

APPETIZERS

Bread Plate - A 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. 10

Flatbread - Warm flatbread topped with savory mushrooms, tangy sun-dried tomatoes, vibrant pesto, creamy goat cheese, and melted mozzarella, all finished with a drizzle of rich balsamic glaze. 17

Crab Cakes - Three seared, house-made crab cakes, perfectly golden and tender, served with a zesty sambal aioli. 17

Mussels – Steamed mussels in a luscious brown butter and white wine sauce, infused with roasted garlic and fresh herbs. Served with warm garlic bread for dipping. (GF) 16

NS Seafood Chowder – 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) 19 full, 11 cup

Seared Sea Scallops – Four perfectly seared scallops served atop sautéed creamy leeks and smoky bacon for an indulgent dish. 20

Trio's House Salad – Vibrant mix of fresh greens topped with creamy goat cheese, toasted pumpkin seeds, juicy cherry tomatoes, sweet orange segments, and earthy beets, all tossed in a house-made honey Dijon dressing. (GF) 16 full, 12 half Add chicken 5 or shrimp 7

Classic Caesar Salad – Crisp romaine lettuce tossed with shaved Parmesan, smoky bacon, and house-made croutons, all coated in a creamy house-made Caesar dressing. Served with a fresh lemon wedge. 15 full, 11 half Add chicken 5 or shrimp 7

Spinach Salad – Fresh baby spinach paired with creamy mozzarella, crisp apple slices, slivered almonds, and smoky bacon, drizzled with a house-made maple dressing 16 full, 12 half Add chicken 5 or shrimp 7

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

Wild Mushroom Risotto – Creamy Arborio rice slow-cooked with a medley of wild mushrooms, aromatic garlic, and fresh herbs, finished with Parmesan cheese for an earthy, indulgent flavor. 26

Calamari – Marinated calamari, lightly dusted and fried to golden perfection, served over a bed of fresh arugula and topped with zesty pico de gallo and a drizzle of sambal aioli. 19

Classic Escargot – Tender escargot baked in rich garlic butter and topped with melted mozzarella cheese. Served with warm garlic bread for dipping. 15

TRIO
RESTAURANT / LOUNGE

ENTRÉE'S

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) 42

10oz Ribeye – Perfectly seasoned 10oz ribeye, flame-grilled and finished with herb and chive butter. Served alongside seasonal vegetables and your choice of side. (GF) 40

Wild Mushroom and Grilled Chicken Risotto - Creamy Arborio rice slow-cooked with a medley of wild mushrooms, aromatic garlic, and fresh herbs, finished with Parmesan cheese for an earthy, indulgent flavor and crowned with a 6oz chicken breast and drizzled with velouté sauce. 33 (GF)

Seafood Alfredo - 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 fettuccine and accompanied by warm garlic bread. 33 (gluten free add 2)

Haddock Trio - Pan-fried haddock paired with tender scallops, shrimp and finished with a luxurious Tarragon Bearnaise sauce. Served alongside an array of seasonal vegetables and your choice of side. 34 (GF)

Haddock - Choice of pan-seared or blackened haddock served with a medley of seasonal vegetables and your choice of side. 29 (GFA)

Maple Glazed Salmon - Atlantic salmon delicately glazed with pure maple syrup, served alongside seasonal vegetables and your choice of side. 32 (GF)

Fish and Chips - Crisp beer-battered haddock fillet, served with golden fries, house-made coleslaw, and our signature tartar sauce. 24 Add a piece 9

Bouillabaisse (Seafood Stew) – Provençal seafood stew featuring a rich saffron-infused broth, brimming with fresh fish, shellfish, and aromatic herbs. Served with crusty bread for the perfect accompaniment. 36

Pulled Pork Tacos – Tender pulled pork wrapped in warm, soft tortillas, topped with house-made Jack Daniel's BBQ sauce and fresh, crunchy slaw and your choice of side. 22

Mac and Cheese – Cavatappi pasta enveloped in a creamy blend of sharp cheddar, mozzarella, and Parmesan, topped with crispy breadcrumbs and baked to golden perfection. 23 (GFA)

Stuffed Chicken Supreme- 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. 30 (GF)

Chicken and Bacon Alfredo - Roasted chicken and crispy bacon, tossed in a rich house-made Alfredo sauce with parmesan cheese, served over tender fettuccine. Accompanied by warm garlic bread. 25 (gluten free add 2)

Chicken Parmesan - House-breaded, seasoned Panko-crust chicken, topped with marinara sauce and melted mozzarella cheese. Served over a bed of fettuccine and accompanied by warm garlic bread. 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. 22

"New" Trio Burger - Juicy 6oz ground chuck patty topped with smoked cheddar, roasted garlic aioli, tomato balsamic jam, crispy bacon, red onion, and lettuce. Served with your choice of side. 23 (gluten free add 2)

Vegan Quinoa Poke Bowl – Vibrant, plant-based option featuring fresh quinoa or rice, spinach, cucumbers, carrots, edamame, avocado, and cherry tomatoes, all topped with our house-made spicy dragon sauce. Perfect for vegans and vegetarians. 29 (GF)

Side Choices

Potato of the day

Fries

Rice

Roasted Fingerling Potato - add 3

Risotto - add 5

Caesar, Spinach, or Trio Salad - add 4

Double Veg – add 2

Additions

Bearnaise 4

Peppercorn gravy 3

3 Scallops 12

5 Shrimp 10

Chicken 5