

lunch

seasonal local sustainable

drinks

VQA Wines of the week

white

riesling

between the lines winery

12

red

cabernet franc

between the lines winery

12

ontario craft beer

mad tom IPA

muskoka brewery

6.5

cocktail

negroni

gin

campari

sweet vermouth

13

shares

goat cheese flat bread

smoked tomato, basil, charred onions

10

crispy kale chips

parmesan cheese, chili and sea salt flakes

8

yam fries

berry chipotle ketchup, onion dip, grated parmesan

9

buffalo chicken wings

l' ermite blue cheese dip, carrot and celery sticks

17

asian sesame beef skewer

sweet chili ginger dipping sauce, green onions

9

pork pot stickers

soy and chili dipping sauce

10

spreads and breads

onion spread, maple butter, caponata, artisan breads

6

edamame beans

steamed with sea salt

8

house kettle chips

caramelized onion dip

7

starts

chef crafted daily soup

market inspired

8

chicken noodle soup

shredded roasted chicken with dark broth and vegetables

9

trios crab cakes

maryland crab, spicy remoulade and micro greens

20

trios poutine

pulled pork - maple pepper bacon - quebec cheese curds

13

small bowl caesar

shaved grana padano, anchovy garlic dressing and crispy bread crouton


10

small bowl spring salad

local greens with lemon honey vinaigrette and heirloom tomato

10

big bowl salads

all big bowl salads come with your choice of grilled chicken or  wild salmon

rocket salad

candied pecan, baby beets and niagara cider vinaigrette

17

caesar salad

shaved grana padano, anchovy garlic dressing and crispy bread crouton

17

bibb lettuce

heirloom tomato and carrots, lemon poppy seed and greek yogurt dressing, radish

17

light meals

choice of hand cut fries, spring salad or cup of soup

club house

smoked turkey, bacon, lettuce and tomato

16

ontario brie and apple grilled cheese sandwich

walnut raisin bread, fig jam and blonde frisee

15



spiced albacore tuna taco

japanese pickled radish, ginger mayo and shiso leaf

18

korean style beef taco

salsa verde with napa cabbage slaw and avocado

16



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

executive chef abraham garcia

restaurant chef page labarbera

trios fresh sheet

chef crafted seasonally inspired

corn meal crusted maine lobster taco

sofrito, remoulade, celery cucumber salad, sweet potato fries
\$20

grilled angus hanger steak

chimichurri, garlic potato cakes, grilled vegetables,
chive sour cream
\$26

between the buns

choice of hand cut fries, spring salad or chef crafted daily soup
burgers available with gluten free bun upon request

spiced lentil and cashew vegetarian burger

mushroom, brown rice, gouda cheese,
candied garlic mustard, lettuce, onion
14

bacon cheddar burger

ontario cheddar, crispy bacon, lettuce,
tomato, onion, pickle and mayo
17

mushroom and crispy onion beef burger

quebec blue cheese, mayo, lettuce, tomato
18

grilled chicken and provolone focaccia

avocado, arugula, tomato and chipotle
mayo
16

montreal smoked meat sandwich

pretzel bun, sauerkraut, candied garlic
mustard, mayo, mixed olives
17

pressed cuban torta

crusty Italian bread, braised pork shoulder,
sopressata, black bean spread, swiss
cheese, mustard and pickle
16

trios signatures

nicoise salad

albacore tuna, egg, olives,
french bean, arugula,
lemon olive oil
19

rigatoni & sausage

fresh pasta, baby spinach,
braised tomato, grilled herb
bread
19

butter chicken

steamed basmati, warm
naan, mango chutney
20

haddock & chips

steam whistle beer batter,
tartar sauce, malt vinegar
19

mushroom jumbo ravioli

truffled goat cheese, tomato
basil sauce, toasted pine nuts,
grilled herb bread
20

prosciutto wrapped meatloaf

veal and pork meatloaf,
whipped potatoes, pan
gravy
17

sweet treats

n.y. cheesecake

seasonal fruit compote

crème brulée

weekly flavour

Chef's choice dessert

9

9

9

trios trio

cupcake, macaroon, ice cream

ice cream & sorbet mini cones

seasonal flavours

flourless chocolate cake

pecan brittle

10

9

10

wine

6oz.
red

merlot 12

jackson triggs, CA

valpolicella
classico 13

luigi righetti, IT

cotes du rhones 14

dom. st michel, FR

chianti 14

ruffino, IT

pinot noir 16

mark west, US

malbec 12

tilia, AR

shiraz 14

six rows, AU

white

chardonnay 12

jackson triggs, CA

chardonnay 14

blackstone, US

pinot grigio 12

ruffino, IT

sauvignon blanc 16

yealands, NZ

riesling 14

megalomaniac, CA

beer

8

mill st. seasonal

steam whistle

pilsner

okanagan springs

pale ale

sleeman cream

ale

mill st. organic

8.50

blanche de

chambly

guinness

stella artois



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