

Trio

V VEGETARIAN
GF GLUTEN-FREE

Appetizers

Bruschetta, V 14

Roma tomatoes marinated with onions, basil, parmesan, and a balsamic reduction on a toasted garlic crostini

Classic Braised Meatballs 15

Three hand-crafted meatballs slow braised in a tomato sauce, with basil and pecorino, served with grilled bread

Chilled Shrimp Cocktail, GF 21

Poached shrimps served chilled with cocktail sauce & lemon

Korean Short Ribs 21

Three marinated short ribs, with fresh daikon and tangy carrot slaw

Charcuterie Board 29

Curated selection of cured meats and Canadian cheeses, served with pickled vegetables, grainy mustard, and a delectable wild berry compote

Mediterranean Platter, V 25

Hummus and Baba Ghanoush, Greek kalamata olives, red peppers and warm grilled pita bread

Soups & Salads

Add on available: Chicken 8, Shrimp 9, Salmon 14, Steak 19

Chef's Artisanal Soup 9

Caesar Salad, V 15

Romaine hearts tossed with roasted garlic & herb croutons, pecorino, and lemon Caesar dressing

Greek Salad, GF/V 17

Romaine hearts with cucumber, cherry tomatoes, red onions, peppers, crumbled feta cheese, Kalamata olives, and oregano vinaigrette

Arugula Salad, GF/V 18

Baby arugula, endive, frisée, and radicchio leaves, tossed with shaved pecorino, candied pecans in a lemon thyme vinaigrette

Asian Chicken Salad 23

Grilled chicken breast with chopped napa cabbage, watercress, radish, cucumber, mango, crispy egg noodles, and hoisin dressing

Open weekdays from 6:30a.m. to 10:30p.m.
Weekends from 7:00a.m. to 10:30p.m.

Norwegian Smoked Salmon 24

Norwegian smoked salmon, served with a potato pancake, crème fraiche, pickled onion and lemon capers

Crispy Chicken Wings 18

1lb dusted chicken wings with your choice of Buffalo, BBQ, and Sweet Thai Chili, served with celery and carrot crudites

Trio Starter Platter 29

Selection of 3

Calamari Fritti 15

Dusted calamari fried until crisp, with a chipotle aioli and lemon

Vegetable Spring Rolls, V 12

Assorted julienne vegetables in a crispy thin egg wonton, plum sauce

Zucchini Donut, V 12

Panko-crusting with Marinara sauce

Grilled Chicken Satay 14

Three grilled chicken skewers marinated in sweet soy sauce, served with a peanut sauce

Coconut Shrimp 15

Coconut breaded shrimp served with sweet Thai chili and lemon

Pizza

Margarita Pizza, V 19

San Marzano tomatoes, mozzarella, basil

Pepperoni Pizza 24

San Marzano tomatoes, pepperoni, mozzarella, basil

Arugula & Prosciutto Pizza 26

San Marzano tomatoes, mozzarella, basil, topped with baby arugula, prosciutto, and a balsamic reduction

Side Dishes

Sautéed Mushrooms 5

Truffle Mashed Potato 8

Sweet Potato Fries 9

French Fries 6

Bowls

Gluten free penne pasta substitution 3

Fettuccine Alfredo, V 22

Fettuccine pasta in an alfredo cream sauce, shallots & garlic, white wine, and pecorino

Poke Bowl 28

Ahi tuna, sticky rice, julienne cucumber, carrots, sweet pepper, cherry tomato and miso vinaigrette

Chow Mein, V 22

Stir-fried vegetables on egg noodles with chow mein sauce

Vegetable Curry, GF/V 24

Broccoli, cauliflower, onion, carrot, and celery cooked in a fragrant curry sauce, served with steamed rice and coriander

Pesto Prawn Linguine 28

Linguine topped with grilled tiger shrimp, basil pesto, shallots, and garlic, and cherry tomato

Rigatoni and Meatballs 26

House meatballs braised in a tomato sauce with basil and pecorino

Kalbi Bibimbap 32

Korean marinated short ribs, served with steamed rice, carrot, avocado, marinated cucumbers, pickled onion, fried egg, and kimchi

Entrees

All entrees served with Chef's selection of seasonal vegetables

Flame Grilled Pork Chop, GF 26

A tender 8oz charbroiled porkchop, alongside garlic whipped potatoes and a grilled apple chutney

NY Steak au Poivre 44

8oz seared steak with au Poivre sauce, served with roasted fingerling potatoes, beer battered onion rings, and green peppercorn sauce. 12oz

Charbroiled Ribeye 54

A 10oz grilled ribeye steak, served with truffle mashed potatoes and grilled enoki mushrooms

Veal Scaloppini 32

Provimi veal, served with roasted fingerling potatoes and a lemon & caper reduction

The Atlantic, GF 35

A seared 8oz salmon fillet topped with salsa verde, served with roasted fingerling potatoes

Chicken Supreme 27

Pan seared chicken breast, with garlic mashed potatoes and a pearl onion demi-glaze

Classics and Handhelds

Served with one of Trio salad, Caesar salad, or side of fries

Montreal Smoked Sandwich 21

Warm smoked meat on toasted rye with mustard and dill pickles

Trio Signature Burger 19

8oz AAA Beef patty topped with Boston lettuce, tomato, red onion, pickle, mayo, and served in a Brioche bun; Add cheese 3; Add Bacon 3

Pesto Chicken Wrap 20

Grilled chicken layered with sundried tomato pesto, baby arugula, Boston lettuce, tomato, avocado and mayo

Meatball Sandwich 18

Classic Braised Meatballs in tomato sauce, basil & provolone cheese on Italian bread

Korean Fried Chicken Sandwich 21

House breaded chicken layered with a creamy coleslaw and spicy mayo on a brioche bun

Chicken Fingers & Fries 17

Breaded chicken tenders and crispy fries served with a plum sauce

Fish and Chips 21

Beer battered haddock fillet served with fries and a tartar sauce

Trio Club 20

Classic triple decker, smoked turkey, bacon, swiss cheese, lettuce, tomato, mayo

Chicken & Avocado Wrap 22

Grilled chicken, avocado, bacon, lettuce, tomato, garlic mayo

Dessert

Add scoop of vanilla ice cream 3

New York Cheesecake 10

Rich creamy cheesecake served with a wild Berry Compote

Warm Lava Cake 10

Rich Belgian chocolate cake served warm with Crème Anglaise

Crème Brûlée, GF 10

Vanilla bean crème brûlée topped with fresh Berries

Sue's Key Lime Pie 10

Homemade graham cracker crust, key lime custard, topped with whipping cream

Apple Crumble 10

Toasted oats, rustic apples, brown sugar, cinnamon and spices

