MENU

• TRINITY TC COLLEGE •

IRISH PUB • ESTD. 1996

ENG

APPETIZERS & PUB SPECIALS

APERITIVO SPECIAL (2)(4)(7)(11)(13) ..... € 13
Until 8 PM Cocktail served with Chef's selection of tastings

NACHOS ROYAL (7)(10)(11) ..... € 10
Nachos, guacamole, Jalapeños, Pico de Galo & cream cheese

CHICKEN WINGS (2)(7)(9) ..... € 8.5
Chicken wings marinated in paprika & BBQ sauce

CHICKEN FINGERS (2)(4)(12) ..... € 9.5
Deep fried Chicken fillets & Wasabi mayo

PANKO PRAWNS* (2)(3)(4)(12)(14) ..... € 13
Japanese Panko crumbled prawns* served with wasabi mayonnaise

CLUB SANDWICH (2)(7)(9) ..... € 12
Toast, lettuce, turkey, tomato, bacon, mayonnaise, served with French fries

CROSTINI (2)(7) ..... € 8
Mozzarella cheese, tomato & oregan

FISH & CHIPS* (2)(4)(5)(7)(9) ..... € 13
Battered Cod bites, French fries & Tartare sauce

HUMMUS (2)(12) ..... € 8
Chickpeas hummus & warm tortilla

TRINITY CRUNCHY MIX* (2)(5)(7)(9)(12) ..... € 12.5
Fried Mix of chili bites, onion rings, cheese bites, Mozzarella sticks & French fries

GOURMET BURGERS

CLASSIC BURGER (1)(2)(9)(12) ..... € 13
Burger 180g, iceberg, tomato, fresh cucumber & Burger sauce

CHEESEBURGER (1)(2)(7)(9)(12) ..... € 13.5
Burger 180g, iceberg, tomato, Cheddar, fresh cucumber & Burger sauce

AMERICAN SMOKED BURGER (2)(4)(7)(9)(12) ..... € 14
Burger 180g, bacon, iceberg, tomato, egg, smoked Provola cheese, onion ring & BBQ sauce

ITALIAN GOURMET BURGER (2)(4)(7)(9)(12) ..... € 14
Burger 180g, sundried tomatoes, Truffle cream, smoked Provola cheese, rocket & mayo

VEGAN BURGER* (1)(9)(11) ..... € 14.5
Green peas & beetroot **Beyond Meat** Burger, guacamole, tomato & rocket salad

CHICKEN WRAP (1)(2)(4)(6)(7)(12) ..... € 12.5
Fried chicken breast, iceberg, tomato, croutons, Parmesan cheese & Caesar dressing

CHICKEN PITA* (2)(7) ..... € 12.5
Grilled chicken fillets, iceberg, tomato & Tzatziki

JUMBO HOT DOG (2)(4)(12)(14) ..... € 12
X-Large Wurstel, sauerkrauts & crispy onion

TRINITY LOW & SLOW

This particular cooking technique with **low temperatures** for a long time, preceded by **marinating** with **selected spices**, gives our meat **intense flavours** and unique **tenderness**.

BRISKET (9)(13) ..... € 15
Tender Beef Brisket, sauerkraut & roasted potatoes

PULLED PORK (2)(4)(7)(9) ..... € 15
Soft bun filled with pulled pork, Cheddar, crispy onion, tomato & roasted potatoes

TENNESSEE BBQ RIBS (1)(2)(9)(13) ..... € 15.5
Tender pork ribs marinated with spices & French fries

*Frozen Product. | The allergens present in each dish are represented by the numbers next to the dishes themselves. The allergen table corresponding to the numbers can be found on the last page of the menu.

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WOK - ASIAN CORNER

STIR FRIED RICE (2)(4)(12)(13) ..... € 10
Chinese Style Stir fried Basmati rice with mixed vegetables, egg, soy sauce & sesame seeds
Add Grilled Chicken ..... + € 2
Add Shrimp ..... + € 2

STIR FRY NOODLES (2)(12)(13) ..... € 11.5
Japanese Style Udon noodles stir fried with mixed vegetables & soy sauce
Add Grilled Chicken ..... + € 2

SALAD BAR

SALMON POKE (1)(5)(13) ..... € 13.5
Salmon, avocado, cucumber, carrot & fresh tomato, rice

CAESAR SALAD (2)(4)(7)(10) ..... € 13.5
Grilled chicken, lettuce, egg, croutons, baby spinach, Parmesan cheese & Caesar dressing

QUINOA SALAD (10) ..... € 11
Available in summer season
Quinoa, edamame, tomato, courgettes, carrots, pinenuts, mint leaves, lime

SUPERFOOD SALAD (10)(11)(13) ..... € 13
Avocado, broccoli, baby spinach, rocket salad, beetroot, almond, pumpkin seeds
Add Grilled Chicken ..... + € 2

GARDEN SALAD ..... € 9
Rocket, iceberg, tomato, cucumber, carrot, olives, & pumpkin seeds

SIDES

ROASTED POTATOES (11) ..... € 5

FRENCH FRIES* (11)
SMALL ..... € 5
MEDIUM ..... € 7
X-LARGE ..... € 11.5

DESSERTS

CHOCOLATE BROWNIE
(2)(4)(7)(10)
Served with 2 scoops of Vanilla Ice Cream
€ 6.5

CHEESECAKE
(2)(4)(7)(10)
Red berries or Nutella & pistachio
€ 6.5

CHURROS
(2)(7)(10)(13)
Nutella or Honey (add Vanilla Ice Cream + € 2)
€ 5.5

EST. 1873
Heineken®

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ALLERGENS LIST

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1	**CELERY** This indudes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
2	**CEREALS CONTAINING GLUTEN** Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
3	**CRUSTACEANS** Crabs. lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
4	**EGGS** Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
5	**FISH** You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
6	**LUPIN** Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types or bread, pastries and even in pasta.
7	**MILK** Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
8	**MOLLUSCS** These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
9	**MUSTARD** Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings. sauces and soups.
10	**NUTS** Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
11	**PEANUTS** Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
12	**SESAME SEEDS** These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
13	**SOYA** Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
14	**SULPHUR DIOXIDE (SOMETIMES KNOWN AS SULPHITES)** This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma. you have a higher risk of developing a reaction to sulphur dioxide.

WI-FI

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