

# Let's Get this Started!

**Bread Plate** -A delightful combination of fresh baguette slices paired with pesto-infused oil, served with crisp arugula, creamy bocconcini, and juicy cherry tomatoes. Finished with a drizzle of rich balsamic glaze for the perfect balance of flavours.

11

**New Scotland Seafood Chowder**-A hearty blend of scallops, salmon, haddock, and shrimp simmered with tender potatoes in a rich, creamy broth, finished with fresh herbs for a true taste of the Maritimes. (GF)

Full 19 Cup 11

**Crab Cakes**-Three seared, house-made crab cakes, perfectly golden and tender, served with a zesty sambal aioli for a flavourful kick. (DF)

18

**Trio's French Onion Soup**- A rich blend of red and yellow onions simmered with fresh herbs in our house-made beef stock and red wine. Topped with toasted crostini and melted mozzarella cheese for a comforting classic.


12

**Panko Breaded Curry Prawns** – Six large prawns coated in seasoned panko breadcrumbs and deep fried until golden. Finished with a house curry aioli for a rich, lightly spiced coastal appetizer. (DF)

22


**Classic Escargot** – Tender escargot baked in rich garlic butter and topped with melted mozzarella cheese. Served with warm garlic bread for dipping. (GF)

15

 **Loaded Wonton Nachos** – A sharable favorite featuring golden-fried wonton crisps layered with Melted mixed chesses and topped with fresh tomatoes, sweet peppers, green onions and tangy pickled onions.

Finished with a drizzle of sweet chili sauce for the perfect balance of crunch, sweetness and heat.

18

 **Buffalo Chicken Taquitos** – Three oven-baked flour tortillas stuffed with seasoned chicken, and cream cheese. Baked until golden and finished with a cool cilantro sour cream and fresh green onion

18

**Atlantic Mussels** – Steamed mussels in a luscious brown butter & white wine sauce, infused with roasted garlic and fresh herbs. Served with warm garlic bread for dipping. (GF)  
(Dairy Free Available)

17

**Spinach and Artichoke Dip** – Creamy spinach & artichoke dip blended with cream cheese, sautéed shallots, fresh spinach and melted mixed cheeses. Baked until hot and bubbly, served with crispy wonton chips for dipping.

18

**Calamari** – Marinated calamari, lightly dusted and fried to perfection. Served with chipotle mayo.

19

## From the Garden

**Classic Caesar Salad**- Crisp romaine lettuce tossed with shaven parmesan, smoky bacon and house made croutons. All coated in creamy house-made Caesar dressing

Full 15

Half 11

**Trio House Salad**- A vibrant mix of fresh greens, topped with creamy goat cheese, toasted pumping seeds, juicy cherry tomatoes, sweet orange segments 7 earthy beets. All tossed in a house-made honey Dijon dressing. (GF)

Full 16

Half 12

**Add Chicken 6 Add 5 Shrimp 12**

**\*\*Gluten Free Available – Please inform your server of this or any other allergy\*\***

# Prime Rib Fridays

## PRIME RIB FRIDAYS

Slow-roasted, hand carved prime rib served with house-made Yorkshire pudding, rich red wine au jus, your choice of side and seasonal vegetables

44

## Saturdays & Sundays



### SATURDAY & SUNDAY

Lobster Bisque – Rich and creamy lobster bisque made with sweet lobster meat and aromatic vegetables. Finished in a smooth, velvety cream base. (GF)

16

### SATURDAYS

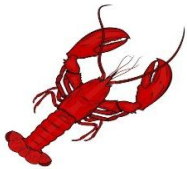
Lobster Dinner – Fresh market lobster served with drawn butter, house-made potato salad and dinner roll. (GF)

59

### SUNDAYS

Lobster Roll – Fresh market lobster lightly dressed and served chilled on a toasted hoagie bun for a simple, sweet and classic coastal favourite. Served with house-made potato salad.

30



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All features available while quantities last  
Book your table today!

## Prime Cuts & Entrees

**Beef Tenderloin** – A 6oz center-cut tenderloin, prepared to your preferred temperature, crowned with a luxurious herb and chive butter. Accompanied by a medley of seasonal vegetables and your choice of side. (GF) (DAIRY FREE AVAILABLE)



44

**10oz Ribeye** – Savor the bold flavors of our Dry Aged- Ribeye. A tender 10oz cut of premium beef, expertly dry- aged for 5 days to intensify the rich, beefy flavors. Served with your choice of side and fresh vegetables, every bite is a masterpiece in rich savory goodness. Finished with herb and chive butter. (GF) (DAIRY FREE AVAILABLE)

42

**Stuffed Blueberry BBQ Chicken**- Pan-seared chicken supreme, delicately stuffed with cream cheese, peppers, red onion, and black olives. Finished in the oven and topped with our house-made blueberry BBQ sauce, served with your choice of side. (GF)

31

### East Coast Hot Pot

Shrimp, Scallops, Mussels, Salmon & Haddock in a Creamy Coconut Curry Sauce Served over a Bed of Basmati Rice. (GF)

38

**Fish n' Chips** –Two pieces of Crisp beer-battered haddock, served with golden fries, house-made coleslaw & our signature tarter sauce

25 (Additional piece add 6)

**Crab-Stuffed Salmon** – Pan-seared salmon with crispy skin, stuffed with crab meat and finished with a rich velvety curry sauce for a bold coastal fusion of flavour.

42 (DF)

**Haddock Trio** – Pan-fried haddock topped with tender scallops and shrimp, finished with luxurious Bearnaise sauce. Served alongside a vibrant array of seasonal vegetables and your choice of side.

35 (GF Option)

**Haddock** – Your choice of pan-seared, lemon pepper or blackened served with a medley of seasoned vegetables and your choice of side.

29 (GF Option)

## Choice of Sides

Potato of the Day, Fries Or Basmati Rice

## Add On's & Upgrades

Roasted Fingerling Potato – add 3

Caesar or Trio Salad – add 4

Peppercorn Gravy – add 6

Gravy – add 3

5 Shrimp – add 12

Chicken – add 6



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# Pasta & Stir-fry's

**Seafood Alfredo**- A decadent medley of mussels, shrimp, haddock, salmon, and scallops, tossed in a rich, house-made Alfredo sauce with fresh herbs. Served over a bed of tender linguini and accompanied by warm garlic bread. (GF)

35

**Chicken & Bacon Linguini Alfredo** – Roasted chicken & crispy bacon, tossed in a rich house-made Alfredo sauce with parmesan cheese, served over tender linguini. Accompanied by warm garlic bread.

29

**Chicken Parmesan** - House breaded Panko Chicken, Topped with Marinara & Cheese then finished over a bed of Marinara Linguini

27

*All Pasta Served with Garlic Bread*

## Stir-fry's

### Chicken or Shrimp

Bok Choy, Carrot, Red Onion, Broccoli, Bell Peppers, Snow Peas, Sesame Seed, Honey Ginger Sauce. Served on your Choice of Basmati Rice or Asian Noodle

30 (GF)

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## Hand Helds

**Trio Burger-** A juicy 6oz ground In-House made chuck patty topped with smoked cheddar, roasted garlic aioli, fresh tomato, balsamic jam, crispy bacon, red onion, and lettuce. Served with your choice of side. (GF Option)

25

**Thai Chicken Sandwich** Panko-breaded chicken breast drizzled with savory Thai sauce, topped with lettuce, tomato, mozzarella cheese, crispy bacon, and finished with a kick of chipotle sauce, and served with fries.

24

**The Catch** – Fresh haddock coated in crispy panko breadcrumbs and fried until golden. Topped with lettuce, pickles and a house-made sambal aioli. Served on a toasted bun for a bright, spicy and satisfying coastal classic.

22

**Chicken Parm Sandwich** – Seasoned and breaded chicken breast, deep-fried until golden and crispy. Topped with our house-made marinara sauce, melted mozzarella, parmesan cheese and fresh sautéed green peppers on a toasted bun for a hearty Italian-inspired classic.

24

**French Beef Dip-** Slow-Braised inside round beef, pulled and piled high on a garlic-butter toasted hoagie. Topped with sautéed onions, green peppers, provolone cheese and roasted garlic aioli. Served with au jus for dipping

26

## Choice Of Sides

Potato of the Day, Fries Or Basmati Rice

Roasted Fingerling Potato – add 3

Caesar or Trio Salad – add 4

Gravy – add 3

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**Veggie Stir-fry**- Bok Choy, Carrot, Red Onion, Broccoli, Bell Peppers, Snow Peas, Sesame Seed, Honey Ginger Sauce. Served on your Choice of Basmati Rice or Asian Noodle  
24 (DF & GF Option)

**Spicy Black Bean Burger** – Grilled spicy black bean patty served on a toasted bun with crisp lettuce, fresh tomato, red onion and cilantro sour cream for a zesty finish.

22 (GF & DF)

**Pasta Primavera**- Cavatappi pasta tossed with bell peppers, red onion, garlic and cherry tomatoes in an olive oil and fresh lemon juice. Finished with a Parmesan cheese and served with garlic bread.

24 (GF & DF Option)

**Linguini & Garden Balls**- Linguini with soy-based vegetable balls tossed on our house-made marinara sauce, finished with Parmesan cheese and served with garlic bread.

25 (GF & DF Option)

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our Front Desk**

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