

trio

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starters

- rosemary flatbread: goat cheese, roasted peppers, caramelized onions, tomatoes 7.95
- trio flatbread: olive tapenade, basil pesto, white bean puree 7.50
- parmesan flatbread 2.95
- manila clams: basil, shaved garlic, tomatoes, white wine butter sauce 12.95
- antipasto: selection of local cheeses, italian meats 10.95
- assorted mediterranean olives 6.95

salads and soups

- creamy tomato soup 5.00
 - daily soup 5.00
 - mixed greens: red flame grapes, candied walnuts, gorgonzola, balsamic vinaigrette 5.95
 - pork: mixed greens, gorgonzola, seasonal fruit, candied pecans, maple sherry vinaigrette 12.95
 - roasted beets: arugula, shaved fennel, goat cheese, bacon vinaigrette 8.95
 - cobb: chicken breast, smoked bacon, tomato, egg, gorgonzola, fennel vinaigrette 9.95
 - panzanella: cucumbers, tomatoes, red onion, mozzarella, basil 8.95
 - caesar: romaine, creamy parmesan anchovy dressing, garlic croutons 7.95
 - blt: crispy bacon, romaine hearts, sliced tomato, gorgonzola dressing 8.95
 - lemon chicken: romaine, caper berries, celery, lemon vinaigrette 8.95
- add seared salmon 4.95 chicken 3.75 grilled steak 5.95

pizzas

- chicken: roasted garlic, caramelized onions, assorted mushrooms, fontina cheese 11.95
- cheese: romano, asiago, parmesan, mozzarella, fresh herbs, balsamic drizzle 10.95
- italian sausage: roasted peppers, caramelized onions, pepperoni 11.95
- blt: gorgonzola, arugula, bacon, tomato 10.95
- bbq chicken: trio bbq sauce, smoked mozzarella, roasted red onions 11.95

pasta

- trio meatball: spaghetti, tomato sauce 12.95
 - manila clams: linguine, tomatoes, zucchini, white wine, garlic, lemon, extra-virgin olive oil 13.95
 - pomodoro: spaghetti, plum tomatoes, mozzarella, basil, extra-virgin olive oil 11.95
 - carbonara: spaghetti, smoked bacon, green peas, roasted onions, asiago 11.95
 - three cheese ravioli: butternut squash, sage, asiago 12.95
 - mushroom alfredo: garganelli pasta, parmesan, pear tomatoes 14.95
 - sausage rigatoni: spicy colosimo italian sausage, ricotta 12.95
 - baked penne: mushrooms, prosciutto, oven roasted tomatoes, garlic cream sauce 12.95
 - cavatelli: broccoli, red peppers, olives, roasted garlic, pesto cream 12.95
- add seared salmon 4.95 chicken 3.75 grilled steak 5.95

more

- wood roasted natural chicken: olive oil crushed potatoes, spinach, rosemary jus 19.00
- pork tenderloin "picatta" : roasted potatoes, spinach, lemon caper sauce 18.00
- trio ny steak: smoked mashed potatoes, winter squash, chianti glaze 26.00
- seared scallops: carrot risotto, caramelized cauliflower, italian parsley sauce 25.00
- wild salmon "ala planka": tri color orzo, fennel, arugula, scampi vinaigrette 23.00

beverages

- coke, diet coke, sprite, dr. pepper, root beer, ginger ale 1.99
- iced tea, lemonade 2.50
- italian sodas (assorted flavors) 2.75
- izze all natural sodas 2.75
- san pellegrino, acqua panna mineral water 2.50 voss sparkling or still 3.50
- coffee 1.99 pot of tea 3.50
- espresso 3.00 cappuccino, latte 3.95 flavoring shot .50