



MENU

RESTAURANT TRINITY

AVAILABLE EVERY DAY. 11:00 – 21:00

01633221100

55 MUMBLE STREET, SWANSEA, SA20 2NP



MAINS

RED WINE BRAISED IRISH BEEF CHEEKS 17.00

Local beef cheeks, slowly cooked in a red wine sauce, served with confit carrots and Hasselback potatoes. (981 kcal)

CRAB CAKES AND ORANGE SALAD (V, GF) 16.00

Homemade crab cakes served with orange, pomegranate, mixed leaves topped with a zesty lime and chili dressing. (623 kcal)

LEMON GARLIC SHRIMP ZUCCHINI PASTA (V, GF) 14.00

Garlic Shrimp served with freshly made zucchini pasta & roasted tomatoes. (597 kcal)

GOAT CHEESE AND VEGETABLE GRATIN (V, Veg, GF) 12.00

Deliciously rich and full of flavour local vegetable, layered baked with freshly made goat cheese. (486 kcal)
Vegan option available with smoked Gouda cheese (305 kcal)

SUPER HEALTHY SALMON BURGER (V) 16.00

Delicious and healthy salmon burger, a bit lighter than potato-packed fishcakes, served with a delicious green salad. (329 kcal)

SIDES

Delicious local baked potatoes 3.00

Roasted ratatouille (local vegetable) 3.50

Cheesy potato casserole 3.50

Rainbow slaw with tahini dressing 3.00

Apple, walnut and potato gratin 3.00

Garlic mashed cauliflower 3.00

Sauteed asparagus with pancetta 3.50

STARTERS

OLIVES AND MAYO DIPPING (V, Veg, GF) 4.50

Served with daily baked ciabatta bread. (354.22 kcal)

Gluten free and vegan option available. (225kcal)

CALAMARI (V) 7.50

Homemade crispy calamari served with tartare sauce and rocket (710 kcal)

SEAFOOD SALAD (V, GF) 7.00

Scallops, shrimps, calamari, lobster tails served with fresh lemon and olive oil dressing. (204 kcal)

SWEET PRAWNS AND HONEY GLAZE (V, GF) 7.00

Chili garlic prawn served with strips of pan-fried courgette and asparagus (439 kcal)

DESSERTS

BLACKCURRANT & PROSECCO CHEESECAKE (V, GF) 7.00

Cheesecake on a biscuit base topped with blackcurrant in a Prosecco compote (267 kcal)

BLACK FOREST IMPRIME DESSERT (V) 7.50

Chocolate sponge soaked with cherry juice, layered with cherry and chocolate mousse (283 kcal)

VEGAN RASPBERRY CHOCOLATE CAKE (V, Veg) 6.50

Deliciously fluffy eggless chocolate cake with raspberry Swiss buttercream and a dark chocolate ganache glaze (186 kcal)

AMALFI LEMON TART (V) 6.50

This wonderful, rather delicious baked lemon tart is fresh but comforting and just a stone's throw away from a baked cheesecake. (323 kcal)

Peroni (330 ml) 4.00

Aur Cader Ale (500 ml) 4.50

Cwrw Coch Ale (500 ml) 4.50

Corona (330 ml) 3.50

Guinness (500 ml) 3.50

Gwynt Y Ddraig Welsh cider (500 ml) 3.50



DRINKS MENU

Luscombe : Wild elderflower bubbly 3.00

Raspberry Crush 3.00

Rhubarb Crush 3.00

Sicilian Lemonade 3.00

Fanta (330 ml) 1.75

J2O apple and mango 2.00

Appletiser (275 ml) 2.00

W I N E S MILTON, 2011 Vintage Sparkling Chardonnay/Pinot Noir. (12.1 % A/V) 30

This limited release Sparkling is captivating and seductive, possessing a full-bodied style with complex yeasty overtones and a luxurious creamy texture. Ageing on lees for 9 years has contributed to a fine persistent bead and a delicious mousse. (Recommended for Raspberry Chocolate Cake and Goat Cheese and Vegetable Gratin)

I N E S MILTON, 2021 PINOT GRIS. (13% A/V) 16

With a stunning light gold colour this wine is complex, luscious, and fruity. Delicate pear aroma with quince and enticing pear flavours. Crisp and clean finishing with softness from minimal old oak treatment adding to the layered texture. (Pair with all seafood dishes).

E S MILTON, 2021 PINOT ROSE. (12.7% A/V) 16

Alluring pale salmon pink with a palate showcasing summer berries – cherries, raspberries, and strawberry flavours, with a fruity nose and a dry finish. Great for casual summer dining, chill and enjoy. (Pair with all seafood dishes).

S MILTON, 2019 RESERVE SYRAH. (13.8% A/V) 23

With a smack of white pepper on the nose this intriguing cool climate Shiraz packs a punch. Blueberries, currants, and spiciness with a sleek texture. Vibrant red fruits, with hints of anise, dignity, length, and well-integrated tannins. With more in common with a Syrah than most Australian Shiraz, this wine has grace and glamour to impress with its real finesse. (Pair with slow cooked beef cheeks)

For more information about our allergen menu, please visit our website www.trinityhotelrestaurant.co.uk

GF-gluten free, V-vegetarian, Veg-vegan

If you have a food allergy or a special dietary requirement, please inform a member of our staff before you place your order.

Take-away orders can also be done through our website www.trinityrestaurantorders.co.uk or calling at 01633221100. We do not offer home delivery.

We accept cash payments, Collection to be made at our restaurant , 55 MUMBLE STREET, SWANSEA, SA20 2NP. (The door next to our restaurant entrance)

EWCH I food.gov.uk/ratings I GANFOD SGÔR HYLENDID BWYD EIN BUSNES NEU GOFYNNWCH INNI BETH YW EIN SGÔR HYLENDID BWYD WRTH ARCHEBU / Go to food.gov.uk/ratings to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order.

Trinity Restaurant Logo. Available at:

https://www.google.com/search?q=trinity+restaurant+logo&tbm=isch&ved=2ahUKEwip2rethbn3AhVEpBoKHc57CekQ2-cCegQIABAA&oq=TRINITY+res++LOGO&gs_lcp=CgNpbWcQARgAMgYIABAHEB4yCAGAEAgQBxAeOgcIlxDvAxAnOgQIABBDOgUIABCABFDIHVixl2D7OGgAcAB4AIABR4gBsQKSAQE1mAEAoAEBqgELZ3dzLXdpei1pbWfAAQE&sclient=img&ei=-LprYqn-DMTlas73pcgO&bih=714&biw=1536&rlz=1C1CHZN_enGB969GB969#imgsrc=x0G4ryWigczagM (Accessed 29/04/2022)

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Super healthy salmon burger, *BBC good food*, Available at: <https://www.bbcgoodfood.com/recipes/superhealthy-salmon-burgers> (Accessed 04/05/2022).

Vegan Raspberry Chocolate Cake, *Addicted to Dates*, Available at: <https://addictedtodates.com/vegan-raspberry-chocolate-cake/> (Accessed 11/05/2022).

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