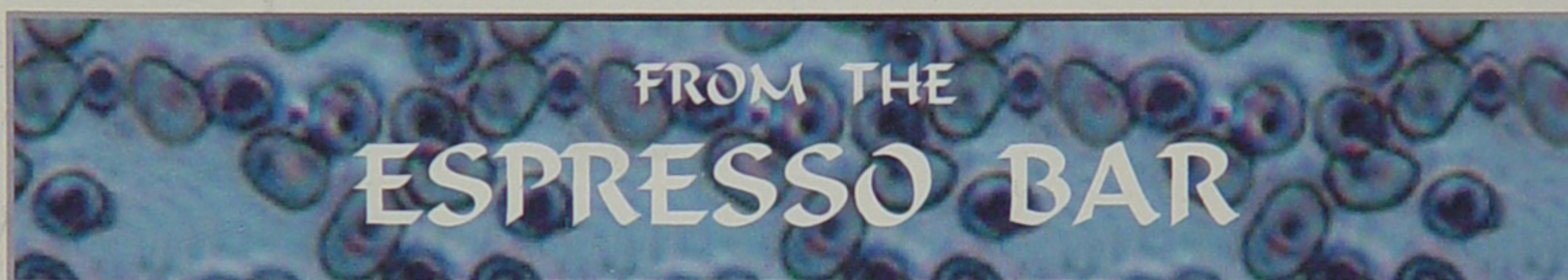


# Trident

Booksellers and Cafe

338 Newbury St. Boston, Ma. 02115 617-267-8688

open 9 a.m. till midnight, every day



<b>HOUSE BLEND</b>	\$1.50	<b>CAPPUCCINO</b>	\$2.75
Our own blend of coffees. <i>Decaf</i> available.		Espresso & steamed milk topped w/foam & cocoa.	
Refills of house blend.	\$0.75		
(Free refills w/food orders of \$2.95 or more)		<b>SPECIAL CAPPUCCINO</b>	\$3.25
		Served with whipped cream.	
<b>CAFE AU LAIT</b>	\$1.75 \$3.25	<b>ORZATA CAPPUCCINO</b>	\$3.25
Coffee served w/steamed milk.	large	Served with Italian almond syrup.	
<b>MOCHA</b>	\$2.25 \$3.50	<b>CHOCOLATINO</b>	\$3.25
Coffee served w/steamed chocolate milk.	large	Espresso w/steamed chocolate milk, topped with whipped cream.	
<b>MOCHA LATTE</b> (jumbo cup)	\$3.50	<b>LATTE</b> (jumbo cup)	\$3.25
Double shot of espresso & steamed chocolate milk.		Double shot of espresso & steamed milk.	
<b>ESPRESSO</b>	(demitasse) \$1.75	<b>MAKI LATTE</b>	\$3.75
Rich, dark Italian coffee.	(double) \$2.25	Double shot of espresso & steamed milk served in a tall glass.	
<b>MOCHA ESPRESSO</b>	\$2.00	<b>VIENNESE ESPRESSO</b> (jumbo cup)	\$3.50
Espresso sprinkled with cocoa.		Double espresso & house blend coffee topped w/whipped cream and cocoa.	
<b>HOT MULLED CIDER</b>	\$1.95	<b>HOT CHOCOLATE</b>	\$2.50 \$3.50
<b>STEAMED MILK</b>	\$1.95	<b>WHITE HOT CHOCOLATE</b>	\$2.75 \$3.75
<b>MILK</b>	\$1.75		large
<b>ITALIAN SYRUPS</b> (various flavors)	\$0.85		

All drinks are available decaffeinated or iced,  
(for iced drinks add 25 cents).



# JUVENILES

## FRUIT & VEGETABLE

<b>IMMUNE BUILDER</b>	\$3.95	<b>SLIMMER</b>	\$3.95
Carrots, celery, garlic and parsley.		Tomato, cucumber, celery and parsley.	
<b>SUPER STRESS RELIEVER</b>	\$3.95	<b>WHEATGRASS</b>	1oz. \$1.95 2oz. \$3.85
Spinach, parsley, celery, carrot, red pepper, tomato and broccoli.		Cleans the body of toxins.	
<b>NERVE SOOTHER</b>	\$3.95	<b>WHEATGRASS HOPPER</b>	\$3.50
Carrots and celery.		Pineapple juice, mint and wheatgrass.	
<b>MORNING ENERGIZER</b>	\$3.95	<b>VEGGIE GRASS</b>	\$3.50
Carrot, apple and parsley.		Carrot, celery, parsley, beet and wheatgrass.	
<b>SWEET HEART DRINK</b>	\$3.95	<b>PURE HEALTHY DRINK</b>	\$3.85
Carrot, apple and beet.		Parsley, spinach, kale, apple and wheatgrass.	
<b>FRESH COMPLEXION</b>	\$3.95	<b>FRESH SQUEEZED ORANGE JUICE</b>	\$3.50
Pineapple, cucumber, celery and apple.		<b>FRESH CARROT JUICE</b>	\$3.50
<b>BACKACHE</b>	\$3.95	<b>FRESH SQUEEZED LEMONADE</b>	\$2.25
A ginger fizz made w/ginger root, apple & seltzer.		<b>APPLE CIDER</b>	\$2.25
<b>BODY CLEANSER</b>	\$3.95	<b>FRESH JUICE and SELTZER</b>	\$2.25
Cucumber, beet, apple and carrot.		Your choice of o.j., lemon, cider or cranberry.	
<b>DEPRESSION</b>	\$3.95	<b>NANTUCKET NECTARS</b>	\$2.00
Beet, parsley, spinach, carrot and apple.		Cranberry.	

ADD-INS: Soy protein, wheat germ, bee pollen (counteract the affects of aging) ... \$0.95 each. Spirulina (energy booster) ... \$0.75

## SMOOTHIES

<b>JAVA CITY CAPPUCCINO MILKSHAKE</b>	\$3.95	<b>SMOOTHIE</b>	\$3.95
Mocha ice cream, chocolate syrup, espresso, milk.		Fresh squeezed o.j., strawberry yogurt, banana, apple, wheat germ and honey.	
<b>YING YANG MILKSHAKE</b>	\$3.95	<b>PROTEIN SHAKE</b>	\$3.75
Vanilla ice cream, carrot, cranberry juice, yogurt.		Pineapple, 1% milk, banana, protein powder & grapes.	
<b>NATURALLY SLURPEE</b>	\$3.25	<b>RAISIN HELL</b>	\$3.95
Orange and cranberry juice.		Raisins, banana, 1% milk and honey.	
<b>COCO BANANA</b>	\$4.75		
Cocoa powder, banana and soy milk.			

POLAND SPRING \$1.95

plain, carbonated, lemon, lime, raspberry, orange

## SODA

FOUNTAIN SODA \$1.25

coke, diet coke, root beer, ginger ale, seltzer

## PERPETVAL BREAKFAST

<b>EGGS BENEDICT</b>	\$9.95	<b>EGGS FLORENTINE</b>	\$6.95
Two poached eggs topped w/Hollandaise sauce on an English muffin w/Canadian bacon or avocado.		Two baked eggs over spinach w/a creamy bachel sauce. Served with toast or English muffin.	
<b>SMOKED SALMON SCRAMBLE</b>	\$8.95	<b>CREATE YOUR OWN OMELETTE</b>	\$6.95
Three eggs scrambled w/smoked salmon and chives. Served w/bagel and cream cheese.		Havarti, swiss, feta and cheddar. Tomato, onion, avocado and mushroom.	
<b>BREAKFAST BURRITO</b>	\$7.50	<b>PER ITEM:</b>	\$0.75
Two eggs scrambled w/mushroom, avocado, onion, cheddar cheese, wrapped in a tortilla. Served with salsa.		with ham or Canadian bacon	add \$1.50
<b>MIGAS BURRITO</b>	\$7.95	<b>FRITTATA</b>	\$7.95
Two eggs scrambled w/onion, plum tomato, jalapeno, corn chips, refried beans, cheddar cheese, wrapped in a tortilla. Served with salsa.		Bacon, tomato, cheddar, potato and scallion.	
<b>SCRAMBLED EGG SPECIAL</b>	\$7.50	<b>CHALLAH BREAD FRENCH TOAST</b>	\$7.50
Three eggs, homefries, English muffin, jam, coffee or bagged tea.		Sprinkled w/powdered sugar.	
<b>TWO EGGS ANY STYLE</b>	\$4.50	<b>BUTTERMILK PANCAKES</b>	\$5.95
Served with toast.		with Blueberry	\$6.95
<b>BAKED EGGS W/AVACADO &amp; TOMATO</b>	\$7.95	with Granola and Banana	\$6.95
Two eggs over avocado & tomato in a parmesan & sour cream sauce. Served w/ toast or English muffin.		<b>MALTED BELGIAN WAFFLES</b>	\$6.95
with ham or Canadian bacon	\$8.95	Whipped cream and fresh banana.	
		<b>MAPLE NUT GRANOLA</b>	\$5.75
		Fresh fruit & Strawberry Yogurt	
		Served plain w/cold or steamed milk	\$4.75

## GREAT ADDITIONS

<b>Toasted Bagel</b>	\$1.95	<b>Toast</b>	\$1.75
(poppy, onion, plain, sesame, cinnamon raisin)		<b>Home Fries</b>	\$2.50
<b>Cream Cheese</b>	\$0.75	<b>Applewood Smoked Bacon</b>	\$3.50
<b>English Muffin</b>	\$1.95	<b>Sweet Italian Sausage</b>	\$3.75
<b>Bowl of Fruit</b>	\$3.50	<b>Muffin</b>	\$2.25



## SOUPS

<b>OUR FAMOUS</b>	cup	bowl	<b>FRENCH ONION GRATINEE</b>	\$5.25
<b>VEGETARIAN CASHEW CHILI</b>	\$3.95	\$4.95	With side salad.	\$6.45
With side salad.	\$5.25	\$6.25		
<b>SOUP of the DAY</b>	\$3.95	\$4.95	<b>THE SAMSARA</b>	\$6.50
With side salad.	\$5.25	\$6.25	Cup of soup and half sandwich.	
			Choice of tuna, turkey, or tomato and cheese.	

## SALADS

<b>WARM SPINACH SALAD</b>	\$7.95	<b>NEW MEXICAN CHICKEN SALAD</b>	\$9.95
With sundried cranberries, Brie & red onion dressing.		Lime marinated chicken, roasted red pepper, crisp tortillas, corn, black beans, scallion, tomato, avocado.	
<b>CLASSIC CAESAR SALAD</b>	\$6.95	<b>FRESH GARDEN SALAD</b>	\$6.95
Add Grilled or Cajun style chicken:	\$8.95	Romaine lettuce, tomato, cucumber, broccoli, spinach and red onion w/house dressing.	
Romaine lettuce w/shaved parmesan & sourdough croutons freshly tossed w/Caesar dressing.		<b>TROPICAL FRUIT PLATE</b>	\$8.95
		Mango, pineapple, kiwi, orange apple, melon, banana and red grapes.	

## SANDWICHES

<b>VEGGIE MELT WRAP</b>	\$6.95	<b>TRIDENT CLUB SANDWICH</b>	\$7.95
Havarti & swiss melted over plum tomato, cucumber, broccoli, red onion & Dijon mustard in a flour tortilla.		Turkey, Canadian bacon, provolone, lettuce, tomato and a basil-red pepper mayo.	
<b>AVOCADO HAVARTI MELT</b>	\$7.95	<b>VEGGIE BURGER</b>	\$6.95
Avocado and Dijon mustard smothered w/havarti.		Served on a dill roll w/herb mayo.	
<b>TUNA and SWISS MELT</b>	\$6.95	<b>TURKEY BURGER</b>	\$7.95
Tuna salad and melted swiss cheese.		Ground lean turkey on a dill roll w/herb mayo.	
<b>SALMON BURGER</b>	\$6.95	<b>GRILLED PORTOBELLO SANDWICH</b>	\$6.95
On a dill roll w/ herb mayo.		Roasted tomatoes, gorgonzola, Dijon mustard on dill roll.	
<b>BARBECUE TOFU BURGER</b>	\$6.95	<b>CAJUN CHICKEN SANDWICH</b>	\$7.95
With melted Brie and fresh tomato.		On a dill roll w/herb mayo.	
<b>CAFE CHICKEN SANDWICH</b>	\$7.95	<b>BASKET OF FRIES</b>	\$3.50
Grilled chicken w/smoked mozz. & caramelized onions.		<b>SIDE OF FRIES</b>	\$1.95

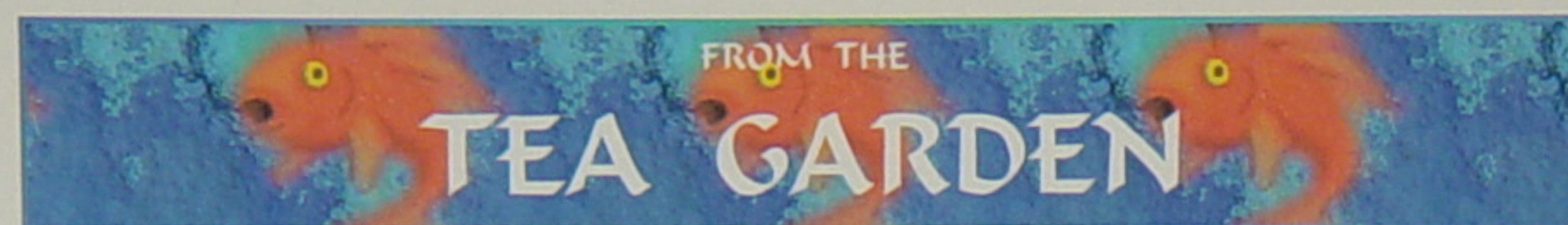
## CAFE STARTERS

<b>CHICKEN CAESAR QUESADILLA</b>	\$7.95	<b>MONTEREY NACHO</b>	\$7.50
Roasted chicken, romaine lettuce, Caesar dressing, tomato, melted mozzarella and cheddar between a toasted tortilla.		Crisp tortilla chips topped with melted Monterey jack cheese, tomatillo, tomato, scallion and sour cream. Side of salsa and lime.	
<b>PORTOBELLO AVOCADO QUESADILLA</b>	\$7.95	<b>WHITE CHEDDAR</b>	
Roasted Portobello mushroom, avocado, refried black bean, tomato and Monterey jack cheese.		<b>HORSERADISH FONDUE</b>	\$6.95
		French bread and sliced apple for dipping.	
<b>BONELESS BUFFALO CHICKEN WINGS</b>	\$6.95	<b>BASKET of FRIES</b>	\$3.50
Served with Bleu cheese dressing.		Oven baked French fries.	

## PASTA and BEYOND

<b>CHICKEN SCAMPI PRIMAVERA</b>	\$10.95	<b>CHICKEN ENCHILADAS</b>	\$9.95
Sauteed chicken, roasted red pepper, broccoli and pasta, finished w/a white wine garlic sauce.		Pulled chicken, Monterey jack cheese, cabbage, tomato, scallion on crisp tortillas. Served with a cilantro-lime salsa.	
<b>BAKED VEGETARIAN LASAGNA</b>	\$7.95	<b>CHICKEN CASHEW LO MEIN</b>	\$10.95
Lasagna baked w/ mozzarella tomato, bell pepper, broccoli, basil, portobello and spinach.		Tereyaki glazed chicken tossed with cashews, broccoli and lo mein noodles.	
<b>CHICKEN MADEIRA</b>	\$10.95	<b>SPANISH BURRITO</b>	\$8.25
Sauteed chicken and mushrooms finished with madeira wine over pasta.		Vegetarian style...	\$7.25
		Toasted soft tortilla stuffed with spicy turkey meat, red rice, refried beans, tomato, scallion and cheddar cheese.	
<b>VEGETARIAN "MEATBALL" PASTA</b>	\$8.95		
Vegetarian meatballs in a basil tomato sauce with ziti pasta.			





## FROM THE TEA GARDEN

### CHAI

A traditional black tea mixed w/vanilla, ginger, honey, and natural spices.

Served hot or cold. \$3.50

Add almond or raspberry syrup; \$4.35

### LOOSE BLACK TEAS

<b>EARL GREY</b>	\$2.25	<b>YUNNAN</b>	\$2.25
China black tea flavored w/bergamot oil.		China black, smooth round flavor with a subtle smokiness & earthiness. Takes milk well.	
<b>KEEMUN</b>	\$2.25	<b>ROSE CONGOU</b>	\$2.25
Burgundy like Chinese tea w/a smoked flair.		Fermented w/rose blossoms for a sweet taste.	
<b>LAPSANG SOUCHONG</b>	\$2.25	<b>SPECIAL DARJEELING</b>	\$2.25
Smoked, rich & heavy w/ a mellow aftertaste.		Sweet and perfumed liquor w/a wonderful amber color and deep rich flavor.	
<b>MANGO</b>	\$2.25	<b>DECAF ENGLISH BREAKFAST</b>	\$2.25
Tropical mango flavor.		Ceylon orange pekoe.	
<b>OO LONG</b>	\$2.25		
Aroma reminiscent of peaches.			
<b>ASSAM IRISH BREAKFAST</b>	\$2.25		
Typical "breakfast" style black tea.			

### LOOSE GREEN TEAS

<b>GENMAL CHA</b>	\$2.25	<b>MOROCCAN MINT</b>	\$2.25
Blended Japanese tea w/popped brown rice.		Generous amount of Moroccan spearmint.	
<b>JASMINE</b>	\$2.25	<b>CHINA GREEN MAO FENG</b>	\$2.25
A delicate cup infused w/jasmine flowers.		Vegetable & fruit flavor notes w/a sweet refreshing finish.	

### LOOSE HERBAL TEAS

<b>ANI BLEND</b>	\$2.25	<b>LORI</b>	\$2.25
Blend of oregano, St. John's wort and hibiscus. Promotes clarity, high spirits and vigor.		Mint, oregano and thyme. Uplifts the spirit & aids digestion.	
<b>LINDEN</b>	\$2.25	<b>WILD MINT</b>	\$2.25
Light and buttery w/a soft aroma & sweetness. Improves digestion through relaxation.		Bright but not sharp. A mild stimulant.	
<b>SEVAN</b>	\$2.25	<b>ROOIBUS (DECORATED)</b>	\$2.25
Oregano, lemon balm, blackberry & hawthorne, marigold and opal. Creates warmth and peace.		blended w/flowers & vanilla, citrus-like sweetness.	
		<b>WU WEI</b>	\$2.25
		Sweet, tart and spicy at the same time.	

### TWININGS & CELESTIAL SEASONINGS

English Breakfast, Earl Grey, Irish Breakfast, Lemon Blossom, & Chamomile. Tea Bags \$1.50



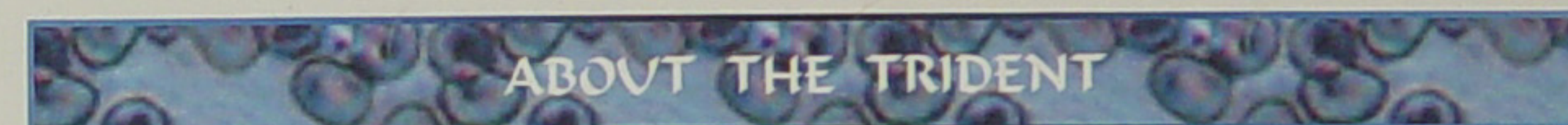
## FROM THE SWEET SIDE

<b>LEMON MOUSSE CAKE</b>	\$4.95	<b>APPLE CRUMB PIE</b>	\$4.95
<b>CHOCOLATE OH! CAKE</b>	\$4.95	<b>BLUEBERRY PIE</b>	\$4.95
<b>CARROT CAKE</b>	\$4.95	<b>THREE BERRY PIE</b>	\$4.95
<b>BLACK and WHITE MOUSSE CAKE</b>	\$4.95	<b>STRAWBERRY RHUBARB TART</b>	\$4.95
<b>NEW YORK CHEESECAKE</b>	\$4.95	<b>PEAR TART</b>	\$4.95
<b>CAPPUCCINO CHEESECAKE</b>	\$4.95	<b>APPLE-CRANBERRY TART</b>	\$4.95
<b>LEMON TEA CAKE</b>	\$3.50	<b>BANANA WALNUT BREAD</b>	\$1.95
<b>CINNAMON SOUR CREAM CAKE</b>	\$3.50	<b>VARIETY OF HOMEMADE MUFFINS</b>	\$2.25

Whipped cream add \$0.50 / a la mode add \$1.00

<b>SINGLE SCOOP of ICE CREAM</b>	\$1.95	<b>FRAPPE</b>	\$3.95
<b>DOUBLE SCOOP of ICE CREAM</b>	\$2.50	<b>ICE CREAM SODA</b>	\$3.50
Vanilla, coffee, and chocolate.		<b>ROOT BEER FLOAT</b>	\$3.25
<b>Add walnuts</b>	\$0.65	<b>ITALIAN SODA</b>	\$1.75

**BROWNIE NUT SUNDAE** \$5.25



## ABOUT THE TRIDENT

**TRIDENT BOOKSELLERS AND CAFE** was opened in Boston in the fall of 1984 at this location by Gail and Bernie Flynn. They moved to the Boston area in 1983 from Vermont where Bernie owned a bookstore. The immediate motivation for opening a business in Boston was the birth of a son and the concurrent realization that making a living was not optional in the 80's. The bookstore-cafe idea took shape because at that time in Boston there were very few places to sit down with a fine cup of coffee and linger over a conversation or a book. There were grand ideas and very little capital at a location that was considered the wrong end of Newbury Street. A mixed beginning at best. Now 16 years later, the "TRIDENT" is still alive and beginning to evolve into a place with character. The constant struggle with money continues unabated but, the pleasures and potential of TRIDENT bring intangible rewards. In a sense, the TRIDENT is trying to redefine what success in business might be like following the Buddhist notion of right livelihood. This is not so easy since we exist in a capitalistic society where the accumulation of money is the basic motivation for nearly everyone. So the question is how can a small independent business survive a high rent, high traffic, high crime urban center in the face of Big business competition and still remain true to the principles of right livelihood? The simple answer is You, the customer, because if you like what we do, you will come back and hopefully make the TRIDENT part of your life. We at the TRIDENT strive to create an atmosphere of openness and genuineness. A place where people are welcomed and they can be themselves with dignity. Our products, both in the bookstore and on the menu in the cafe, are reflections of our attempts to follow this prescription for success of the right kind. We at the TRIDENT thank you for your support and hope you will come again.



## FROM THE WINE BAR

### WHITE

**CIELO PINOT GRIGIO** \$3.50 \$14.

*Clean, soft & refreshing. (Veneto, Italy)*

**STONELEIGH SAUVIGNON BLANC** \$5.00 \$20.

*Fragrant and fresh with  
grapefruit flavors. (New Zealand)*

**BOTT-GEYL PINOT BLANC**

**D'ALSACE** \$5.00 \$20.

*Mouth filling, ample fruit. (France)*

**JAMIESONS RUN CHARDONNAY** \$5.00 \$20.

*Hints of exotic ripe fruit. (Australia)*

### RED

**CHARAMBA TINTO** \$3.00 \$12.

*Ample fruit w/a hint of cherry. (Portugal)*

**TYRELL'S PINOT NOIR** \$6.50 \$26.

*Delicately light fruit. (Australia)*

**GASCON MALBEC** \$5.50 \$22.

*Big and rich Bordeaux style. (Argentina)*

**DOMAINE DE LA**

**SOLITUDE COTES DU RHONE** \$4.25 \$17.

*Classy rhone w/ripe berry flavor. (France)*

**DALLAS CONTE MERLOT** \$4.75 \$19.

*Bold and lush, smooth Aussie style. (Chili)*

**CAMPO VIEJO RIOJA** \$5.00 \$20.

*Earthy old world complexity. (Spain)*

**IRONSTONE CABERNET** \$5.00 \$20.

*Balanced mountain fruit. (Sierra, Ca.)*

**ALDERBROOK ZINFANDEL** \$8.25 \$33.

*Bold deep fruit. (Sonoma, Ca.)*

**LA VALLUCCIA CHIANTI** \$4.50 \$18.

*Natural and light. (Italy)*

*Priced by the glass and by the bottle.*

## ASSORTMENT of ALE

**SAMUEL ADAMS BOSTON LAGER** \$3.75

**SAMUEL ADAMS SEASONAL** \$3.75

**GUINNESS DRAUGHT (can)** \$3.75

**GUINNESS STOUT (bottle)** \$3.75

**CORONA EXTRA** \$3.75

**AMSTEL LIGHT** \$3.75

**BECK'S** \$3.75

**HEINEKEN** \$3.75

**BASS ALE** \$3.75

**CIDER JACK** \$3.75

**BO DEAN'S TWISTED TEA** \$3.75

**MIKE'S HARD LEMONADE** \$3.75