



The TRINITY ARMS

Lunch

To Share

House olives, red pepper hummus, garlic ciabatta, halloumi fries, saffron aioli (v) 18.95

Starters

Salt and pepper calamari, Vietnamese dipping sauce, charred lime, spring onion and coriander 8.25

Grilled shell-on prawns, 'Nduja butter, caramelised lemon 10.25

Crispy Thai beef salad, gem lettuce, rice noodles, cashews, sesame, ginger and chilli dressing 7.95 / 12.95

Smoked ham hock and parsley terrine, pineapple relish, pickled quail's egg, toasted sourdough 8.95

Vegan tartine; grilled sourdough, red pepper hummus, cauliflower, artichoke, radish, spring herbs (ve) 8.50

Liberation Ale battered Monkfish bites, green chilli & ginger dressing 8.95

Sandwiches

Aberdeen Angus sirloin steak baguette – Dijon mayo, confit onions, watercress 10.95

Allotment wrap – roasted cauliflower, rainbow slaw, red pepper hummus, vine tomato, pink onions, chimichurri (ve) 7.95

Add fried halloumi 2.00

Fish finger brioche roll - Liberation beer-battered fish, tartare sauce, vine tomato, gem lettuce 9.25

Jersey crab bloomer sandwich - brown crab mayo, burnt lemon, watercress MP

Ploughman's Lunch

Cured ham, Wookey Hole cave-aged Cheddar, Cropwell Bishop Stilton, sage & onion sausage roll 14.50
caramelised apple chutney, pickled onion and egg, cornichons, sourdough, Jersey butter

Mains

Liberation Ale-battered fish and chips, minted peas, tartare sauce 14.95

Jersey crab and king prawn linguine, garlic, chilli, vine tomatoes, parsley and lemon 18.00

Slow cooked pork ribs, Liberation Ale BBQ sauce, hand cut chips, rainbow slaw 19.50

Try this with our international Gold award winning Liberation IPA, 4.8% abv

8 oz Jersey beef burger, streaky bacon, smoked Cheddar, brioche bun, Koffmann fries 15.50

Buddha bowl, red pepper hummus, beans, roasted cauliflower, rice noodles, rainbow slaw, seeds (ve) 10.95

Chef's pie of the day, seasonal greens, mash or chipped potatoes, jug of gravy 14.95

Sweet potato, cauliflower, lentil and spinach curry, coriander chutney, coconut yoghurt, poppadom (ve) 13.50

Add king prawns 3.50

Beyond Meat vegan burger, vegan cheese, vegan slaw, relish, Koffmann fries (ve) 14.50

Dry-aged 8oz sirloin steak, garlic butter, chips, rocket 22.95

Add peppercorn sauce 2.00

PLEASE SEE BOARD FOR DAILY SPECIALS

Sides

Thick-cut chips (ve) 4.00 Garlic ciabatta / with cheese 5.00

New season baby potatoes, mint, sea salt (v) 4.00 Seasonal greens, garlic butter (v) 4.00

Koffmann fries (ve) 4.25 Beer-battered onion rings 3.75

Three cheese macaroni, thyme crumb (v) 5.50 Spring leaves, watercress and radish salad (ve) 3.95




Scan the QR code to order and pay on your device

Team Rewards - Please note we will add an optional 10% team reward to your bill and be assured 100% will be shared with today's team.

Allergen Info - (v) Veggie friendly, (ve) Vegan friendly - ask a team member for gluten friendly options. Please inform a member of our team of any allergies before placing your order. We cannot guarantee the absence of all allergens in our dishes.

Our fish dishes may contain small bones, please take care.

We cannot guarantee the total absence of allergens in our dishes.

 Recycled (FSC) paper & designed for single use only.



Puddings

White chocolate blondie, chocolate sauce, honeycomb ice cream, Oreo crumb (v)	7.25
Treacle tart, vegan vanilla ice cream, candied pecans (ve)	7.25
Coconut panna cotta, roasted pineapple, mango sorbet	7.25
Nutella 'gnocchi' donuts, salted caramel sauce, Jersey vanilla ice cream (v)	7.25
Selection of Jersey Ice creams	<i>per scoop</i> 1.70

Trinity Cheese Plate

9.95

Wookey Hole cave-aged Cheddar, Ragstone goat's cheese, Cropwell Bishop Stilton

Served with caramelised onion and apple chutney, cornichons, crackers (v)

Try a glass of Cockburn's port to go with your cheese

Affogato, Jersey vanilla ice cream, Espresso shot

4.75

50p from every sale of this dish will be donated to Healing Waves.



Healing Waves is a Jersey charity that enables individuals with a physical or mental disability to access the ocean in a safe way.

Illy Coffee, Classico blend (v)

Dairy-free milks available

Americano	2.55
Latte	2.90
Cappuccino	2.90
Espresso	Single 1.65 / Double 2.15
Flat white	2.90
Black Forest 'Monbana' hot chocolate	4.00
'Monbana' hot chocolate	3.40
Mocha	3.40

Dammann Teas, France (v)

English breakfast	2.35
Chamomile	2.50
Earl Grey	2.50
Jade Tips green	2.50
Lemongrass and ginger	2.50
Peppermint	2.50
Red berry and hibiscus	2.50
Wild rooibos	2.50

After Drinks - Ask one of our team members for our selection of after dinner drinks and sparkling wine

Espresso Martini	10.00	Classic Negroni	10.50
Old Fashioned	10.00		

Liberation Pubs & Bars

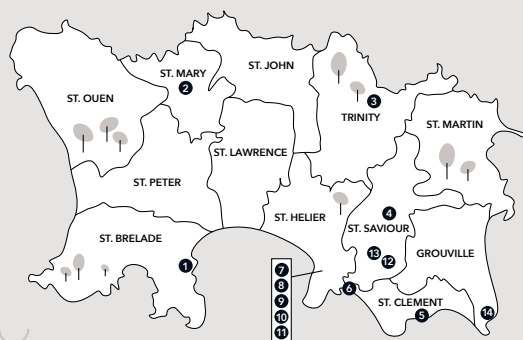
We have 18 pubs and bars across the Channel Islands. We are incredibly proud of our unique and eclectic portfolio of pubs and bars, that offer our customers local delicacies. Our team of Chefs collaborate to design, create and develop our award-winning food offering to complement our range of locally brewed beers. Take a look at the map below to view where the Liberation Jersey pubs and shops are situated.

Our Suppliers & Producers.

We care immensely about the quality, provenance and seasonality of the produce we buy, and work with suppliers and producers of the same mindset, striving to be sustainable, with complete traceability. These guys share our passion and we're very proud to work with them.

Jersey Dairy, Fin and Feather, Liberation Brewing Co, Vienna Bakery, Easenmyne ltd, Le Petit Menage Farm, Jersey Oyster Company, Fungi Delecti, Pottage farm Eggs, Stoddart's Scottish Beef

1. Old Court House Inn - St Brelade
2. St Mary's Country Pub & Dining - St Mary
3. Trinity Arms - Trinity
4. The Five Oaks - St Saviour
5. Le Hocq Inn - St Clement
6. White Horse Beach Bar & Eatery - St Saviour
7. The Cock & Bottle - St Helier
8. Hugo's - St Helier
9. The Halkett - St Helier
10. Post Horn - St Helier
11. The Square - St Helier
12. Liberation Quality Drinks - St Saviour
13. Liberation Brewing Co (brewery) - St Saviour
14. The Seymour Pub - Grouville



LIBERATION PUBS & BARS, RETAIL AND BREWERY