



116 E. Vermillion Street  
Lafayette, Louisiana, 70501

*Visit us online at*  
[www.TryndCafe.com](http://www.TryndCafe.com)

*For Takeout Orders*  
*Or Catering Information*  
*Call, 337.704.0999*





## Starters

**Shrimp, Spinach and Artichoke Dip** – creamy oven baked dip served with our signature toasted garlic peasant bread. **\$9**

**Trynd Caprese** – fried creole tomatoes and fried buffalo mozzarella cheese served with homemade pesto and spicy marinara dipping sauce. **\$8**

**New Orleans Style BBQ Shrimp**- Gulf shrimp sautéed with fresh garlic, a dash of worshesire, scallions and finished off with silky butter. **\$11**

**Spicy Mussels in a Girty Creole Broth** – one dozen IQF Mussels steamed in a spicy creole tomato broth served with grilled peasant dipping bread **\$9**

**Crab Cake over Jalapeno Cheese Grits** - fresh Louisiana crab cake pan fried till golden brown served over a warm mound of jalapeno cheese grits **\$8**

**Crawfish stuffed Mushrooms**- spicy crawfish packed into several mushrooms baked to perfection and topped with truffle parmesan. **\$7**

**Calamari Fries** – tempura fried calamari strips lightly seasoned and served with Cajun Asian sauce **\$9**

**Crawfish Arancini** – creamy risotto stuffed with fresh crawfish and mozzarella, then fried and topped with spicy marinara. **\$8**

**Gulf shrimp and Eggplant Parmesan** – 3 slices of fresh eggplant lightly battered and deep fried to a crisp, then laced with our in house spicy marinara, fresh mozzarella and several sautéed Louisiana Gulf Shrimp. **\$9**

**Savory Garlic & Cheese Pain Perdu** – French bread and our 3 cheese batter combined to create a total party in your mouth. **\$7**

## Salads

**Seafood Cobb Salad** – Organic mixed greens, cherry tomatoes, avocado, apple wood smoked bacon, spicy creole ranch and a soft boiled egg. **\$14**

**Caesar Salad** – Crisp Romaine, shaved red onion, cucumbers, shredded parmesan, Caesar dressing **\$7**

**Chop Caesar** – Traditional Caesar with pan seared beef tips, **\$12**

**Duck Confit Salad** – mixed fresh greens, carrots, scallions, hert coverts, jalapeno mango chutney. **\$14**

**Caprese Salad** – Marinated Creole Tomatoes and fresh Buffalo Mozzarella combined together to create a new classic. **\$9**

## Pasta

**\*\*\*ALL PASTAS ARE SERVED WITH SIDE SALAD\*\*\***

**Parmigiano** – classic red sauce tossed in angel hair and topped with your choice of: eggplant **(\$14)** Chicken **(\$16)** or shrimp **(\$18)**

**Fettuccine Alfredo** – homemade Alfredo Sauce over fettuccine pasta served with a choice of: chicken **(\$16)** shrimp **(\$19)** or crawfish **(\$19)**

**Seafood Ravioli** – homemade seafood ravioli tossed in a spicy beurre blanc **\$18**

**New Orleans Shrimp Pasta** – pan seared shrimp over penne pasta tossed a spicy creole sauce **\$16**

**Chicken Marsala** – pan seared chicken breast served over angel hair pasta in a mushrooms marsala cream sauce. **\$18**



## Seafood

**Seared Scallops-** marinated jumbo scallops seasoned to taste and seared to perfection, served over creamy risotto **\$21**

**Seared Tuna steak in spicy mustard and fresh herbs** – 8 oz. tuna steak dressed in a honey and orange marinade then grilled to order and finally rolled in spicy mustard and fresh herbs de Acadiane. Served with risotto **\$19**

**Pan Seared Snapper** – fresh out of the gulf, our pan seared red snapper is seasoned to perfection, pan seared to a golden brown and then laced with a silky butter and crab beurre blanc. Served with seasonal vegetables **\$21**

**Fried Seafood Platter** – Fried Shrimp, Tilapia strips and Crab Cake served with sweet potato fries and Trynd Sauce. **\$21**

**Grilled Tilapia pasta** –seafood stuffed tilapia, grilled and served over Alfredo angel hair pasta **\$16**

**Seafood Pasta** –an array of seafood, mussels, crab meat, shrimp and fettuccine pasta in a girthy tomato broth **\$23**



## Meats

**Grilled Filet of Beef – \$34**

8 oz stockyard prime beef filet, grilled to temp and served with hert coverts and roasted fingerling potatoes.

**Trynd Ribeye – \$38**

Crème de la Crème of Trynd presents to you a 24oz prime aged Rib Eye grilled to your choice of perfection and serve with hert coverts and smash potatoes

**Blackened Duck Breast with orange honey gastrique – \$26**

8 oz maple leaf duck breast, blackened and seared to a medium rare, then basted with the orange honey gastrique till crispy served with hert coverts and mash potatoes

**Chicken Florentine – \$18**

8 oz chicken breast grilled and topped with a spinach and artichoke cream sauce served over angel hair pasta.

**Pomegranate Lamb Shank – \$24**

10oz Australian Lamb Shank, cooked Osso Bucco style then braised in a rich pomegranate demi-glace and served over sautéed garlic spinach.



# Lunch Menu

## STARTERS

### Shrimp+ Eggplant Parmesan

Tomato Sauce and sautéed gulf shrimp

\$8

### Louisiana Lump Crab Cake

Jalapeno cheese grits- Creole Mustard Sauce

\$8

### Crawfish Arancini

Creamy risotto stuffed with fresh crawfish and mozzarella, then fried and topped with spicy marinara.

\$7

### Shrimp, Spinach and Artichoke Dip

Creamy oven baked dip served with our signature toasted garlic peasant bread.

\$7

### Crawfish Stuffed Mushrooms

Served in a Tasso Gravy

\$7

### Calamari Fries

Served with a Spicy Remolade

\$8

## SALADS

### Classic Caesar Salad

Homemade Caesar Dressing, Parmesan, Crispy Crouton

\$8

### Caprese Salad

Creole tomatoes, fresh buffalo mozzarella and chiffaunade of basil

\$9

### Trynd Chop Salad

Shaved Red Onion, Cucumbers, Crumbled Blue Cheese, Steen's Vinaigrette

\$8

### Spinach Salad

Strawberries, Candied Pecan, Crumbled Feta, Balsamic Vinaigrette

\$8.50

### Salad Add-Ons (Additional Charge)

Grilled Steak (\$4) ~ Grilled Chicken (\$3) ~ Grilled Tuna (\$4)

Grilled Shrimp (\$4) ~ Fried Oysters (\$5)

## PLATE LUNCH SPECIALS

<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Southern Fried Chicken Served with Homemade Macaroni & Cheese <b>\$9.95</b>	Smothered Pork Roast Topped with Onion Rings Served with Smashed Potatoes <b>\$11.00</b>	Bacon stuffed Meat Loaf Served with smashed potatoes and green beans <b>\$11.95</b>	Sautéed Golden Shrimp-hash Stuffed with Crab Meat <b>\$12.95</b>

## PIZZA

### Carne

Pepperoni, Italian, Sausage, Ham

\$9

### Four Cheese

Mozzarella, Parmesan, Provolone, Goat Cheese

\$8

### Vegetarian

Grilled Vegetables, Spinach, Mushrooms

\$8

### Build Your Own Pizza

Cheese Pizza ..... \$7

+ .50 cents

each additional topping

### Additional Toppings

Jalapenos ~ Red Onion

Bell Pepper ~ Olives

Cheddar Cheese ~ Mushrooms

Artichoke Hearts

Spinach ~ Roasted Garlic

Yellow Squash ~ Zucchini

## BURGERS & PANINI'S

### Ville Platte Burger

100% Angus topped with roasted jalapeno and smoked Gouda

\$9

### Black and Blue

10oz blackened burger, blue cheese and chard red onion aioli

\$9

### Cheddar Bacon Classic Double

Two 10 oz. patties loaded with cheddar cheese and deep fried bacon

\$12

### Traditional Burger

Lettuce, Tomato, Onion

\$7.50

### Grilled Chicken Caesar Panini

Provolone, romaine, Tomato, Caesar dressing

\$8.50

### Steak Panini

Organic arugula, Grilled Onion, Blue Cheese, Balsamic Drizzle

\$9.50

### Panini-of Grilled Vegetable

Spinach, Mushrooms, Peppers

\$8

### Blackened Tuna Panini

Shredded Lettuce, Tomatoes, Bacon, chard red onion aioli

\$10.50

\*\*\*All served with choice of sweet potato fries or side salad\*\*\*

## ENTREES

### Fettuccini Alfredo

Shrimp or Chicken with Classic Alfredo Sauce over Fettuccini Pasta

\$9

### 4 Cheese Ravioli

Cheese filled pasta tossed in Lemon Butter Sauce

\$10

### Parmigiano

Angel Hair Pasta, Homemade Tomato Sauce with your choice Chicken or Eggplant

\$11

### Sautéed Tilapia

Roasted Fingerling Potatoes & Green Beans

\$12

### Seared Duck Breast

Topped with Onion Rings Served with Sautéed Spinach

\$12.50

### Kabobs

Choice of steak or chicken grilled to perfection and served over creamy risotto

\$12