

# TriosDay

## Seasonal • Local • Sustainable

### starters

<b>Lake Bromme Duck Rilette</b>	<b>15</b>
Warm rosemary foccacia, cranberry chutney	
<b>Pulled Short Rib Poutine</b> GF	<b>16</b>
House cut russet fries, Pine River cheese curd, pan gravy	
<b>Grilled Octopus Salad</b> GF	<b>17</b>
Fingerling potato, kalamata, charred tomato & almond drizzle, EVOO	
<b>Smoked Chicken Flatbread</b>	<b>15</b>
Herb & garlic boursin spread, honey crisp apple, chermoula sauce	
<b>Caesar Spiced Crispy Cauliflower</b> GF	<b>13</b>
Cholula buffalo sauce, Quebec bleu cheese dip	
<b>Trios Greens</b> GF/V	<b>12</b>
Kale & arugula blend, radicchio, shaved cauliflower, cranberry, candied pecan, sherry vinaigrette	
<b>White Bean &amp; Yukon potato Soup</b> GF/V	<b>9</b>

### bowls & pans

<b>Market Fish</b>	<b>34</b>
Chefs selection, seasonal	
<b>Butternut Squash Bauletti Carbonara</b>	<b>24</b>
Side bacon, blistered tomato, spinach, shaved parmesan	
<b>Flat Iron Steak Salad</b>	<b>26</b>
Farro & greens blend, hard boiled egg, fennel, fingerling, roasted shallot vinaigrette	
<b>Lemon Thyme Grilled Chicken</b>	<b>25</b>
Whole grain bulgar wheat, candied lemon broccolini, baby beets, spicy cashew, thyme scented yogurt	
<b>Kale &amp; Romaine Grilled Chicken Salad</b> GF	<b>23</b>
Romaine kale blend, crispy lentil, anchovy garlic dressing, Shaved parmesan	
<b>Power Greens &amp; Grilled Salmon</b> GF	<b>24½</b>
Vitamin packed lettuce blend, quinoa, grilled fennel, caramelized pear, toasted walnut, apple ginger vinaigrette	
<b>Macro Bowl</b>	
Jasmine rice, edamame & black bean salad, broccolini, super seed crunch, pickled ginger, avocado aioli	
<b>Vegan Crispy Chili Tofu</b>	<b>22</b>
<b>4oz Grilled Salmon</b>	<b>24½</b>

### buns

<b>Crispy Pork Grilled Cheese</b>	<b>18</b>	<b>Trios BBQ Spice Grilled Chicken Sandwich</b>	<b>19</b>
St Paulin cheese, thick cut rye, crispy pork belly, arugula, vine ripe tomato, catsup		Purple cabbage slaw, Havarti, 12 grain ciabatta	
<b>Bistro Beef Burger</b>	<b>19</b>	<b>*Grilled portabello available as vegetarian option*</b>	<b>17</b>
Cheddar, bacon, crispy onion straws, BBQ mayo, olt		<b>Atlantic Salmon Burger</b>	<b>19</b>
		Caper & dill yogurt, cucumber & fennel	

## TriosBar

White	Red	Ontario Craft Beer	Cocktails
<b>Chardonnay</b> Jackson Triggs, CAN	<b>13 Merlot</b> Jackson Triggs, CAN	<b>9</b> Cowbell Absent Landlord Kolsch	GLB Red Leaf Lager
<b>Chardonnay</b> Ravenswood, US	<b>15 Cotes du Rhones</b> Dom. St. Michel, FR	<b>15</b> No.99 Rye Lager by Wayne Gretzky	GLB Octopus Wants to Fight IPA
<b>Pinot grigio</b> Ruffino, IT	<b>14 Chianti</b> Ruffino, IT	<b>15</b> Cowbell Doc Perdue's Bobcat Red Ale	Steam Whistle Pilsner
<b>Sauvignon blanc</b> Nobilo, NZ	<b>17 Pinot noir</b> Mark west, US	<b>15</b> Hendersons Inspiration Point Brew	Flying Monkey Antigravity Lager
<b>Riesling</b> Henry of Pelham, CAN	<b>14 Malbec</b> La Linda, AR		
<b>TRIOS BISTRO</b> TORONTO	<b>Shiraz</b> Six Rows, AU		
	<b>Cabernet Sauv</b> Tom Gore, CA		
		<b>15</b> Canadian Whisky, Angostura Bitters & Maple Syrup	
		<b>14</b> Canadian Whisky, Ginger Puree, Lemonade & Soda Water	
		<b>14</b> Apple Cider Margarita	
		<b>14</b> Cider Mimosa	

Executive Chef **Abraham Garcia** | Restaurant Chef **Matthew Parker**