

trio

starters

- grilled artichoke: tomato bruschetta, lemon aioli 9.99
- rosemary flatbread: goat cheese, roasted peppers, caramelized onions, tomatoes 7.99
- trio flatbread: olive tapenade, basil pesto, white bean puree 7.99
- parmesan flatbread 2.99
- antipasto: artisan cured meats, trio olives, local and italian cheeses 10.99
- assorted mediterranean olives 5.99

eggs and such

- trio omelette: applewood smoked bacon, tomatoes, avocado, fontina cheese 8.99
- eggs benedict: poached eggs, trio potatoes, hollandaise sauce 7.99
- egg white omelette: mushrooms, asparagus, tomatoes 6.99
- carbonara omelette: niman ranch ham, peas, parmesan, onions, prima donna cheese 9.99
- poached salmon omelette: lemon ricotta, red onion, dill, avocado 10.99
- eggs italiano: crisp polenta, sweet italian sausage, poached eggs, hollandaise sauce 9.99
- salmon hash: poached eggs, seared salmon, trio potatoes, lemon vinaigrette 11.99
- eggs your way: trio potatoes & your choice of ham, bacon or sausage 7.99
- french toast: strawberries, toasted almonds, maple syrup, whipped ginger butter 8.99

side of bacon, ham or sausage 2.99

pizzas

- breakfast pizza: prosciutto, scrambled eggs, fontina cheese 10.99
- chicken: roasted garlic, caramelized onions, assorted mushrooms, fontina cheese 11.99
- cheese: romano, asiago, parmesan, mozzarella, fresh herbs, balsamic drizzle 10.99
- italian sausage: roasted peppers, caramelized onions, pepperoni 11.99
- bbq chicken: trio bbq sauce, smoked mozzarella, roasted red onions 11.99

paninis

- niman ranch ham: apricot chutney, prima donna cheese, basil aioli 9.99
- brunch panini: eggs, fontina, prosciutto, caramelized onions 8.99
- vegetarian: fire roasted peppers, portobello mushrooms, basil aioli, mozzarella 8.99

sandwiches

- trio club: chicken breast, smoked bacon, lettuce, tomato, fontina, pesto aioli 8.99 b.l.t: crispy bacon, romaine leaves, sliced tomato, parmesan aioli 7.99
- steak: cambozola chese, arugula, caramelized onions, balsamic 10.99

salads and soups

- creamy tomato soup 4.99
- daily soup 4.99

chef's daily salad: inquire within

- mixed greens: red flame grapes, candied walnuts, gorgonzola, balsamic vinaigrette 5.99
- spinach: avocado, egg, bacon, mozzarella, sundried tomato vinaigrette 9.99
- roasted beet: arugula, shaved fennel, goat cheese, bacon vinaigrette 8.99
- cobb: chicken breast, smoked bacon, tomato, egg, gorgonzola, fennel vinaigrette 9.99
- lemon chicken: romaine, caper berries, celery, lemon vinaigrette 8.99

add salmon 4.99 chicken 3.99 grilled steak 5.99

beverage

orange or grapefruit juice 2.99
coke, diet coke, sprite, dr. pepper, root beer, ginger ale 1.99
iced tea, lemonade 2.49
italian sodas (assorted flavors) 2.99
seasonal sodas 2.79
san pellegrino sparkling mineral water, acqua panna mineral water 2.49
coffee 1.99 pot of tea 3.49
espresso 2.99 cappucino latte 3.99 flavoring shot .49

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CONSUMER ADVISORY

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, PORK, POULTRY OR SHELLFISH REDUCE THE RISK OF FOODBORN ILLNESS. CONSULT YOUR PHYSICIAN OR PUBLIC HEALTH OFFICIAL FOR FURTHER INFORMATION