

STARTERS

HOUSE MADE VINEGAR CHIPS \$9
Smoked Blue Cheese, Bacon, & Scallions

WOOD FIRED PESTO BREAD \$10
Fontina, Mozzarella, & Sun-Dried Tomatoes,
Balsamic Vinaigrette

TRIO'S BRICK OVEN FAVORITE \$11
Herb Parmesan Pizza Wedges with Warm Marinara &
Goat Cheese, White Bean Dip, & Tapenade

ROASTED SALMON-CRAB CAKES \$15
Lemon Dill Aioli & Corn Relish

CRISPY CALAMARI \$15
Fried Banana Peppers, Sweet Pepper Sauce,
& Sriracha Aioli

ONION SOUP \$8
Puff Pastry & Mozzarella Cheese

MULLIGATAWNY SOUP
Our Signature
Cup \$7 Bowl \$8

TODAY'S SOUP
Cup \$7 Bowl \$8

g MIXED GREENS SALAD \$7
Diced Tomatoes & Cucumbers

g SPINACH SALAD \$8
Bacon, Mushrooms, Feta Cheese,
Red Onions, & Diced Tomatoes

g TRIO'S BABY GREEN SALAD \$8
Strawberries, Granny Smith Apples, Cheddar, Smoked
Bleu Cheeses, Candied Pecans, & Apple Vinaigrette

SOUP & MIXED GREEN SALAD \$13
(\$1 Extra for Spinach or Trio's Baby Greens)

HOUSE MADE DRESSINGS

Signature "Killer", Smoked Blue Cheese, Ranch, Sweet & Sour, 1000 Island, *Caesar
Vinaigrettes: Balsamic, Italian, Apple, Cilantro-Lime, & Warm Bacon

SPECIALTY SALADS

***g SALMON CAESAR SALAD \$20**
Romaine, Parmesan Cheese, Crustinis, & Caesar Dressing

g GRILLED CHICKEN & SPINACH \$17
Mushrooms, Egg, Roma Tomato, Crispy Onion Straws, & Warm Bacon Vinaigrette

g BALSAMIC CHICKEN \$17
Mixed Greens, Strawberries, Almonds, Goat Cheese & Balsamic Vinaigrette

g ROASTED CHICKEN COBB \$18
Mixed Greens, Cheddar Cheese, Smoked Bleu Cheese, Bacon,
Avocado, Scallions, Tomato, Egg & "Killer" Dressing

g TRIO SAMPLER \$17
Toasted Pecan Chicken Salad, Baby Greens, Granny Smith Apples, Cheddar,
Smoked Bleu Cheese, Candied Pecans, Apple Vinaigrette, & Seasonal Fruit

***g SOUTHWESTERN SALMON \$21**
Mixed Greens, Red Onion, Green, Red, & Poblano Pepper Medley, Avocado, Corn Relish,
Cilantro Lime Vinaigrette, & Tortilla Strips

SANDWICHES, ETC.

Choice of Fries, Pasta Salad, or Fresh Fruit
Substitute a Cup of Soup or Mixed Green Salad for \$4
or a Bowl of Soup, Onion Soup, Spinach Salad or Trio's Baby Greens for \$5

THE CROISSANT CLUB \$15
Smoked Turkey, Swiss Cheese, Lettuce, Tomato,
Bacon & Herb Mayonnaise

ONE GREAT CHICKEN \$16
Grilled, Honey-Barbecue Sauce, Granny Smith Apples
& Melted Cheddar Cheese, Toasted French Roll

TRIO'S CHICKEN FINGERS \$15
Buttermilk-Fried & "Killer" Dressing

***ROASTED SALMON - CRAB CAKE \$17**
Lettuce, Tomato, Lemon Dill Aioli, Brioche Bun

GREEK VEGGIE WRAP \$14
Tapenade, Red Onion, Cucumber, Banana Peppers, Lettuce,
Roma Tomatoes, & Feta Cheese
W/ CHICKEN \$16

GRILLED PECAN CHICKEN SALAD \$15
Melted Pepper-Jack Cheese,
Sourdough Bread

SWEET PEPPER FRIED CHICKEN \$16
Smoked Bacon, Sweet Pepper Jelly, Lettuce, Tomato,
Sriracha Aioli, & Pepper-Jack Cheese, Brioche Bun

REUBEN \$16
Corned Beef, Sauerkraut, Swiss Cheese,
& 1000 Island Dressing, Rye Bread

***PICK-A-CHEESEBURGER \$16**
Angus Beef, Choice of Smoked Bleu, Mozzarella, Pepper-Jack,
Cheddar, or American Cheese, Lettuce, Tomato, Brioche Bun

***ROASTED BEEF TENDERLOIN \$18**
Grilled Onions, Crispy Onion Straws,
Melted Pepper-Jack Cheese & Herb Mayonnaise,
Toasted French Roll

Multigrain Gluten Free Bread is Available

BRICK OVEN PIZZAS

Add Chicken to any Pizza \$2.00

BLT WITH A TWIST \$15

Roasted Garlic Base, Mozzarella & Fontina Cheese Blend, Pecan Wood Smoked Bacon, Spinach, & Roma Tomatoes

ITALIAN SAUSAGE \$15

Roasted Garlic Oil Base, Mozzarella & Fontina Cheese Blend, Italian Sausage, Red & Green Peppers, Red Onion, Feta Cheese & Herb Parmesan

PEPPERONI, MUSHROOM, & SAUSAGE \$15

Marinara Base, Mozzarella & Fontina Cheese Blend, Pepperoni, Mushroom, & Italian Sausage

TRIO'S MEAT LOVERS \$15

White Bean Base, Mozzarella & Fontina Cheese Blend, Ground Beef, Pepperoni, Pecan Wood Smoked Bacon, Green Peppers, & Red Onion

MEDITERRANEAN \$14

Olive Tapenade Base, Mozzarella & Fontina Cheese Blend, Spinach, Sun-Dried Tomatoes, Red Onions & Feta Cheese

ROASTED VEGETARIAN \$14

Roasted Garlic Base, Mozzarella & Fontina Cheese Blend, Red Peppers, Onions, Kalamata Olives, Spinach, Mushrooms, Banana Peppers, & Roma Tomatoes

TOMATO AND FRESH BASIL \$14

Roasted Garlic Base, Mozzarella & Fontina Cheese Blend, Roma Tomatoes, & Goat Cheese

PESTO & FOUR CHEESE \$14

Basil Pesto Base, Mozzarella & Fontina Cheese Blend, Herb Parmesan, Goat Cheese, Sun-Dried Tomatoes, & Fresh Basil

ANY ITEMS ON THIS PAGE:

Add a Mixed Green Salad \$6; Spinach Salad or Trio's Baby Greens \$7

ENTREES

🍴 CAJUN SHRIMP & GRITS \$22

Collard Greens, Charred Tomato-Tasso Gravy, & Crispy Onion Straws

*** 🍴 SEARED LEMON PEPPER SALMON \$24**

Creamed Cauliflower, Grilled Asparagus, & Citrus Beurre Blanc

FARRO RISOTTO

Roasted Carrots, Mushrooms, Grilled Red Onion, Spinach, & Citrus Beurre Blanc

Grilled Balsamic Chicken \$20 * Pan Seared Scallops \$24 *Grilled Salmon \$24

*** SEARED SHRIMP & SCALLOPS \$24**

Pesto Angel Hair Pasta, Grape Tomatoes, Red & Yellow Peppers, Sun-Dried Tomato Butter, & Feta Cheese

CRISPY COD \$19

Sauteed Spinach, Roasted Carrots, Whipped Potatoes, & Citrus Beurre Blanc

*** 🍴 TWIN FILET MEDALLIONS \$MARKET PRICE**

Green Beans & Roasted Carrots, W/ Roasted – Herb Garlic Butter, Whipped Potatoes, & Mushroom Demi-Glace

BRAISED SHORT RIBS \$23

Whipped Potatoes, Asparagus, & Mushroom – Demi Glace

*** 🍴 GRILLED PORK RIBEYE \$22**

Lemon Garlic Broccoli & Cauliflower, Whipped Potatoes, & Roasted Garlic-Herb Butter

MEATLOAF TRIO \$21

Ground Veal, Beef & Pork, Lemon Garlic Broccoli & Cauliflower, Whipped Potatoes, & Charred Tomato-Tasso Gravy

SOUTHERN FRIED CHICKEN \$20

Boneless Breast, Apple Cider Collard Greens, Whipped Potatoes, & Charred Tomato-Tasso Gravy

CHICKEN PICCATA \$20

Angel Hair Pasta, Peppers, Grape Tomatoes, Capers, with Lemon-Garlic Butter, & Citrus Beurre Blanc

THREE CHEESE TORTELLINI \$17

Parmesan Cream & Marinara

Add Chicken or Shrimp \$6

WOOD SMOKED CHICKEN PENNE \$19

Spinach, Roasted Mushrooms, & Sun-Dried Tomato Cream

~20% GRATUTTY MAYBE APPLIED~ FOR ALL PARTIES OF 6 OR MORE~

🍴 ITEMS THAT CAN BE MADE TO BE GLUTEN FREE

*** CONSUMING UNDERCOOKED MEATS, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF
FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.**