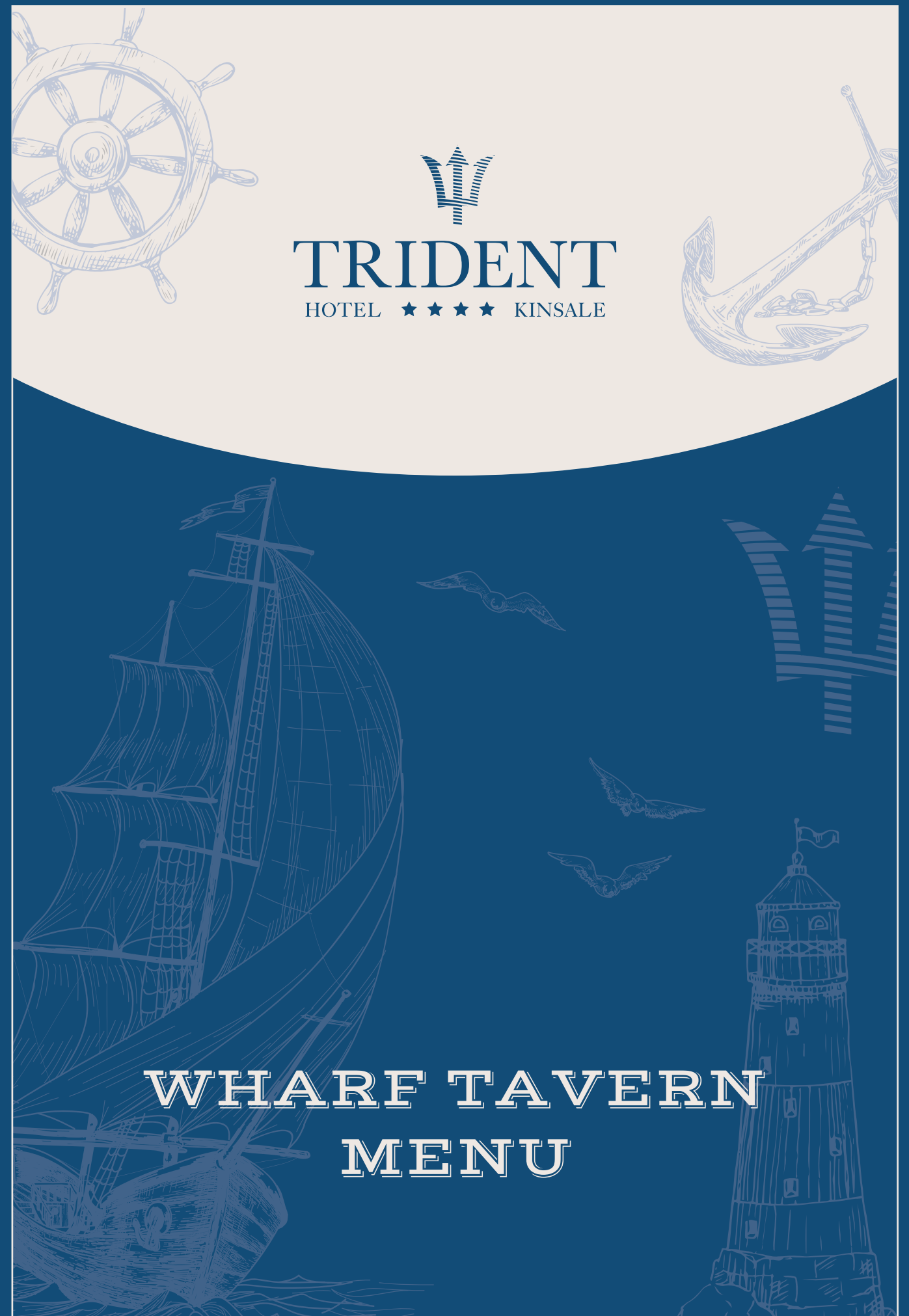




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WWW.TRIDENTHOTEL.COM



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 22.00
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, Chillli, Gochujang Sauce and Sesame Seeds
// 1 Wheat,3,6,7,10,11,12

STICKY BBQ CHICKEN WINGS 11.50
Honey & Garlic Chicken Wings with Chillli 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 24.50
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 22.50
Fried Chicken Breast with Sriracha Mayo, Lettuce, Cheddar Cheese, House Slaw in a Brioche Bun, served with Chips // 1 Wheat,3,6,7,10

THE WHARF DOUBLE BACON & CHEESE .. 23.00
Two 4oz Beef Patties, Streaky Bacon, Bacon Jam with Pickled Red Onions on a BBQ Bun, served with Chips // 1 Wheat,6,7,12

GEORGE’S HOMEMADE CHICKEN GOUJONS 18.95
With Chips, House Slaw & Garlic Mayonnaise
// 1 Wheat,3,6,7,9,10

KINSALE SEAFOOD BAKE 22.50
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 19.00
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 38.00
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 8.75
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