

## APPETIZERS



### Spring Rolls

Your choice of vegetable or jerk chicken,  
Served with plum dipping sauce.

### Shrimp Cocktail

Served with horseradish worcestershire  
cocktail sauce.

### Nacho Supreme

Ground beef, beans, cheese, jalapeno,  
pepper, green onion and black olives.

### Jerk Chicken Skewer

Tender chicken thigh and grilled vegetables  
marinade in house-made jerk season.

### Vegetable Bruschetta

Grilled bread rubbed with garlic and topped  
with olive oil, tomato, onion, cheese and salt.

### Chicken Bites

Marinade chicken breast, Served with  
sriracha mayo and sweet chili sauce.

### Salmon Fish Fritters

Crispy deep fried fritters, Served with  
spicy mayo sauce.

### Red Hot Wings

Choice of, Spicy Jerk, Buffalo, BB Jerk  
or Bbq sauce.

### Meatless Mushroom Balls

House-made mushroom balls, Served  
with spicy tomato sauce.

### Crab Cake

House-made cakes served with  
Chipotle lime sauce.



## SOUPS AND SALADS



### **Spring Beet Salad**

Farmhouse chevre, fresh orange, dry mustard vinaigrette dressing.

### **Greek Salad**

Tomato, cucumber, red onion and feta cheese, drizzle with oregano vinaigrette.

### **Tricnic Fresh Green Salad**

Tomato, cucumber and lettuce, drizzle with honey basil lime dressing.

### **Tricnic Coleslaw Salad**

Finely shredded raw cabbage and carrot drizzle with Tricnic vinaigrette dressing.

### **Vegetable Beef Soup**

Full of tender beef, lots of veggies and delicious flavour.

### **Cream of Pumpkin Soup**

Velvety smooth and delicious, Finished with Roasted pumpkin Seed and shavings of parmesan.

### **Vegetable Corn soup**

This soup is perfect all year around warm, healthy and satisfying.

### **Chicken Noodle Soup**

Fresh seasonal vegetable, Leeks carrot, celery and potatoes.



## ENTREES

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### Curry Goat

Tender pieces of goat are slowly simmered in aromatic blend, garlic, thyme, onion, hot pepper and curry powder.

### BBQ Pork Ribs

Our ribs is so flavourful and tender, takes a long time to slow cook, but the results are beyond finger licking good.

### BBQ Chicken

Slow cook on a charcoal grilled then brush with Tricnic Bbq sauce.

### Lamb Chop

Lamb chop, Served with brown sugar mint glaze.

### Steaks

Strip Loin, Rib Eye, Top Sirloin, Mignon and Bone-In Rib Eye

### Roast Beef

We start by generously rubbing our beef with our special dry rub it then roast for up to 2 hours.

## SURF & TURF

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### Steak & Shrimp

Our surf & turf meld together perfect flavour of land and sea 6 oz filet mignon top with our tender garlic shrimp.

### Steak & Lobster

7 oz top sirloin top with tender lobster tail brushed with lemon garlic butter.



## FISH & SEAFOOD

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### Grilled Salmon

Cook low and slow, Served with a lemon tarragon garlic sauce.

### Seafood Medley

Our tasty succulent seafood simmer in coconut cream, shrimp, crab, calamari, squid and mussels.

### Fillet of Halibut

Pan-Seared with mushroom in lemon garlic butter sauce.

### Escovitch Red Snapper

Deep fried then doused liberally with a pickling sauce made from vinegar, pimento, onion, hot pepper and carrot.

## ALL TIME FAVOURITES

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### Classic Wedge Salad

Fresh and elegant wedge presentation, cherry tomato, cucumber, and bacon bits, Served with blue cheese dressing.

### Vegetable Lasagna

Fresh delicious tender vegetable, layered with a creamy sauce finish with shaving of asiago cheese.

### Spinach Mushroom Ravioli

Baby spinach, mushroom, Served in a light tomato cream sauce finish with shaved parmesan cheese.

### Authentic Jerk Chicken

Slow cook on charcoal grilled for up to 3 hours to get that true authentic Jamaican smoky flavour.

### Rosemary Chicken Breast

Grilled marinade rosemary chicken breast, Served with rich rosemary sauce.

### Jerk Chicken Taco

These fusion-inspired tacos combine the sizzle of Jamaican jerk with the cool, sweetness of fresh mangoes and grilled pineapple.



## DESSERT

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### Rum Cake

A taste of caribbean coconut rum, with vanilla, almond and butter rum anglaise.

### Cheese Cake

Rich flavour of New York style cheese cake top with home-made strawberry sauce and whipping cream.

### Chocolate Brownie

Our chocolate brownie is moist and full of flavour. Our chocolate brownie is one of our all time guest favourites.

### Caribbean Black Fruit Cake

Made with caribbean rum and soaked fruits this is a dense fruit cake for wedding and christmas dinner.

### Lemon Pie

This pie is a taste of heaven for lemon lovers with a lemon taste and sweet creamy whipping cream.

### Red Velvet Cake

Classic red velet cake rich flavour you're looking for with a red bright colour topped off with cream cheese.

## COFFEES & TEA

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### Hot Chocolate

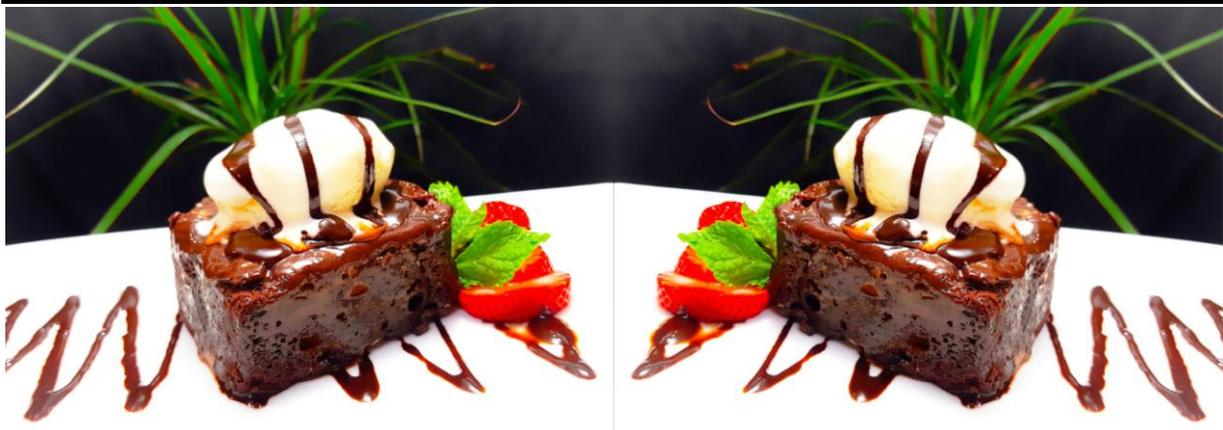
With real whipped cream and chocolaet sauce.

### Pepper Mint Tea

Jamaican flavour mint.

### Coffee

### Green Tea



## SANDWICHES & WRAPS

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### **Brisket Sandwich**

Beef brisket season and smoked for hours to get a deep smoky flavour, Served on tosted bun.

### **Turkey Ham Sandwich**

Served on toasted whole grain bread topped with sliced swiss cheese, tomato, lettuce and mayo spread.

### **Grilled Chicken Wrap**

Boneless chicken thigh marinade in house season crispy bacon, lettuce, sweet pepper, corn and spicy ranch dressing.

### **Breaded Herbed Chicken**

Herbed chicken breast, Served on thick sliced toasted bun a touch of sriracha mayo.

### **Vegetable Wrap**

Our vegetable wrap is fresh and full of flavour, lettuce, tomato, red sweet pepper and fire roasted tomato aiol.

### **Jerk Chicken Sandwich**

Bold spicy tender chicken breast marinade for three days, Served on ciabatta bun with jerk mayo.

## BURGERS & HOTDOGS

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### **The Tricnic Burger**

Home-made buger with double yellow cheddar cheese bacon, onion, tomato and lettuce on a burger bun.

### **Jerk Burger**

Red hot jerk burger with spicy jerk pulled chicken jerk aiol, Served

### **Double King Burger**

Double buger patty with double pepper jack cheese and chili fire mayo.

### **Chicken Hotdog**

Grilled hotdog with relish, mustard, ketchup, mayonnaise on hotdog bun.



à la carte



<b>LARGE &amp; SMALL ALUMINUM TRAYS</b>		
<b>Additional cost for white meat.</b>	<b>Large</b>	<b>Small</b>
Jerk Chicken	\$150	\$80
BBQ Chicken	\$150	\$80
Fried Chicken	\$150	\$80
Curry Chicken	\$150	\$80
Stew Chicken	\$150	\$80
Baked Chicken	\$150	\$80
Red Snapper	\$260	\$120
Roast Beef	\$450	\$250
Oxtail	\$320	\$160
Seafood Medley	\$500	\$260
Jerk Pork	\$190	\$100
Curry Goat	\$240	\$120



**13"X 9" X 2"**  
**SERVE 15-30 PEOPLE**



**1/2 Size 10 3/8"**  
**SERVE 10-15 PEOPLE**