

brunch menu

complementary trio pastry basket

sour cream coffee cake, banana bread, blueberry scones
additional basket 3.50

eggs and such

trio omelette: apple wood smoked bacon, tomatoes, avocado, fontina cheese 8.95

eggs benedict: poached eggs, trio potatoes, hollandaise sauce 7.95

egg white omelette: mushrooms, asparagus, tomatotes 7.95

ham and cheese omelette: aged cheddar cheese, smoked ham 8.95

eggs alla italiano: crisp polenta, sweet italian sausage, poached eggs, hollandaise sauce 9.95

salmon hash: poached eggs, organic salmon, trio potatoes, lemon vinaigrette 10.95

eggs your way: trio potatoes, choice of ham, bacon or sausage 6.95

french toast: strawberries, toasted almonds, maple syrup, whipped ginger butter 7.95

panini

includes choice of house salad or soup

vegetarian: fire roasted peppers, goat cheese, portabello mushrooms,
basil aioli and balsamic reduction 8.95

grilled wild salmon: caper mustard aioli, dill havarti cheese, spinach 10.95

sandwiches

Includes choice of house salad or soup

trio club: chicken breast, smoked bacon, lettuce, tomato, fontina, pesto aioli 8.95

chicken salad: sun dried cherries, celery, candied pecans, tarragon dressing 8.95

salads and soup

creamy tomato soup 5.00

daily soup 5.00

mixed greens: red flame grapes, candied walnuts, gorgonzola, balsamic vinaigrette 4.95

watermelon: pistachio crusted goat cheese, watermelon, arugula, saba 9.95

cobb: chicken breast, smoked bacon, tomato, egg, gorgonzola, mixed greens 9.95

trio lemon chicken: celery, caper berries, lemon, extra-virgin olive oil 8.95

add seared organic salmon 4.75 chicken 3.50 three shrimp 6.50

trio

C A F E C A F E C A F E

downtown:

801.533.trio (8746)

680 south 900 east, salt lake city

cottonwood:

801.944.trio (8746)

6405 south 3000 east, salt lake city

lunch

monday-saturday 11a-4p

dinner

monday-thursday 4p-9:30p

friday-saturday 4p-10:00p

sunday 4p-9p

brunch

sunday 10a-3p

lunch menu

starters

- rosemary flatbread: goat cheese, roasted peppers, caramelized onions, tomatoes 7.95
- trio flatbread: olive tapenade, basil pesto, white bean puree 6.95
- parmesan flatbread 2.50
- antipasto: selection of italian meats and cheeses 10.95
- assorted mediterranean olives 5.95

salads and soups

- creamy tomato soup 5.00
- daily soup 5.00

- mixed greens: red flame grapes, candied walnuts, gorgonzola, balsamic vinaigrette 4.95
- watermelon: pistachio crusted goat cheese, watermelon, arugula, saba 9.95
- roasted beets: arugula, shaved fennel, goat cheese, bacon vinaigrette 8.95
- cobb: chicken breast, smoked bacon, tomato, egg, gorgonzola, mixed greens 9.95
- caesar: romaine, creamy parmesan anchovy dressing, garlic croutons 7.95
- trio lemon chicken: celery, caper berries, lemon, extra-virgin olive oil 8.95
- steak panzanella: grilled steak, cucumbers, tomatoes, red onion, mozzarella, basil 13.95
- blt: crispy bacon, romaine hearts, sliced tomato, gorgonzola dressing 8.95

pizzas

- chicken: roasted garlic, caramelized onion, assorted mushrooms, fontina 10.50
- cheese: romano, asiago, parmesan, mozzarella, fresh herbs, balsamic drizzle 10.50
- italian sausage: roasted peppers, caramelized onions, pepperoni 10.50
- bbq chicken: trio bbq sauce, smoked mozzarella, roasted red onions 10.50

paninis

includes choice of house salad or soup

- smoked ham: prima donna cheese, basil mayo, tomato, apricot chutney 8.95
- grilled wild salmon: caper mustard aioli, dill havarti cheese, spinach 10.95
- vegetarian: fire roasted peppers, goat cheese, portabello mushrooms, basil aioli and balsamic reduction 8.95

sandwiches

- b.l.t.: crispy bacon, romaine leaves, sliced tomato, parmesan aioli 7.95
- trio club: chicken breast, smoked bacon, lettuce, tomato, fontina, pesto aioli 8.95
- chicken salad: sun dried cherries, celery, candied pecans, tarragon dressing 8.95

pastas

- trio meatball: spaghetti, tomato sauce 10.95
- manilla clams: linguini, tomatoes, zucchini, white wine, garlic, lemon, extra-virgin olive oil 12.95
- pomodoro: spaghetti, plum tomatoes, mozzarella, basil, extra-virgin olive oil 9.95
- carbonara: spaghetti, smoked bacon, green peas, roasted onions, asiago 11.95
- three cheese ravioli: butternut squash, sage, asiago 12.95
- vegetarian arrabiatta: garganelli pasta, mushrooms, squash, eggplant, roasted peppers 11.95
- sausage rigatoni: spicy colosimo sausage, ricotta 11.95
- baked penne: mushrooms, prosciutto, oven roasted tomatoes, garlic cream sauce 12.95

add seared organic salmon 4.75 chicken 3.75 three shrimp 6.50

dinner menu

starters

- rosemary flatbread: goat cheese, roasted peppers, caramelized onions, tomatoes 7.95
- trio flatbread: olive tapenade, basil pesto, white bean puree 6.95
- parmesan flatbread 2.50
- manilla clams: basil, shaved garlic, tomatoes, white wine butter sauce 12.95
- antipasto: selection of italian meats and cheeses 10.95
- assorted mediterranean olives 5.95

salads and soups

- creamy tomato soup 5.00
- daily soup 5.00

- mixed greens: red flame grapes, candied walnuts, gorgonzola, balsamic vinaigrette 4.95
- watermelon: pistachio crusted goat cheese, watermelon, arugula, saba 9.95
- roasted beets: arugula, shaved fennel, goat cheese, bacon vinaigrette 8.95
- cobb: chicken breast, smoked bacon, tomato, egg, gorgonzola, mixed greens 9.95
- caesar: romaine, creamy parmesan anchovy dressing, garlic croutons 7.95
- steak panzanella: grilled steak, cucumbers, tomatoes, red onion, mozzarella, basil 13.95
- trio lemon chicken: celery, caper berries, lemon, extra-virgin olive oil 8.95
- blt: crispy bacon, romaine hearts, sliced tomato, gorgonzola dressing 8.95

add seared organic salmon 4.75 chicken 3.75 three shrimp 6.50

pizza

- chicken: roasted garlic, caramelized onion, assorted mushrooms, fontina 10.50
- cheese: romano, asiago, parmesan, mozzarella, fresh herbs, balsamic drizzle 10.50
- italian sausage: roasted peppers, caramelized onions, pepperoni 10.50
- bbq chicken: trio bbq sauce, smoked mozzarella, roasted red onions 10.50

pastas

- trio meatball: spaghetti, tomato sauce 11.95
- manilla clams: linguini, tomatoes, zucchini, white wine, garlic, lemon, extra-virgin olive oil 13.95
- pomodoro: spaghetti, plum tomatoes, mozzarella, basil, extra-virgin olive oil 10.95
- carbonara: spaghetti, smoked bacon, green peas, roasted onions, asiago 11.95
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more

- roasted chicken: creamy polenta, onions, kalamata olives, natural juices 18.00
- bbq pork chop: corn and pea quinoa, smoky bacon-pecan bbq sauce 22.00
- trio steak: mashed potatoes, roasted shallots, chianti glaze 25.00
- cedar plank organic salmon: cous cous, tomatoes, citrus vinaigrette, balsamic 23.00