

ASIAN

SOUPS

Sweet Corn Soup
Manchow Soup
Hot & Sour Soup
Lemon Coriander Soup

● Vegetable	235
● Egg	245
● Chicken & Egg	255
● Shrimp, Crab & Egg	325

Tom Yum Soup

Hot & tangy broth flavoured with lemongrass & galangal (Thai ginger).

Tom Kha Soup

Aromatic, light coconut broth flavoured with chillies, lemongrass & ginger.

● 3 Types of Mushroom	305
● Chicken	315
● Prawn (3 pcs)	365

VEG STARTERS

● Crispy Veg Wontons	295
● Wontons with Cheese & Corn	335
Golden corn, melted cheese, green chives in a crispy shell. 8 pcs served with sweet chilli dip.	
● Salt & Pepper Corn	365
● Salt & Pepper Lotus Stem	365
● Salt & Pepper Zucchini	365
● Crispy Chilli Potato	365
● Crispy Chilli Babycorn	365
● Crispy Chilli Lotus Stem	365
● Crispy Chilli Mushroom	375
● Paneer Lat Me Kai (dry)	385
Sweet, spicy, touched with ginger. In-house favourite.	
● Dragon Style Paneer (dry)	395
Cashews, butter, chillies & a hint of sweetness.	

MUST-HAVE BUTTER PEPPER GARLIC STIRFRYS

● Mushrooms & Pak Choy	375
● Babycorn, Mushrooms & Morning Glory	375
● American Corn	375
● Broccoli & Shiitake Mushrooms	425

VEG MAIN COURSE

● Stirfried Lotus Stem & Pak Choy	375
● Ginger Sesame Mushrooms & Babycorn	425
Shiitake, wood ear & button mushrooms with babycorn, onions & peppers.	
● Chilli Basil Brinjal & French Beans	375
● Sizzling Vegetables Stirfry	385
Broccoli, pak choy, babycorn, zucchini, bell peppers, carrots & onions.	
● Dragon Style Broccoli & Lotus Stem	395
With cashews, butter, chillies & a hint of sweetness round off this healthy stirfry.	
● Vegetable Manchurian (dry/gravy)	375
● Paneer in Manchurian Sauce	385
● Chilli Potato (dry/gravy)	315
● Chilli Mushroom	385
● Chilli Paneer (dry/gravy)	385
● Paneer in Hot Garlic (dry/gravy)	385
● Broccoli & Lotus Stem in Cantonese Garlic Sauce	395
● Three Types of Mushroom & Babycorn Hunan Style	425
Shiitake, button & wood ear mushrooms with babycorn in a light garlic & wine sauce.	
● Thai Vegetable Green Curry	425
100% vegan, home-made green curry. Coconut milk, Thai ginger, lemongrass & vegetables.	

TRINCAS



RICE

● Steamed Rice	235
● Vegetable Fried Rice	285
● Sichuan Fried Rice	285
● Basil-Garlic Fried Rice (Corn)	295
● Mushroom Fried Rice	375
Ginger fried rice with shiitake, wood ear & button mushrooms.	
● Egg Fried Rice	305
● Egg Fried Rice Sichuan Style	305
● Basil-Garlic Fried Rice (Egg)	305

NOODLES

● Chilli Garlic Noodles	305
● Veg Hakka Noodles (dry)	305
● Veg Pan Fried Noodles (gravy)	305
● Veg American Chopsuey (red)	315
● Veg Chinese Chopsuey (white)	315
● Vegetable Phad Thai Noodles	345
Bangkok street style sweet & spicy flat noodles with peanuts & crunchy shredded vegetables.	
● Egg Hakka Noodles (dry)	325
● Egg Pan Fried Noodles (gravy)	325
● Phad Thai Noodles with Egg	345
● Egg Chopsuey (American/Chinese)	345
Hakka Noodles (dry)	
● Chicken & Egg	335
● Shrimp & Egg	335
● Mixed (no Pork)	395
● Mixed (with Pork)	415
● Chicken Chilli Garlic Noodles	335
Pan Fried Noodles (gravy)	
● Chicken & Egg	345
● Shrimp & Egg	345
● Mixed (no Pork)	395
● Mixed (with Pork)	415

American/Chinese Chopsuey

Classic preparation of fresh vegetables in a red/white gravy over crunchy noodles.

● Chicken & Egg	345
● Shrimp & Egg	345
● Mixed (no Pork)	395
● Mixed (with Pork)	415

Phad Thai Noodles

Bangkok street-style flat noodles with peanuts & crunchy shredded vegetables.

● Chicken & Egg	395
● Shrimp & Egg	395
● Mixed (no Pork)	405
● Mixed (with Pork)	425

RICE

● Chicken & Egg Fried Rice	325
● Chicken & Egg Sichuan Rice	325
● Shrimp & Egg Fried Rice	335
● Shrimp & Egg Sichuan Rice	335
● Mixed Fried Rice (no Pork)	375
● Mixed Fried Rice (with Pork)	395

Ask for our fiery, original, home-made chilli paste!

ASIAN

CHICKEN

- **Crispy Chicken Wontons** 365
- **Chicken Fingers** 385
With sweet chilli dip.
- **Salt & Pepper Chicken** 395
- **Chicken Lat Me Kai** 405
Sweet, spicy, touched with wine.
- **Konjee Crispy Chicken** 405
- **Butter Pepper Garlic Chicken & Chinese Greens** 415
Sliced chicken stirfried with garlic, butter & morning glory.
- **Dragon Chicken** 415
Sweet & spicy diced chicken & cashewnuts with butter, red chillies & a touch of sweetness.
- **Mala Chicken** 415
A traditional dry Sichuan stirfry using red chillies, Sichuan peppercorn, scallions & garlic.
- **Kung Pao Chicken Sichuan Style** 415
Diced chicken stirfried with garlic, fried peanuts & crunchy, aromatic sichuan peppercorn.
- **Chilli-Basil Chicken** 415
Minced chicken & long beans stirfried with chillies, garlic & holy basil.
- **Sizzling Ginger Chicken Stirfry** 425
Sliced chicken & a medley of vegetables stirfried with ginger & sesame.

We use batter fried chicken in these dishes. Ask for 'Sliced' chicken for a lighter option. Choice of dry/gravy.

- **Chilli Chicken** 415
- **Hot Garlic Chicken** 415
- **Chicken Manchurian** 415
- **Chicken in Oyster Sauce** 415
- **Sichuan Chicken** 415
- **Sweet & Sour Chicken** 415
- **Chicken in Lemon Sauce** 415

- **Hunan Chicken with trio of Mushrooms & Babycorn** 445
Sliced chicken button mushrooms, shiitake & cloud ear mushrooms with babycorn in a sauce flavoured with wine, chives & garlic.
- **Chicken Green Curry/ Red Curry** 445
Authentic Thai curry made with coconut milk & flavourful herbs.

- **Chicken Lollipop** 375
With hot garlic dip.
- **Drumsticks Shangdong** 385
Wok-tossed with garlic, chillies & wine.
- **Chicken Drums of Heaven** 395
Trincas' signature 'lollipop'. Crunchy batter outside, soft & steaming inside.

TRINCAS



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LAMB

- **Chilli Roast Lamb** 545
Roasted lamb with green chillies, onions, capsicum & dark soy. Excellent starter (dry) or main course (gravy).
- **Sichuan Lamb** 545
- **Chilli Basil Roast Lamb** 545
Stirfried with crunchy longbeans.
- **5 Spice Lamb with Cashews** 545

PORK

- **Chilli Roast Pork (dry/gravy)** 545
A Trincas favourite. Roast pork tossed with green chillies, onions, capsicum and soy.
- **Chilli Basil Pork** 545
Minced Pork and crunchy longbeans with basil, chillies and garlic.
- **5 Spice Cashew Pork (dry/gravy)** 545
- **Spicy Roast Pork** 545

SEAFOOD

- **Prawn Chips** 155
- **Sesame Prawn Gold Coin (8 pcs)** 395
- **Crab & Cheese Wontons** 425
With sweet chilli dip.
- **Crispy Chilli Squid** 475
Crunchy wok-tossed sweet and spicy squid.
- **Salt & Pepper Squid** 475
- **Golden Fried Prawns** 545
- **Sizzling Prawns with Smoky Barbecue Sauce** 545
- **Pan Fried Basil Prawns** 545
Prawns stirfried with bell peppers, aromatic basil & a touch of sweetness.
- **Pan Fried Basil Fish** 545
Bekti fish stirfried with aromatic sweet-basil & bell peppers.
- **Pan Fried Spicy Fish** 545
Bekti fish & crunchy julienned vegetables flavoured with wine & home made chilli paste. Sweet & spicy.

- **Chilli Fish (dry/gravy)** 545
- **Bekti in Black Bean Sauce** 545
- **Fish in Hot Garlic Sauce** 545
- **Sichuan Fish** 545
- **Kowloon Fish** 545
Bekti & mushrooms in a fragrant sauce with cinnamon, cloves and star anise.
- **Fish in Tamarind Sauce** 545
Sweet & tangy Southeast Asian preparation with cashews and bell peppers. (dry/gravy)
- **Garlic Prawns Cantonese Style** 545
- **Prawns in Oyster Sauce** 545
- **Prawns in Chilli Soya Sauce** 545
- **Sichuan Prawns** 545

- **Prawns Green/Red Curry** 545
Authentic Thai curry made with coconut milk & flavourful herbs.
- **Steamed Lemongrass Bekti with Shiitake Mushrooms** 575
Fillet of bekti and flavourful shiitake mushrooms steamed with aromatic lemongrass & kafir leaves. Meal-in-a-bowl.

TRINCAS FAMOUS FRESH WATER STARTERS

- **Prawn Cocktail** 365
Juicy prawns and spicy mayo over a bed of shredded lettuce.
- **Devilled Crab** 435
Crab meat cooked in creamy paprika sauce, topped with cheese and baked in-shell. Served with creamy mashed potatoes and peas.
- **Fish Fingers / Fish & Chips** 525
Bekti fish crumb fried, served with French Fries and Tartare Sauce.
- **Panko Crusted Prawns** 545
prawns coated in a special crispy bread crumb, served with Tartare Sauce.
- **Lobster Thermidore** 595
Lobster cooked in a creamy white wine sauce, served in shell, topped with parmesan and gratinated golden. Served with a side of creamy mashed potatoes and green peas. A heritage recipe from 1959!

VEGETARIAN

Please see our café menu for pasta options

- **Spinach & Corn Pasta Florentine** 455
Spinach, corn and a creamy bechamel sauce layered between sheets of pasta, topped with cheese and baked.
- **Cheesy Vegetable Au Gratin** 455
Corn, carrots, peas, potato and pineapple in a cheesy cream sauce, baked golden.
- **Vegetarian Lasagne** 455
Sheets of pasta, layered with vegetables and herbs in a hearty tomato sauce, baked with mozzarella, cheddar and parmesan.
- **Mushroom & Babycorn Tetrazzini** 455
Mushroom, babycorn and olives with rosemary, oregano and parsley, tossed with buttery spaghetti and lightly baked
- **Vegetarian Shepherd's Pie** 465
Zucchini, aubergines, corn, carrots and peas in a flavourful tomato sauce, baked over creamy mashed potatoes. Comfort food!

SIZZLERS

- **Chicken Steak Sizzler** 495
Grilled chicken breast in mushroom peppercorn sauce. Served with mashed potatoes and sauteed vegetables.
- **Sizzling Pork Chop Mushroom Pepper Sauce** 645
A fatty, tender, grilled pork chop served on a sizzler with mushroom peppercorn sauce, mashed potatoes and peas.
- **Sizzling Pork Chop Hawaii** 645
A juicy, fatty pork chop served sizzling with a pineapple-soy sauce, grilled pineapple and french fries.



- **Chicken Tetrazzini** 495
Chicken, mushrooms, babycorn, olives and herbs with spaghetti baked in a cheese sauce.
- **Chicken A La Kiev** 495
Crumb fried chicken breast filled with melted butter that spills out when cut! Comes with mashed potatoes and peas.
- **Chicken Stroganoff** 495
Chicken, mushrooms, onion and capsicum in a white wine sauce, served in a ring of buttered parsley rice
- **Spaghetti Bolognese** 495
Spaghetti with slow-cooked lamb mince in a tomato and herb sauce
- **Spaghetti Carbonara** 535
A rich pasta dish made with egg yolk, parmesan cheese, bacon and a hint of cream.
- **Shepherd's Pie** 585
Minced lamb and vegetables slow-cooked in a red wine sauce with rosemary, celery, garlic and onions. A layer of buttery mashed potatoes and cheese to top it off.
- **Lamb Lasagne** 585
Layers of pasta, slow-cooked lamb mince, herbs and vegetables. Topped with cheese and baked golden.

SOUPS

- **Cream of Mushroom Soup** 225
- **Cream of Chicken Soup** 245
- **Pan Fried Bekti With Lemon Butter Caper Sauce** 545
Bekti fish fillet topped with lemon-butter and capers. With mashed potatoes and pan-tossed vegetables.
- **Bekti Supreme** 575
Fillet of Bekti fish baked in creamy white wine sauce with a crust of cheese and a garnish of white asparagus. With garlic sauteed veggies.
- **Bekti in Paprika Sauce** 575
Trincas favourite fish in a cheesy paprika-wine sauce. Baked with a layer of cheese. With a side of pan tossed vegetables.
- **Bekti Florentine** 575
Fish in a white wine sauce on a bed of spinach. Baked with a topping of golden cheese. With a side of garlic sauteed vegetables.
- **Lemon Butter Prawns** 575
Sauteed prawns topped with tangy lemon-butter and salty capers. Comes with creamy mashed potatoes and garlic vegetables.
- **Spaghetti Marinara with Prawns** 575
Spaghetti and juicy prawns, tossed with a classic sauce of tomatoes, garlic and herbs. Finished with tangy capers and parmesan.
- **Baked Prawn Tetrazzini** 575
Prawns, mushrooms, babycorn, olives and herbs with spaghetti. Baked in a cheese sauce. Served with pan-tossed vegetables.
- **SIDES**
- **Garlic Bread Basket** 185
Buns thickly coated with butter and garlic. Toasted lightly.
- **Cheesy Garlic Bread** 245
Garlic buns topped with molten mozzarella and cheddar.
- **Mashed Potatoes** 185
Butter & cream mashed potatoes, topped with parsley
- **Garlic Sauteed Veggies** 235
- **French Fries** 235
- **Peri Peri Fries** 245