

APPETIZERS

Bread Plate French Baguette, Olive Oil, Balsamic Vinegar, Whipped Butter 6

Butternut Squash Soup Roasted Butternut Squash, Parsnips, Apples, Pumpkin Seeds, Maple Syrup, Goat Cheese, Spicy Hazelnuts 10

Crab Cakes 3 Panko Breaded House-Made Crab Cakes made with Fresh Snow Crab. Served with Chipotle Mayo (17)

Mussels Brown Butter, White Wine, Roasted Garlic, Fresh Herbs, Garlic Bread 16 (GF)

NS Seafood Chowder Scallops, Salmon, Haddock, Shrimp, Potato, Cream, Fresh Herbs 18 (GF)

Seared Sea Scallops 4 Seared Scallops with Maple Glaze 18

Trio's House Salad Fresh Greens, Goat Cheese, Toasted Pumpkin Seed, Cherry Tomato, Orange Segments, Beets, Honey Dijon Dressing - Half 12/Full 16 Add Chicken 5 or Shrimp 7 (GF)

Classic Caesar Salad Crisp Romaine, Parmesan, Wedge Lemon, Bacon, Croutons, Creamy House Dressing

Half 11/Full 15 Add Chicken 5 or Shrimp 7

Trio's French Onion Soup Blend of Red & Yellow Onions, Fresh Herbs, Simmered in our House Beef Stock and Red Wine. Finished with Toasted Crostini & Mozzarella Cheese 12

Flatbread Basil Pesto, Sundried Tomato, Roasted Mushrooms, Parmesan Cheese, Goat Cheese, Balsamic Glaze 17

Calamari Marinated, Lightly Dusted, and Fried to Perfection. Served with Choice of Tzatziki or Chipotle Mayo 17

Classic Escargot Baked with Garlic Butter and Mozzarella Cheese. Served with Grilled Garlic Bread 14

TRIO
RESTAURANT / LOUNGE

ENTRÉE'S

Beef Tenderloin 6oz Tenderloin topped with Herb and Chive Butter, Served with Choice of Side, Seasonal Vegetable 42 (GF)

Traditional Acadian Tourtiere Ribeye, Tenderloin, Puff Pastry, Choice of Side, Seasonal Vegetable, Peppercorn Demiglace 30

10oz Ribeye Grilled Peppered Ribeye, Served with Choice of Side, Seasonal Vegetable, Herb Butter 38 (GF)

Seafood Risotto Seared Scallops, Shrimp, Lobster, Haddock, Parmesan, Fresh Herbs 34 (GF)

Seafood Alfredo Mussels, Shrimp, Haddock, Salmon, Alfredo, Fresh Herbs, Served over Fettuccini, Garlic Bread 31

Haddock Trio Pan Fried Haddock, Seared Scallops, Lobster Bearnaise, Choice of Side, Seasonal vegetables 30

Haddock Choice of Pan Seared or Blackened, Served with Choice of Side, Seasonal Vegetables 27

Maple Glazed Salmon Atlantic Salmon in a Maple Glaze, Served with Choice of Side, Seasonal Vegetables 32 (GF)

Lobster Mac and Cheese Cavatappi Pasta, Seasoned Lobster, White Wine Cream Sauce, Parmesan and Mozzarella Cheese,
Garlic Bread 27

Honey Citrus Chicken 8oz Chicken Supreme Pan Seared and Oven Baked with Honey Citrus Glaze, Served with Choice of Side,
Seasonal Vegetables 27

Chicken and Bacon Alfredo Roasted Chicken, Bacon, Alfredo, Parmesan, Served over Fettuccini, Garlic Bread 25 (GF option)

Chicken Parmesan House Breaded Seasoned Panko Chicken, Topped with Marinara and Cheese, Served over Fettuccini,
Garlic Bread 23

Thai Chicken Sandwich Fried Chicken Breast, Thai Sauce, Lettuce, Tomato, Mozzarella Cheese, Bacon, Crispy Onions,
Chipotle Sauce, Fries 20

Trio Burger 6oz Ground Chuck, Chipotle Sauce, Bacon, Lettuce, Tomato, Smoked Cheddar, Crispy Onions, Fries 21 (GF option, Black
Bean Option)

Pasta Primavera Cavatappi Pasta, Yellow and Green Zucchini, Red Pepper, Carrots, Onions, Broccoli, and Parmesan Tossed in a Light
Lemon Olive Oil 25 (GF option)

Side Enhancements

Potato of the day

Fries

Roasted Fingerling Potato - add 3

Risotto - add 5

Caesar Salad or Trio Salad - add 4

Additions

Lobster Bearnaise 4

Peppercorn gravy 3

3 Scallops 12

5 Shrimp 10

Chicken 5

DAILY ENTRÉE SPECIALS

Monday

Pork Chop Bone-In Centre Cut, Seasoned, Pan Seared, and Oven Finished with Peppercorn Sauce, Served with Choice of Side, Seasonal Vegetables 28

Tuesday

East Coast Hot Pot Shrimp, Scallops, Mussels, Salmon and Haddock in a Creamy Coconut Curry Sauce, Served over Basmati Rice 32

Wednesday

Honey Ginger Stir Fry Carrots, Onion, Broccoli, Bell Peppers, Zucchini, Sesame Seeds, Honey Ginger Sauce, Served over Choice of Asian Noodles or Basmati Rice 24
Add Chicken or Shrimp 5

Thursday

Chef's Choice

Friday

Prime Rib 10oz Prime Rib, Garlic Mashed Potato, Seasonal Vegetables, Au jus, Yorkshire Pudding 38

Saturday

Chef's Choice

Sunday

Lamb Braised Lamb Shank with demiglace, Choice of Side, Seasonal Vegetables 30