

Appetizers

Tomato Basil Soup

4 / 5

Creamy tomato topped with fresh basil & parmesan

Mussels

11

One dozen mussels, sautéed in extra virgin olive oil, white wine, garlic, and lemon butter with diced roma tomatoes & green onions

Fresh Fruit Plate

8

Assortment of seasonal fruit

Wood Fired Wings

10

Marinated chicken wings drenched in our sweet & spicy BBQ sauce, baked in our wood fired oven & topped with green onions. Served with celery strips & your choice of ranch or bleu cheese dressing

Salads

• Dressings •

- *Balsamic Vinaigrette, Bleu Cheese, Caesar, Fat Free Raspberry Vinaigrette* •
- *Golden Italian, Honey Mustard, Ranch, Tangerine Balsamic Vinaigrette, 1000 Island* •

Trio House Salad

6 / 9

Spring mix, carrots, tomatoes, bleu cheese crumbles, candied pecans, grapes & balsamic vinaigrette

Mediterranean

6 / 9

Spring mix, carrots, tomatoes, feta, kalamata olives, onions, capers & Golden Italian dressing

Caesar

5 / 8

Crisp romaine lettuce tossed in our Caesar dressing, topped with garlic croutons & parmesan with cherry tomatoes

Tropical Salmon

15

6 oz grilled salmon filet over spring mix with carrots, tomatoes, bleu cheese crumbles, mandarin oranges, dried cranberries, candied pecans & tangerine balsamic vinaigrette

Dinner Salad

4 / 5

Spring mix, carrots & tomatoes with your choice of dressing

Fresh Spinach

6 / 9

Served with a side of hot bacon dressing, topped with bacon, chopped hard boiled egg & parmesan

Grilled Chicken

11

Spring mix, carrots, tomatoes, marinated chicken breast, parmesan & honey mustard

Cobb

12

Grilled chicken breast over spring mix with carrots, tomatoes, corn, sliced hard boiled egg, bacon, cheddar & your choice of dressing

• *Add Grilled Chicken / 6 • Grilled Shrimp / 6 • Rotisserie Spiced Chicken / 4 • Grilled Salmon / 8 •*



Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Baked Entrées

Rotisserie Chicken

13

Half chicken seasoned with fresh herbs, slowly roasted & served with our roasted Yukon Gold house potatoes

Smothered Rotisserie Chicken

14

Half rotisserie chicken with sautéed peppers, onions, mushrooms & melted provolone, served with our roasted Yukon Gold house potatoes

Chicken Parmigiana

19

Grilled chicken breast wood fired with marinara & mozzarella cheese, served with a side of gluten free penne & marinara sauce, topped with parmesan

Pastas

• Served over Gluten Free Penne or your choice of vegetables •

Tomato Herb

13

Our homemade marinara sauce, topped with fresh parmesan cheese

Roma & Sundried with Basil Pesto

17

Basil pesto with fresh roma & sundried tomatoes, spinach, mushrooms, garlic & basil, topped with fresh parmesan cheese *{contains nuts}*

Penne Goat

20

Fresh spinach, mushrooms, sundried tomatoes, kalamata olives and pine nuts, sautéed in herb-infused olive oil and baked with fresh goat cheese

Chicken Marinara

17

Rotisserie spiced chicken, fresh zucchini, yellow squash and black olives tossed in our homemade marinara sauce, topped with fresh parmesan cheese

Spicy Shrimp & Scallops

21

Shrimp, scallops, garlic, red onions, and mushrooms tossed in a spicy marinara sauce, topped with fresh parmesan cheese

Seafood Trio

22

Shrimp, scallops, mussels, mushrooms, diced tomatoes, green onions, and garlic tossed in our homemade marinara sauce, topped with fresh parmesan cheese

Vegetables

Asparagus, Bell Peppers, Black Beans, Black Olives, Broccoli, Carrots, Corn, Kalamata Olives, Mushrooms, Onions, Peas, Roma Tomatoes, Spinach, Sundried Tomatoes, Yellow & Zucchini Squash

• Add Grilled Chicken / 6 • Grilled Shrimp / 6 • Rotisserie Spiced Chicken / 4 • Grilled Salmon / 8 •



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Wood Fired Pizzas

• All Pizzas are handled with Durum Wheat, and therefore cannot be 100% Gluten Free •

Traditional Cheese

13

Roma tomato sauce, mozzarella, cheddar, Monterey Jack & feta

Margherita

13

Herb infused olive oil, roasted garlic, mozzarella, parmesan, oregano, sliced roma tomatoes & fresh basil

Southwestern

17

Your choice of beef or chicken, Monterey jack, cheddar, black beans, corn, onions, cilantro, tomatoes & jalapenos, topped with sour cream

Portabello

17

Herb infused olive oil, spinach, sliced portabello mushrooms, diced tomatoes, feta & parmesan

Goat Cheese

18

Basil pesto, goat cheese, tri colored peppers, onions, mushrooms, kalamata olives, sundried tomatoes & capers {contains nuts}

B.L.T.

15

Herb infused olive oil, mozzarella, cheddar, diced tomatoes & bacon, topped with fresh lettuce tossed in ranch dressing

Buffalo

17

Your choice of grilled shrimp or chicken tossed in spicy buffalo sauce, with bleu cheese dressing, Monterey jack & cheddar, topped with green & red onions

Sausage & Pepperoni

15

Roma tomato sauce, mozzarella, cheddar, sweet fennel sausage & pepperoni

BBQ Chicken

15

Barbeque sauce, Monterey jack, rotisserie spiced chicken, corn, red & green onions

Wing Pie

16

Sweet & spicy BBQ wing sauce, bleu cheese dressing, cheddar, Monterey jack, rotisserie spiced chicken, green & red onions

Cheeseburger Pizza

15

Roma tomato sauce, cheddar, mozzarella, seasoned ground beef & red onions, topped with iceberg lettuce tossed in mayonnaise & diced tomatoes

Spinach & Artichoke

15

Herb infused olive oil, spinach, artichoke hearts, diced tomatoes, mozzarella & parmesan

Roasted Chicken

16

Basil pesto, mozzarella, rotisserie spiced chicken, sundried tomatoes & mushrooms {contains nuts}

Hawaiian

16

Roma tomato sauce, ham, pineapple, mozzarella & cheddar

• Add Grilled Chicken / 6 • Grilled Shrimp / 6 • Rotisserie Spiced Chicken / 4 • Grilled Salmon / 8 •



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*We practice serious caution in preparing our gluten free items,
& do our best to ensure a gluten free product.*

*Trio is not a gluten free environment. In consuming our gluten free items,
be aware that there may be a chance of cross-contamination.*

*Patrons are encouraged to consider this information in light
of their individual requirements & needs.*

Thank you. Enjoy.

Desserts

Crème Brûlée

6

Baked custard topped with caramelized sugar

Chocolate Fudge Cake

7

Served with vanilla ice cream & topped with
chocolate syrup & whipped cream



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