

TriosDay

Seasonal • Local • Sustainable

starters

Trios Shrimp Bing	17
Shaved fennel slaw, grilled shrimp	
Mamma Parkers Meatballs	15
Marinara, shaved grana Padano, garlic toast	
Snap Pea & Grilled Asparagus Salad	13
Roasted patty pan, poppy seed & tarragon vinaigrette, feta	
Serrano Ham Flatbread	15
Stone baked naan, ricotta, shaved asparagus, marinated olives	
Aged Cheddar and Chive Biscuits	9
House churned chipotle honey butter	
Spring Harvest Salad	10
Baby lettuce blend, asparagus, strawberry, almond, citrus vinaigrette	
Minestrone Verde Soup	9
Fava Bean, fennel, navy bean, macaroni, basil puree	

bowls & pans

Market Fish	30
Chefs selection, seasonal	
Lobster & Shrimp Cappelini	29
Heirloom cherry tomato stew, grana padano, garlic toast	
Hanger Steak Salad Stack	26
Iceberg, red kale, fingerling potato, egg, chickpea, veggie packed, greek yogurt & dill dressing	
Chimmi Churri Grilled Chicken	24
Warm farro salad, Kalamata, veggies	
Kale & Romaine Grilled Chicken Salad	20
Romaine kale blend, crispy lentil, anchovy garlic dressing, grana padano	
Power Greens & Grilled Salmon	24
Baby kale & spinach, quinoa pilaf, avocado, candied walnut, bell pepper, cider vinaigrette	
Macro Bowl	
Basmati, red lentil, super seed crunch, pickled veggies, avocado, lemongrass & chili aioli	
Crispy Chili Tofu	21
Grilled Salmon	24

buns

Lamb Bacon B.L.T	19 1/2	Cured Salmon Baguette Bagel Sammi	18
House cured lamb bacon, heirloom tomato, herbs du provence aioli, crusty sourdough		Cream cheese, bibb lettuce, pickled red onion, puffed caper	
Bistro Beef Burger	18 ½	Turkey Burger	19
Cheddar, bacon, potato chip crumble, BBQ mayo, olt		Havarti, guacamole, sriracha & roasted garlic aioli, olt *house made vegetarian burger available*	

TriosBar

White		Red		Ontario Craft Beer & Cider	
Chardonnay	13	Merlot	13	9	9
Jackson Triggs, CAN		Jackson Triggs, CAN		SBDL Blood Orange Saison	
Chardonnay	15	Cabernet Sauvignon	14	Flying Monkey Antigravity Lager	
Ravenswood, US		Blackstone, US		MacLean's Lazy Hazy IPAzy	
Pinot grigio	14	Cotes du Rhones	15	Steam Whistle Pilsner	
Ruffino, IT		Dom. St. Michel, FR		GLB Red Leaf Lager	
Sauvignon blanc	17	Chianti	15	GLB Octopus Wants to Fight IPA	
Nobilo, NZ		Ruffino, IT		Cowbell Absent Landlord	
Riesling	14	Pinot noir	17	Cocktails	16
Henry of Pelham, CAN		Mark west, US		Canadian in Manhattan	
Sauvignon Blanc	15	Malbec	14	Canadian Whisky and Spiced Sweet Vermouth	
Dona Paula, AR		La Linda, AR		Maple Old Fashioned	
		Shiraz	15	Canadian Whisky, Angostura Bitters and Maple Syrup	
		Six Rows, AU		Canadian Mule	
				Canadian Whisky, Ginger Puree, Lemonade and Soda Water	
				Ontario Sunrise	
				Canadian Whisky, Crème de Cassis Orange Juice and Grenadine	

Executive Chef Abraham Garcia | Restaurant Chef Matthew Parker

Before placing your order, please alert your server to any food allergy or special dietary need.