

FOOD



Comfort food, that is. If you're in the mood for a tried-and-true classic, pick from Trio's selection of your favorites

- ● **Tuscan Caesar Salad** 10.95
Crispy Italian pancetta chips with a Parmesan wafer in an anchovy caper garlic dressing
- ● **Spinach & Chèvre Salad** 11.95
Encrusted goat cheese with toasted walnuts, orange dust & honey-cinnamon drizzle
- ● **Arugula Salad** 11.95
Guinness Cheddar cheese, apples and caramelized pistachio nuts

Additions to any salad

Seasoned chicken breast | Black tiger shrimp | Smoked salmon
5.95 per selection

- ● **Onion Soup** 6.95
Slow roasted caramelized onions simmered in a rich broth, au gratin
- Soup du Jour** 4.95
Freshly prepared mosaic of ingredients, alternating daily
- ● **Steak Frites** 23.95
10 oz grilled New York centre-cut seasoned striploin served with fresh cut fries and field greens
- ● **Chicken & Gorgonzola Suprême** 19.95
Chicken supreme, stuffed with toasted walnuts and Gorgonzola cheese, red grape sauce, mashed potatoes and seasonal vegetables
- ● **Cinnamon Crusted Halibut** 21.95
Halibut crusted with cinnamon, lime-curry sauce, ragout of lentils and raisins with seasonal vegetables
- ● **Seafood Linguini** 18.95
Linguini tossed in a spicy sun-dried tomato cream, topped with grilled shrimp and scallops
- ● **The Burger** 13.95
Grilled 6 oz Angus burger, topped with onions and mushrooms sautéed, smoked Cheddar, tomato and crispy lettuce
- ● **The Canadian Club** 13.95
Grilled chicken with Canadian maple bacon, tomato and crispy lettuce on a herb-wheat fougassette

Taxes and gratuities are not included.

Gratuities applied on groups of eight or more.



WINE VIN



Trio is delighted to feature Jackson Triggs Wines from British Columbia.

Trio a le plaisir de vous proposer les vins de Jackson Triggs, issus de la région de Colombie Britannique.

Glass Verre	Carafe Carafe	Bottle Bouteille
150 ml	375 ml	750 ml

SAUVIGNON BLANC

Esprit Sauvignon Blanc VQA, Jackson Triggs, British-Columbia

Grapefruit, citrus and herbaceous notes on the nose and palate, with a crisp and lively finish.

Arômes de pamplemousse, d'agrumes et notes herbacées tant sur le nez que le palais avec un finis frais et croustillant.

7.00

29.00

MERLOT

Esprit Merlot VQA, Jackson Triggs, British-Columbia

Red berry, plum, and chocolate notes on the nose and palate, with a complex finish and velvety smooth tannins.

Arômes de baies rouges, de prunes et de chocolat, avec un finis complexe et doux.

7.00

29.00



Cheese Flight

DEGUSTATION DE FROMAGES 12.00 per flight

Enjoy our two featured wines with Canadian Fifth Town Cheese
Savourez nos deux vins en vedette avec nos fromages de "Canadian Fifth Town"



SPARKLING

Col de' Salici Prosecco, Venicia, Italy

Fresh taste, with a delicate slightly bitter after-taste, pleasant, well textured and long-lasting.

Goût frais, avec un arrière goût léger mais délicat, bien texturé et long en bouche.

10.00

50.00

Veuve Clicquot, Champagne, France

Nose, initially reminiscent of white fruits and raisins, then of vanilla and later of brioche.

Nez puissant et agréable, au départ fruité (fruits blancs, fruits séchés), puis vanillé et brioché.

17.00

110.00

REFRESHING WHITES

Pinot Grigio VQA, Pillitteri Estates Winery, Niagara

Easy drinking & light bodied wine with refreshing citrus aromas.

Vin léger et doux avec des notes rafraîchissantes d'agrumes.

9.00

23.00

43.00

Viognier VQA, Peninsula Ridge, Niagara

An up & coming wine with apricot, peach & citrus tastes.

Un vin facile à boire avec un goût d'abricot, de pêche et d'agrumes.

9.00

23.00

42.00

SAUVIGNON BLANC

Hawkes Bay, Sauvignon Blanc, Matua Valley Estates, New-Zealand

Fresh apple aroma on the nose. The palate is round and full with zesty citrus fruit characters that leave the palate clean and fresh.

Arômes de pomme verte, palais rond et ample avec des zestes d'agrumes qui laisse un goût frais et pur en bouche.

10.00

25.00

47.00

RIESLING

Riesling "Off-dry" VQA, Huff Estates, Prince Edward County

Aromas of fresh peach and nectarine amid white floral notes.

Arômes d'agrumes accompagnés de notes florales.

8.50

21.00

41.00

CHARDONNAY

Chardonnay sur Lie VQA, Pillitteri Estates Winery, Niagara

Aromas of lemon and lime light citrus with a splash of flint and lychee.

Parfums de citron et citron vert avec des nuances en bouche de lychee.

8.50

21.00

41.00

JJ McWilliams, Chardonnay, Australia

Aromas of melon, peach and pineapple balanced by the oaky notes of cedar and butterscotch.

Arômes de melon, de pêche, d'ananas bien équilibré avec des notes de cèdre et de caramel

7.50

18.00

33.00

Santa Rita, Chardonnay, Chili

Fragrant aroma of luscious, tropical fruit and juicy grapefruit are beautifully rounded out by soft vanilla and hazelnut undertones.

Arômes de fruits tropicaux, de pamplemousse finement arrondis par des nuances de vanille et de noisette.

9.50

24.00

45.00

MALBEC

Kaiken, Malbec, Argentina

Deep violet color, warm in the nose, with notes of ripe fruit and traces of tobacco and butterscotch.

D'une couleur très violacée, d'un nez chaleureux avec des notes de fruits mûrs et des pointes de tabac et caramel.

10.00

25.00

48.00

SHIRAZ

Shiraz VQA, Prospect Winery, British Columbia

Lively blast of blackberry and pomegranate & shaded with white pepper and lingers on a generous finish.

Goût explosif et rafraîchissant de baies noires et grenades se terminant subtilement en bouche.

10.00

25.00

49.00

MERLOT

Hecula Yecla, Spain

Delicate notes of fresh red roses, cherries, vanilla and charcoal under a thin layer of slate.

Notes délicates de roses rouges, de cerises, de vanille et de charbon.

9.50

24.00

43.00

BLENDS

Bordeaux, Chateau Bellevue, France

Medium bodied with notes of red berries, vanilla and velvety tannins.

Un Bordeaux classique avec des arômes élégants de fruits rouges et de vanille.

12.00

29.00

55.00

"Red Conception" VQA, Fielding Estate, Niagara

Fruit-focused aromatics of red raspberries and sour cherries, violet, toasted oak and notes of vanilla. Medium bodied, red berry and spice flavours.

Vin équilibré tout en symbiose autour du fruit avec des notes de framboise et d'épices.

9.75

24.00

48.00

Cousino Macul, Cabernet Sauvignon, Chili

Dark ruby colour, with intense fruit aromas of berries and blueberry, together with delicate cacao and fresh herbs notes and a light toasted aroma.

Une robe de couleur rubis avec d'intenses arômes de baies et de bleuets accompagnés de notes délicates de cacao et d'herbe.

11.00

27.00

51.00

Côtes du Rhône, Vignerons D'Estezargues, Terre de Mistral, France

Medium-bodied with sweet aromas of blackberry and blueberry.

Moyennement corsé aux notes de mûres et de bleuets.

10.75

26.00

50.00

PLEASURE



Good things come in threes – that's why we recommend ordering three (or more) of our Pleasure dishes, each sized for tasting. Perfect for sharing or enjoying on your own. 9.00 per selection

- Orange Sea**
Seared sea scallops, orange-fennel coulis, leek-bacon fondue
- Earth to Jersey**
Braised beef short rib confit, red beet and roasted garlic risotto, balsamic red wine gastric
- Italian Job**
Butternut squash and sage gnocchi, roasted garlic-mushroom broth
- Rich & Raw**
Lamb "tartar", mâche salad, Parmesan wafer and balsamic reduction
- Vegetables Rising**
Miso marinated vegetable rice rolls with sesame-soya dipping sauce
- Wild & Creamy**
Baked Brie cheese, wild mushrooms, sun-dried tomatoes and garlic croutons
- Touch of Sweetness**
Seared Chicken medallions, apple-maple and cumin sauce on a sweet potato scone
- Duck Crepes**
Mini duck and roasted pear crepes with port and Gorgonzola sauce
- Sea of Pearls**
Grilled lemon-pepper marinated shrimp, tomato –caper berry coulis on Israeli couscous

Ménage à trois

Feeling adventurous? Create your own pleasure dish and indulge in three different items on one plate

12.00 per creation

Additions to any dish

Chefs risotto | Asparagus | Sautéed wild mushrooms | Fries
Sautéed Swiss chard | Baby golden beets

4.95 per selection