

COMFORT 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

- ● **Onion Soup** 6.95
Slow roasted caramelized onions simmered in a rich broth, au gratin
- ● **Flash Calamari with Asian Dipping Sauce** 10.95
- ● **Fresh Cut Basket of Frites with North Atlantic Lobster** 13.95
"Poutine" Tarragon hollandaise, Brie & chives

Summer Salads

- ● **Tuscan Caesar Salad** 10.95
Italian soppressata crackling, parmesan, in a creamy toasted garlic-caper Caesar dressing
- ● **Chopped Salad with Garden Vegetables & Organic Endives** 10.95
"All Chopped" Sunburst tomatoes, vegetables, pancetta, tossed with vinaigrette
- ● **Three Loaded Deli Meats Salad with Citrus-Herb Dressing** 10.95
Garden vegetables, olives, pickles, smoked turkey, Virginia ham, pastrami, Cheddar
- ● **Warm Seafood Salad** 15.95
Lobster, shrimp, scallops, calamari with greens, crispy carrots & leeks

Burgers, Sandwiches & Open Faced Flatbread Sandwiches

- ● **Montreal Smoked Meat Open Faced Flatbread Sandwich** 13.95
Cheeses, sauerkraut, stone mustard aioli, shaved lettuce, caraway butter
- ● **The Taco Open Faced Flatbread Sandwich** 13.95
Seasoned prime chuck, 3 cheeses, avocado salsa, shaved lettuce, ancho-chilpotle creama
- ● **Roasted Mushroom, Asparagus & Peppers Grilled Panini Wrap** 13.95
Toasted garlic mayo, melting gouda, summer herb puree & chopped summer salad
- ● **The Canadian Club on Herb Wheat Bread** 13.95
Grilled chicken with bacon, tomato, butter lettuce, lemon-toasted garlic mayo & fresh cut fries
- ● **Cajun Marinated New York Strip Steak Sandwich** 14.95
Wildflower honey marinated mushrooms, onions, grilled Panini, gouda, tomato & fresh cut fries
- ● **The Novo Burger** 13.95
Prime chuck burger, Balderson cheddar, bacon, dill pickle, tomato, onion, leaf lettuce & fresh cut fries

Add on a Side Chopped or Caesar Salad \$2.99

Taxes and gratuities are not included.
Gratuities applied on groups of eight or more.

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. \$10.50 per selection

- ● **Goat Cheese**
Macadamia nut crusted goat cheese & brie truffle, rocket, fig jam
- ● **Scallop**
Chorizo sausage, whipped tuna stuffed olives, Chimichurri sauce
- ● **Lamb**
T-Bone chop, curried pulled lamb & pea samosas, mint-cucumber crème fraiche, golden raisins
- ● **Lobster**
Spoons of fresh North Atlantic lobster risotto, summer peas, lobster bisque, snipped chervil
- ● **Prosciutto**
Parmesan tuille, Heirloom tomato, micro basil, fine olive oil
- ● **Shrimp**
Ancho pepper marinade, corn fries, peach chutney, Lemongrass essence

Ménage à trois

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

13.50 per creation

Additions to any Dish

Fries-Seasonal Vegetables- Forest Mushrooms-Daily Risotto
4.95 per selection

- ● **Classic Steak Frites** 10 oz. 24.95 14 oz. 32.95
Centre cut "Certified Angus Beef" N.Y. Striploin, fries, sauce Bordelaise
- ● **Brick Pressed Organic Chicken** 19.95
Pesto brushed and Piri-Piri sauce
- ● **Pan Seared Atlantic Salmon** 21.95
Fresh Soba noodle salad, grilled asparagus, crispy carrots & leeks, Chimichurri sauce
- ● **Homemade Curried Chicken & Shrimp** 18.95
Stir fry vegetables, Biryani pilaf, cilantro seedlings & toasted sesame

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