

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 onino 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.

Salf 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

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

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

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

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

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

Hot Chocolate

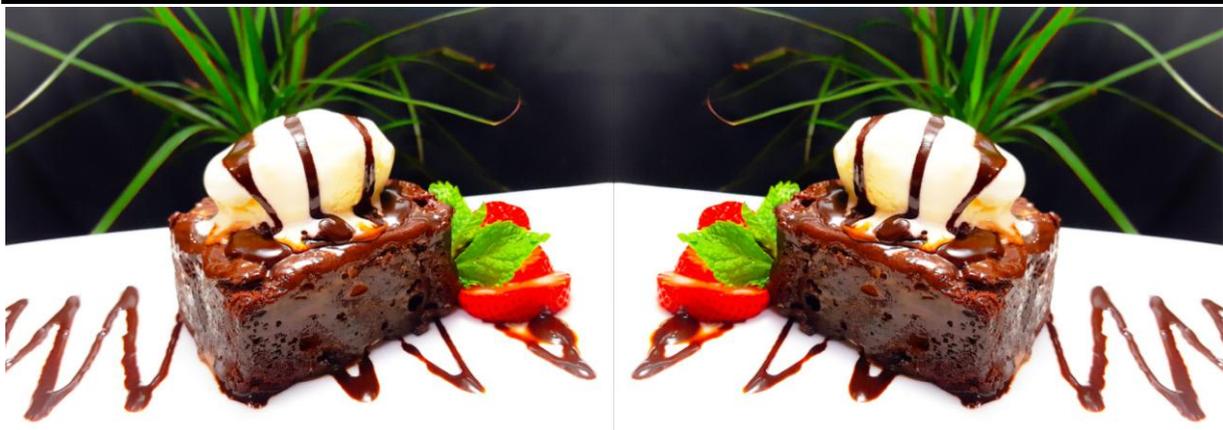
With real whipped cream and chocolaet sauce.

Pepper Mint Tea

Jamaican flavour mint.

Coffee

Green Tea



SANDWICHES & WRAPS

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

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.

