

TRINCO BAY

COCKTAIL BAR & RESTAURANT

SOUP 🌶️🌶️

Lamb Soup £6

Lamb ribs cooked with spices and vegetables.

Seafood Soup £7

Squid and prawn broth cooked with spices and vegetables.

Kool (Weekends Only) £13

A hearty seafood (Prawn, Crab, Squid, Clams & Fish) and vegetable soup, flavoured with chilli and tamarind.

SHORT EATS (2 pieces per portion)

Rolls

Our much loved rolls consist of a curried filling, encased in a breadcrumb coating.

Veg (VE) £2.50

Chicken £3

Mutton £3.25

Cutlets

Breadcrumb coated short-eat with a prawn/fish and potato filling.

Prawns £3.25

Fish £3.25

SIGNATURE STARTERS

Cauliflower £8.50

Manchurian (VE) 🌶️🌶️

Crispy cauliflower florets tossed in a spicy, sweet and tangy sauce.

Chilli Mogo (VE) 🌶️🌶️ £9

Chunky fried cassava chips tossed in Trinco's spicy sauce.

Mogo Fries (VE) 🌶️🌶️ £9

Sliced cassava chips, deep fried and tossed with Trinco Bay seasoning.

Chilli Paneer (V) 🌶️🌶️ £10

Seasoned paneer cubes fried in our special sauce.

Chicken 65 🌶️🌶️ £11

Marinated deep fried diced chicken pieces with sliced onions.

Kuddal Pirattal 🌶️🌶️ £11

Babath sautéed with spices and onions.

APPAM (Savoury Hoppers)

(Staple Sri Lankan bowl shaped pancakes made from rice batter)

Plain (V) £1.75

Egg £2.75

Mutton £4.50

DEVILS 🌶️🌶️

(Selection of meat/seafood stir fried with Sri Lankan spices, chillies, onions, peppers and sauces)

Chicken £11 **Mutton** £12

Prawn £13 **Squid** £13

King Fish £13 **Seafood (Prawn, Squid & King Fish)** £14

🌶️ **Trinco Bay Special Devil** £15.50
(Chicken, Mutton and Seafood)

PORIYAL (Fry) 🌶️🌶️

(Marinated meat/seafood/paneer pan fried served with sautéed onions and chillies)

Paneer (V) £9.50 **Chicken Liver** £9.50

Chicken £10.50 **Mutton** £11.50

Venison £12.50 **Anchovies** £11.50

Prawn £12.50 **Seafood (Prawn & King Fish)** £13.50

King Fish £12.50

🌶️ **Trinco Bay Special Fry** £14.50
(Chicken, Mutton and Seafood)

THOSAI (Dosas)

(Paper-thin savoury pancake made from rice batter and served with coconut chutney and sambar)

Thosai (Dosa) (V) £6.50 **Masala (V)** £7

Vegan £7 **Podi (V)** £7

Paneer (V) £8 **Cheese Dosa (V)** £7.50

Egg £7.50 **Lamb** £8.50

BIRYANI 🌶️🌶️

(Deliciously seasoned, flavoured rice slow cooked with a choice of meat, seafood or vegetables. Served with Raita)

Veg (V) £9.50 **Paneer** £10.50

Chicken £10.50 **Mutton** £11.50

Meaty (Chicken & Mutton) £12.50 **Seafood (Prawn & Squid)** £12.50

King Fish £12.50

🌶️ **Trinco Bay Special Biryani** £14.50
(Chicken, Mutton and Seafood)

MILD 🌶️ MEDIUM 🌶️ HOT 🌶️
EXTRA HOT 🌶️

VEGAN (VE) VEGETARIAN (V)

🌶️ ALL HALAL MEAT

ALLERGENS

If you have any allergens please inform/ask for the manager who will advise you of all ingredients used.



KOTHU

(Choose one item from each of the steps to build your freshly prepared awesome Kothu)

ONE BASE

- Roti
- Idiyappam (String Hoppers)
(VE available)
- Puttu (VE available)
(Steamed wheat/rice flour)

TWO CURRY

- | | | | |
|-------------------------------|-----|-----------------------------|-------|
| Veg (V) | £9 | Egg | £8 |
| Chicken | £10 | Mutton | £11 |
| Meaty
(Mutton and Chicken) | £12 | Seafood
(Prawns & Squid) | £12 |
| | | Add Cheese | £2.25 |

THREE SPICE

- Mild)
- Medium))
- Hot)))
- Extra Hot))))

ROTI

- Veechu Roti (Each) (V) £2.75**
'Veechu' (Translates as thrown in Tamil), then folded to create this tasty thin flatbread.
- Parotta (Each) (V) £2.75**
A soft and layered flat bread.
- Egg Roti (Each) £3.75**
- Cheese Roti (Each) £3.50**
- Coconut Roti (Each) £3.25**

SIDES

- Rice (VE) £4.50**
Slow cooked plain basmati rice.
- Puttu (VE) £4.50**
- Idiyappam (String Hoppers) (8 pieces) (V) £4.50**
Served with sothi (cream gravy).
- Ceylon Omelette (each)))) £4**
A staple dish made up of onions, green chillies and spices.
- Katta Sambol £3**
- Seeni Sambol £3**
- Veg Seeni Sambol (VE) £2.50**
- Coconut Sambol (VE) £3.50**
- Mutton Gravy))) £3.50**
- Chicken Gravy))) £3.50**
- Veg Gravy (VE)))) £3**
- Raita (V) £3**

KARI (Curries))))

(Authentic Sri Lankan and South Indian curries cooked in traditional spices and ingredients)

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|---------------------------------|----------------------------------|
| Paruppu (Dhal) (V) £7.50 | Spinach (V) £7.50 |
| Okra (V) £8 | Aubergine Pirratel (V) £8 |
| Paneer (V) £9 | Chicken £10.50 |
| Mutton £11.50 | Prawn £12.50 |
| Crab £14.50 | King Fish £11.50 |

FRIED DISHES

(Choose one base, one filling and spice level from below, to build your perfect fried dish)

ONE BASE

- Rice
- Noodles

TWO FILLING

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|-----------------------|---|
| Veg (VE) £8.50 | Paneer (V) £10.50 |
| Egg £8.50 | Chicken £10.50 |
| Mutton £11.50 | Seafood (Prawn & Squid) £12.50 |

- Trinco Bay Special Fried Dish £14**
(Chicken, Mutton and Seafood)

THREE SPICE

- Mild)
- Medium))
- Hot)))
- Extra Hot))))

DESSERTS

- Wattalappam £4**
- Rose Milk (V) £5**
Rose milk with ice cream.
- Falooda (V) £6**
Rose milk with jelly, vermicelli, basil seeds and ice cream.
- Ice Cream £2.50**
Honeycomb, Madagascan Vanilla, Salted Caramel, Strawberry and Cream.

APPAM (Sweet Hoppers) (V)

(Staple Sri Lankan bowl shaped pancakes made from rice batter)

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|--------------------------------------|--|
| Coconut Milk £2.75 | Coconut Milk & Jaggery £3 |
| Honey Crunch (Crunchie) £3.25 | Cookies in Milk (Oreo) £3.25 |
| Hazel Choco (Nutella) £3.25 | Strawberries & Cream £3.25 |
| Caramel (Biscoff) £3.25 | |
| Coconut Heaven (Bounty) £3.25 | Add Ice Cream £2.50
Honeycomb, Madagascan Vanilla, Salted Caramel, Strawberry and Cream. |