

STARTERS AND SNACKS

SOUP OF THE DAY

	\$12
*Jamaican Spiced Pulled Pork Spring Rolls	\$12
*Fish Cakes	\$16
Pickle Cabbage, Sour Cream Tartar Sauce	
*BBQ Wings with Triple Cooked Chips	\$16
*Chicken Quesadilla with Pico De Gio	\$24
*Mixed Pizza	\$20
Choice of 3: Prosciutto, Sweet Pepper, Goat Cheese, Ham, Parmesan, Caramelized Onion, Mozzarella, Olives, Pepperoni, Grilled Chicken, Grilled Vegetables,	

SALADS

	\$15
*Caesar Salad (MADE TABLE SIDE)	
Add Grilled Chicken \$6 Add Grilled Tuna \$15	
Salad of the day	\$15

FROM THE GRILL

	\$22
*Trident Burger with Pulled Pork, Grilled Pineapple, Carrot Bun, with Triple Cooked Chips	
*American Striploin	\$75
with Red Onion Marmalade, Roasted Broccoli,	
*Jerk marinated Grilled Salmon	\$30
on Garlic Roasted Vegetables	
*Cajun Spiced Chicken Breast	\$20
with Roasted Potatoes Seasonal Vegetables	

PASTA

	\$30
Spaghetti in Lobster Bisque, with Grilled Lobster	
*Pasta of your Choice (SPAGHETTI, PENNE, LINGUINE)	\$16
*Creamy Alfredo *Tomato Basil	
Add Grilled Chicken \$6 Add Grilled Shrimp \$12	

PLANT BASED, VEGAN

	\$20
*Warm Salad of Roasted Broccoli and Fried Tofu Salad with Peanut Dressing	
*Pumpkin Tortellini	\$12
with Grilled Pumpkin, in a Tomato Sauce	

SIDES - ACCOMPANIMENTS

Sweet Potato Wedges Crusted in Lime Cumin	\$5
Triple Cooked Chips	\$6
Tomato Cucumber Salad, Mango Dressing	\$6
Steamed Mixed Vegetables, with Balsamic Dressing	\$5

JAMAICAN SPECIALS

SOUP

*Red Pea's Soup	\$12
* Mannish Water	\$12

MEAT

*Jamaican Oxtail	\$28
*Curry Goat	\$24
*Trident Beef Patties with Pineapple Chutney, Coleslaw	\$20

FISH

*Whole Fish, Steamed, Brown Stew, Escovietch	\$30
*Steamed Prawns with Okra, Cho Cho in Coconut Milk	\$35
*Local Lobster (Grilled, Steamed or Coconut Curry) (Per pound)	\$35

VEGAN

*Curry Chickpea, Coconut Rice	\$15
*Ital. Ackee Pac Chou	\$15

SIDE DISHES

Steamed Jamaican Cabbage	\$3
Festival Dumplings	\$3
Jamaican Salt Fish Fritters	\$3
Fried Plantain	\$5
Homemade Roti's	\$4
Rice and Peas	\$5

DESSERT

*Carrot Cake with Vanilla Ice Cream, Sauce Anglaise	\$12
*Baked New York cheesecake with Dark Chocolate Sauce	\$15
*Chocolate Fondant with Chocolate Ice Cream	\$15
*Selection of Cheeses with Crisp Breads, Crackers	\$20
* Selection of Ice Creams including Dairy Free	\$6