

trio

starters

- rosemary flatbread: goat cheese, roasted peppers, caramelized onions, tomatoes 8.29
- trio flatbread: olive tapenade, basil pesto, white bean puree 7.99
- parmesan flatbread 3.19
- antipasto: artisan cured meats, trio olives, local and italian cheeses 11.49
- assorted mediterranean olives 5.99

eggs and such

- pancakes of the moment: inquire within
 - 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
 - vegetarian omelette: portobello, roasted red peppers, basil, goat cheese 10.99
 - 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
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- side of bacon, ham or sausage 2.99
 - cup of seasonal fruit 3.99

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, caramelized onions 11.99

paninis

- niman ranch ham: prima donna, apricot mostarda, ciabatta 9.99
- brunch panini: eggs, fontina, prosciutto, caramelized onions 8.99
- vegetarian: fire roasted peppers, portobello, mozzarella, grilled zucchini, basil aioli, foccacia 8.99

sandwiches

- trio club: chicken breast, smoked bacon, lettuce, tomato, fontina, pesto aioli, foccacia 9.99
- b.l.t.: crispy bacon, romaine leaves, sliced tomato, parmesan aioli, ciabatta 8.49
- steak: cambozola cheese, arugula, caramelized onions, balsamic, ciabatta 11.99

salads and soups

- creamy tomato soup 4.99
- daily soup 4.99
- chef's daily salad: inquire within
- panzanella: house made croutons, fennel, cucumber, mozzarella, tomatoes, red onion, balsamic vinaigrette 9.99
- mixed greens: red flame grapes, candied walnuts, gorgonzola, balsamic vinaigrette 5.99
- spinach: avocado, egg, bacon, mozzarella, sun-dried tomato vinaigrette 10.99
- 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, apple or cranberry juice 2.99
coke, diet coke, sprite, dr. pepper, root beer, ginger ale 2.29
iced tea, lemonade 2.49
italian sodas (assorted flavors) 2.99
seasonal sodas 2.79
san pellegrino sparkling mineral water, acqua panna mineral water 2.99
coffee 1.99 pot of tea 3.49
espresso 2.99 cappucino latte 3.99 flavor 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