

# TRINITY COLLEGE



## APERITIVO SPECIAL Until 8PM € 10

Cocktail served with Chef's Selection

### APPETISERS & PUB SPECIALS

<b>NACHOS ROYAL</b> ⑦	€ 8.5
Nachos, Guacamole, Jalapeños, Pico de Galo & Cream Cheese	
<b>CHICKEN WINGS</b> ⑦⑨	€ 7
Chicken Wings marinated in Paprika & BBQ Sauce	
<b>CHICKEN FINGERS</b> ②④⑫	€ 8.5
Deep fried Chicken fillets & Wasabi mayo	
<b>CROSTINI</b> ②⑦	€ 7
Mozzarella Cheese & Tomato	
<b>FISH &amp; CHIPS *</b> ①②④⑤⑨	€ 9.5
Battered Cod bites, French fries & Tartare sauce	
<b>HUMMUS</b> ⑫	€ 7.5
Chickpeas Hummus & warm Tortilla	
<b>TRINITY CRUNCHY MIX *</b> ②⑨⑫	€ 12
Fried Mix of Chilli Bites, Onion Rings, Cheese Bites, Mozzarella Sticks & French Fries	

### GOURMET BURGERS

<b>CLASSIC BURGER</b> ①②⑨	€ 12
Burger 180g, Iceberg, Tomato & Burger Sauce	
<b>CHEESEBURGER</b> ①②⑦⑨	€ 12.5
Burger 180g, Iceberg, Tomato, Cheddar & Burger Sauce	
<b>AMERICAN SMOKED BURGER</b> ②④⑦	€ 13.5
Burger 180g, Bacon, Iceberg, Tomato, Egg, Smoked Provolone Cheese, Onion Ring & BBQ Sauce	
<b>ITALIAN GOURMET BURGER</b> ②④⑦	€ 13.5
Burger 180g, Sundried tomatoes, Truffle Cream, Smoked Provolone Cheese, Rocket & Mayo	
<b>CHICKEN PITA</b> ②⑦	€ 11
Grilled Chicken Breast, Iceberg, Tomato & Tzatziki	
<b>VEGAN PITA *</b> ①②⑫	€ 12
Fried <b>Beyond Chicken</b> Tenders, Eggplants & Iceberg	
<b>VEGAN BURGER *</b> ②⑥	€ 14
Green Peas & Beetroot <b>Beyond Meat</b> Burger, Guacamole, Sundried tomatoes & Rocket	
<b>JUMBO HOT DOG</b> ②④⑫	€ 12
X-Large Wurstel, Sauerkrauts & Crispy Onion	
<b>ROASTED POTATOES</b>	€ 5
<b>FRENCH FRIES *</b>	
SMALL	€ 4
MEDIUM	€ 6.5
X-LARGE	€ 11

### 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.

<b>BRISKET</b> ⑨	€ 14.5
Tender Beef Brisket, Sauerkraut & Roasted Potatoes	
<b>PULLED PORK</b> ②⑦⑨	€ 14.5
Soft Bun filled with Pulled Pork, Cheddar, Crispy Onion, Tomato & Roasted Potatoes	
<b>TENNESSEE BBQ RIBS</b> ①②⑨	€ 14.5
Tender Pork Ribs marinated with spices & French Fries	

### FROM THE GRILL

Served with Roasted potatoes & Cheddar Roasted Cauliflower

<b>ENTRECOTE 250gr</b>	Denmark	€ 21
<b>RIBEYE 250gr</b>	Denmark	€ 25

### WOK - ASIAN CORNER

<b>STIR FRY RICE</b> (Chinese Style) ②⑫⑬	€ 11.5
Riso Basmati stir fried with Chicken, Vegetables, Ginger Soy Sauce & Sesame	
<b>STIR FRY NOODLES</b> (Japanese Style) ②⑬	€ 11.5
Udon Noodles stir fried with Vegetables & Soy Sauce Add Grilled Chicken +€ 2	

### SALAD BAR

<b>SALMON SALAD</b> ⑤⑩	€ 12.5
Soy & Ginger Salmon, Broccoli, Baby Spinach, Rocket, Almonds & Pumpkin Seeds	
<b>CAESAR SALAD</b> ②④⑦	€ 12
Grilled Chicken, Lettuce, Egg, Croutons, Parmesan Cheese & Caesar dressing	
<b>GARDEN SALAD</b>	€ 8
Mix leaves, Lettuce, Tomato, Cucumber, Carrots, Olives & Pumpkin Seeds	

### DESSERTS

<b>CHOCOLATE BROWNIE</b> ②④⑦⑩	€ 5
<b>CHEESECAKE</b> ②④⑦⑩	€ 5
Red Berries or Nutella & Pistachio	
<b>VANIGLIA PARFAIT</b> ②⑦⑩	€ 5
Honey & Walnuts	

Allergens ①[...]⑭

\*Frozen Product

We inform our customers that food and beverages prepared and served in our premises can contain ingredients or adjuvants considered **Allergens**. In the tab beside you can find the most common **Allergens marked with a number** next to the dishes.

Please inform our team in regards your allergies or dietary requirement.

**\*Frozen Product**

## 14 Allergens

Coming to a food label near you



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 includes 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 of 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.

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook

Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)

Join our conversation @[food.gov.uk/twitter](https://twitter.com/foodgovuk)

Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)