



Trinipot at
The Bell in Benington
Desserts

<i>Ice Cream with the option of chocolate sauce.</i>	£3.00
<i>Pineapple Upside-Down Cake served with vanilla ice-cream</i>	£4.50
<i>Chocolate Coconut Brownie served with vanilla ice-cream</i>	£4.50
<i>Cassava and Coconut Pudding served with vanilla ice-cream</i>	£4.50
<i>Homemade 3 ~ Layered Chocolate Mousse</i>	£4.50
<i>Cheese Board</i>	£5.50

Tea and Coffee

<i>Tea</i>	£1.25
<i>Instant Coffee</i>	£1.50
<i>Espresso</i>	£2.25
<i>Filtered Coffee</i>	£2.50
<i>Cappuccino, Latte</i>	£2.75



Trinipot at
The Bell in Benington
Bar Snacks

*Served lunch time only
12:00opm—14:30pm*

<i>Chips</i>	£1.75
<i>Freshly prepared Salad - Tomatoes, cucumber, lettuce and carrots</i>	£2.00
<i>Soup of the day - Served with bread and butter.</i>	£4.95
<i>Sausage and Chips, served with a fresh salad</i>	£5.00
<i>Homemade Beef Burger and Chips, served with a fresh salad</i>	£6.50
<i>Jacket Potato with butter, served with a fresh salad</i>	£3.00

Additional Fillings

<i>Cheese</i>	£1.00
<i>Beans</i>	£1.20
<i>Tuna</i>	£2.00
<i>Sandwich - Freshly made and served with salad and 50/50 bread</i>	
<i>Cheese</i>	£4.00
<i>Tuna</i>	£4.80
<i>Ham</i>	£4.80



*Trinipot at
The Bell in Benington
Caribbean Fusion*

Welcome to The Bell in Benington. We are a Trinidadian family owned pub serving home-cooked Trinidadian and Caribbean food.

The Caribbean is made up of African, Asian and European heritage and our cuisines is a mixed fusion of all these cultures.

*We use seasoning such as coriander, garlic, lemongrass, onion, ginger, bay leaf, mint and a mix of Rashieda's **secret** special dried spices.*

If you would like your food 'pepper hot,' please ask us when you order and we will specifically cook it with scotch bonnet peppers to make it "chilli hot!"

Thank you for coming and we hope that you enjoy the experience!

Raffie and Rashieda

*Rashieda and Raffie
Welcome you to The Bell*



*Trinipot at The Bell
Menu*

Please advise staff members of any allergies before giving your order

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*Trinipot at
The Bell in Benington
Friday's and Saturday's Only*

Starters

Fried Fish and Bread

£4.50

Fish seasoned with fresh herbs and spices, deep fried, served with bread and avocado.

Sides

Spinach (V)

£4.50

Fresh spinach leaves chopped and stir fried with tomatoes onions, garlic with salt to taste.

Mains

Fish or Prawn Creole or Curry

£9.50

Jerk Pork

£12.50

Pork seasoned with Caribbean jerk spices served with peas and rice, plantain and macaroni pie.



Trinipot at The Bell in Benington Starters

- Aloo Pie (V)** £4.50
Soft, fried pastry made from flour and water, filled with boiled, spiced and mashed potato, served with a sweet and sour Caribbean tamarind dipping sauce or a savoury apple chutney.
- Tomato Choka (V)** £4.50
Roasted tomato ground with onion, garlic, coriander and chilli, served with bread, cheddar cheese and avocado.
- Spicy Meatballs** £4.50
Home made beef meatballs seasoned with freshly chopped herbs And flavoured with a mix of dried spices, served with fresh salad and bread.
- Salt Fish and Tomato** £4.50
Salted Cod, flaked and fried with freshly chopped tomato, onions, garlic and coriander served with bread and avocado.
- BBQ Chicken Wings** £4.50
Wings seasoned with freshly chopped herbs, grilled and roasted in a barbeque sauce.
- Deep fried Aubergine (V)** £4.50
Aubergine sliced and coated in a seasoned batter, deep fried and served on a bed of salad, garnished with apple and mango chutney.
- Fried Okra and Potato (V)** £4.50
Green okra and potato finely chopped and fried with onions, garlic and coriander, seasoned with a touch of fresh chilli. Served with bread and avocado.



Trinipot at The Bell in Benington Sides

- Plain Rice (V)** Small £3.00
Large £5.50
- Calypto Rice (V)** £3.50
Rice fried with mixed vegetables, coriander, garlic and a mix of Rashieda's special spices. Small £3.50
Large £6.50
- Dali Puri Roti (V)** £3.50
Flat bread stuffed with seasoned fillings of ground split peas.
- Channa and Aloo (V)** £4.00
Chickpea and potato cooked in curry sauce flavoured with fresh tomato, garlic, onion and cumin.
- Stewed Lentils (V)** £4.00
Dried brown lentils boiled then fried in freshly chopped stir fried tomatoes, onions, garlic, spring onions and chives.
- Stewed Kidney Beans (V)** £4.00
Kidney beans fried in freshly chopped tomato, onions, garlic, spring onion and chives.
- Plantain (V)** £4.00
Plantain sliced and deep fried
- Stewed Pumpkin (V)** £4.50
Freshly diced pumpkin seasoned with herbs and spices and fried with parsley, spring onions, garlic, tomato and coriander.



Trinipot at The Bell in Benington Mains

Vegetable Curry £6.50

A comforting vegan one-pot Trinidadian curry, made of seasonal vegetables cooked in special mix of Rashieda's dried spices.

Chicken Curry £7.50

Diced boneless chicken thighs, slow cooked in a rich Trinidadian flavoured curry sauce mixed with cumin, garlic, lemongrass and coriander.

Creole Chicken £7.50

Diced boneless chicken thighs with special Trinidadian spices and slow cooked in a rich tomato and onion based sauce.

Lamb Curry £8.00

Diced lamb seasoned with onion, mint, garlic, bay leaf and Rashieda's special spices, slow cooked in a Trinidadian flavoured curry sauce.

Creole Lamb £8.00

Diced lamb marinated in a chef's special mix of dried spices and slow cooked in a rich tomato, mint and onion sauce.

Creole Beef £8.00

Diced beef seasoned with a chef's special mix of dried spices and slow cooked in a rich tomato and onion based sauce.

Goat Curry £8.50

Diced deboned goat meat seasoned with onion, garlic, coriander and a special mix of spices, slow cooked in a Trinidadian flavoured curry paste.



Trinipot at The Bell in Benington Rashieda's Sunday Cook-up

Rashieda's Sunday Cook-up

A choice between either Chicken or Beef. This is served with roast potato's, steamed broccoli, cauliflower, carrots and gravy with a hint of Caribbean flavour

Adults £10.00

Children £5.00