For your safety, please inform your server of any food allergies, sensitivities or special dietary needs { i.e vegetarian, celiac, etc...}

We will do our best to accommodate.

## Gluten Free Menu available upon resquest.



#### Bruschetta

9

Grilled baguette slices brushed with herb infused olive oil, topped with diced tomatoes, bell peppers, fresh basil & parmesan, served with homemade spinach & artichoke dip

#### Mussels

11

One dozen mussels, sautéed in extra virgin olive oil, white wine, garlic & lemon butter with diced tomatoes & green onions

#### Fresh Fruit Plate

8

Assortment of seasonal fruit

# Sundried Tomato Feta Dip

9

Creamy purée of sundried tomatoes & feta cheese, served with roasted garlic pizza & fresh basil

# Wood Fired Wings

10

Marinated chicken wings drenched in our sweet & spicy BBQ sauce, baked in our wood fired oven & topped with green onions, served with celery strips & your choice of ranch or bleu cheese dressing



### Soup of the Day

4/5

Made fresh daily

### Tomato Basil

415

Creamy tomato topped with fresh basil & parmesan

### Lobster Bisque

7/9

Sherry wine, cream, lobster, crawfish & shrimp





#### Trio House

6/9

Spring mix, carrots, tomatoes, bleu cheese crumbles, candied pecans, grapes & balsamic vinaigrette

#### Mediterranean

6/9

Spring mix, carrots, tomatoes, feta, kalamata olives, onions, capers & red wine vinaigrette

#### Caesar

5/8

Crisp romaine lettuce tossed in our Caesar dressing, topped with garlic croutons, parmesan & cherry tomatoes

## Fresh Spinach

619

Served with a side of hot bacon dressing, topped with bacon, chopped hard boiled egg & parmesan

### Tropical Salmon

15

6 oz grilled salmon fillet over spring mix with carrots, tomatoes, bleu cheese crumbles, mandarin oranges, dried cranberries, candied pecans & tangerine balsamic vinaigrette

#### Dinner

5

Spring mix, carrots & tomatoes with your choice of dressing

### Grilled Chicken

11

Spring mix, carrots, tomatoes, marinated chicken breast & parmesan with honey mustard

#### Asian

Chicken 10 / Shrimp 12

Spring mix, carrots, tomatoes & onions topped with linguini pasta, served with sesame ginger vinaigrette

### Cobb

12

Grilled or fried chicken breast over spring mix with carrots, tomatoes, corn, chopped hard boiled egg, bacon, cheddar & your choice of dressing

### Buffalo Chicken Salad

12

Fried chicken tossed in buffalo sauce with blue cheese and tortilla chips, served on romaine

### Dressings

Balsamic Vinaigrette, Bleu Cheese, Caesar, Fat Free Raspberry Vinaigrette, Honey Mustard, Hot Bacon, Ranch, Red Wine Vinaigrette, Sesame Ginger Vinaigrette, Tangerine Balsamic Vinaigrette, 1000 Island

• Add Grilled Chicken / 6 • Grilled Shrimp / 6 • Rotisserie Spiced Chicken / 4 • Grilled Salmon / 8 •





• Substitute Wheat Spaghetti / 2 • Substitute Gluten Free Penne / 3 •

#### Tomato Herb

10

Angel hair pasta tossed in our homemade marinara sauce & topped with fresh parmesan

#### Fettuccini Alfredo

11

Fettuccini pasta tossed in our homemade parmesan cream sauce & topped with fresh parmesan [not vegetarian]

### Chicken Marinara

14

Angel hair pasta tossed in our homemade marinara sauce with rotisserie spiced chicken, fresh zucchini, yellow squash & black olives, topped with fresh parmesan

### Roma & Sundried with Basil Pesto

14

Angel hair pasta tossed in our homemade basil pesto with fresh roma & sundried tomatoes, spinach, mushrooms, garlic & basil, topped with fresh parmesan *{contains nuts}* 

### Crawfish & Rotini

18

Rotinini pasta tossed in our crawfish cream sauce with crawfish tails, spicy ham, bell peppers& broccoli, topped with fresh parmesan

### **Baked Smoked Salmon & Bowties**

20

Bowtie pasta tossed in a white wine nutmeg dill cream sauce with smoked salmon, fresh peas, red onions & capers, baked with brie cheese & topped with green onions

#### Seafood Trio

19

Angel hair pasta tossed in either our homemade marinara sauce or our chardonnay cream reduction with shrimp, scallops, mussels, mushrooms, diced tomatoes, green onions & garlic, topped with fresh parmesan

# Spicy Shrimp & Scallops

18

Linguini pasta tossed in a spicy white wine cream sauce with shrimp, scallops, garlic, red onions & mushrooms, topped with fresh parmesan

### Blackened Carbonara

17

Penne pasta tossed in parmesan cream sauce with bacon & spinach, topped with your choice of blackened grilled chicken or shrimp, along with green onions, diced tomatoes & fresh parmesan

# Shrimp & Roasted Red Pepper Pesto

18

Angel hair pasta tossed in our roasted red pepper pesto with sautéed shrimp, sundried tomatoes & bell peppers, topped with fresh parmesan [contains nuts]

# Baked Linguini with Meatballs

15

Linguini pasta tossed in our homemade marinara sauce with homemade meatballs & baked with mozzarella

### Penne Goat

17

Penne pasta tossed in herb infused olive oil with spinach, mushrooms, sundried tomatoes, kalamata olives & pine nuts, baked with fresh goat cheese {contains nuts}

• Add Grilled Chicken | 6 • Shrimp | 6 • Rotisserie Spiced Chicken | 4 • Grilled Salmon | 8 •





• Substitute Wheat Dough / 2 • Substitute Gluten Free Dough / 3 •

### Traditional Cheese

10

Roma tomato sauce, mozzarella, cheddar, Monterey Jack & feta

### Margherita

10

Herb infused olive oil, roasted garlic, mozzarella, parmesan, oregano, sliced roma tomatoes & fresh basil

### Southwestern

14

Your choice of beef or chicken with Monterey Jack, cheddar, black beans, corn, onions, cilantro, tomatoes & jalapenos, topped with sour cream

#### Portabello

14

Herb infused olive oil, spinach, sliced portabello mushrooms, diced tomatoes, feta & parmesan

#### Goat Cheese

15

Basil pesto, goat cheese, tri colored peppers, onions, mushrooms, kalamata olives, sundried tomatoes & capers {contains nuts}

### B.L.T.

12

Herb infused olive oil, mozzarella, cheddar, diced tomatoes & bacon, topped with fresh iceberg lettuce tossed in ranch dressing

### Buffalo

14

Your choice of fried shrimp or chicken tossed in spicy buffalo sauce, with bleu cheese dressing, Monterey Jack & cheddar, topped with green & red onions

# Sausage & Pepperoni

12

Roma tomato sauce, mozzarella, cheddar, sweet fennel sausage & pepperoni

### BBQ Chicken

12

Barbecue sauce, Monterey Jack, rotisserie spiced chicken, corn, red & green onions

# Wing Pie

13

Sweet & spicy BBQ wing sauce, bleu cheese dressing, cheddar, Monterey Jack, rotisserie spiced chicken, red & green onions

## Cheeseburger Pizza

12

Roma tomato sauce, cheddar, mozzarella, seasoned ground beef & red onions, topped with iceberg lettuce tossed in mayonnaise & diced tomatoes

# Spinach & Artichoke

12

Herb infused olive oil, fresh spinach, artichoke hearts, diced tomatoes, mozzarella & parmesan

#### Roasted Chicken

13

Basil pesto, mozzarella, rotisserie spiced chicken, sundried tomatoes & mushrooms {contains nuts}

#### Hawaiian

13

Roma tomato sauce, ham, pineapple, mozzarella & cheddar

• Add Grilled Chicken | 6 • Grilled Shrimp | 6 • Rotisserie Spiced Chicken | 4 • Grilled Salmon | 8 •





• Substitute Wheat Dough 12 •

# Quattro Formaggio

10

Mozzarella, feta, Monterey Jack & cheddar

## Sausage, Peppers & Onions

10

Sweet fennel sausage, sautéed peppers, onions & mushrooms with goat cheese

### Ham Florentine

10

Grilled ham, fresh spinach, ricotta, basil pesto, diced roma tomatoes & mozzarella fcotains nuts}

## Chicken, Broccoli & Cheddar

10

Rotisserie spiced chicken, fresh broccoli & cheddar

## Pepperoni Mozzarella

10

Sliced pepperoni with mozzarella, Monterey Jack, feta & cheddar



### Smothered Rotisserie Chicken

14

Half chicken seasoned with fresh herbs, slowly roasted & smothered with sautéed peppers, onions, mushrooms & melted provolone, served with our roasted Yukon Gold house potatoes [limited supply]

# Vegetarian Lasagna

14

Layers of spinach, yellow squash, zucchini, eggplant, mushrooms, fire roasted tomatoes, onions, ricotta, feta, parmesan & marinara sauce, served with a grilled crostini

### Spinach & Portabello Ravioli

15

Served over our bleu cheese & sage cream sauce, baked with diced tomatoes, green onions & mozzarella cheese

### Southwestern Ravioli

16

Stuffed with black beans, corn, onions & jalapenos, served over marinara, topped with jalapeno cream sauce, baked with tri colored peppers & pepperjack cheese, finished with spicy chili paste

### Chicken Parmigiana

16

Breaded chicken breast wood fired with marinara & mozzarella, served with a side of angel hair pasta topped with marinara & parmesan

### Meat Lasagna

15

Oven roasted beef, ricotta, parmesan, mozzarella & marinara sauce, served with a grilled crostini

# Eggplant Parmigiana

15

Lightly breaded & seasoned eggplant, wood fired with ricotta, mozzarella, cream sauce & marinara, served with a side of angel hair pasta topped with marinara & parmesan {vegetarian upon request}

### Lobster Ravioli

17

Lobster stuffed ravioli over a spicy cream sauce, topped with pepper jack cheese & tri colored peppers





# • Served daily until 2:30 p.m. •

- Served with your choice of Pasta Salad, Sweet Potato Fries or Soup
  - Substitute Lobster Bisque, Macaroni & Cheese or Fruit / 2 •

# Croissants

# Pepper Jack B.L.T.

9

Melted pepper jack over bacon with lettuce & tomato

# Turkey Asparagus Melt

10

Fresh blanched asparagus spears wrapped in smoked turkey breast & topped with melted Swiss, 1000 Island dressing & alfalfa sprouts

# Basil Chicken Salad

9.5

Chicken, fresh basil & celery, topped with alfalfa sprouts & toasted almonds {contains nuts}

#### Tuna Melt

9.5

Freshly made tuna salad, melted Swiss, lettuce & tomato

# Wraps

• Substitute Croissant or Whole Wheat Wrap / 1•

# Club Wrap

9

Ham, turkey, bacon, Swiss, cheddar, tomatoes, ranch dressing & spring mix wrapped in a sundried tomato tortilla

#### Chicken Club

9

Marinated grilled chicken breast, bacon, Swiss, cheddar, lettuce & tomato with honey mustard & BBQ sauce in a flour tortilla

#### Buffalo Chicken

10

Buffalo style breaded chicken breast, lettuce, tomato, Swiss cheese & bleu cheese dressing in a flour tortilla

# Portabello & Roasted Red Pepper

9.5

Grilled marinated portabello mushroom with roasted red pepper, feta, spring mix & wasabi mayonnaise wrapped in a sundried tomato tortilla

### California Chicken

10

Grilled chicken breast, spring mix, bleu cheese crumbles, candied pecans, red grapes & fat free raspberry vinaigrette wrapped in a sundried tomato tortilla *[contains nuts]* 

## Fajita Wrap

9.5

Rotisserie spiced chicken, black beans, jalapenos, onions, corn, tomatoes & tri colored peppers with cheddar & sour cream in a flour tortilla

## Philly Cheesesteak

10

Shaved sirloin strips, tri colored peppers, onions, mushroom, banana peppers & pepper jack cheese sautéed & wrapped in a flour tortilla





Made fresh daily by our in-house baker, Monica

#### Cheesecake

7

Cream cheesecake, cookie crust, strawberry topping

### Reese's Pie

8

Reese's peanut butter pie topped with whipped cream, crumbled Reese's Cups & chocolate syrup

#### Bananas Trio

8

Vanilla ice cream, banana slices, rum, banana liquer, candied pecans & shaved coconut topped with whipped cream & chocolate syrup

#### Tiramisu

7

Layered lady fingers in espresso, mascarpone cheese & dark chocolate topped with whipped cream & chocolate syrup

### Crème Brûlée

6

Baked custard topped with carmelized sugar

### Chocolate Lava Cake

8

Chocolate filled chocolate cake & vanilla ice cream with whipped cream & chocolate syrup

### Toll House Cookie

8

Freshly baked to order, served with vanilla ice cream, topped with whipped cream & chocolate syrup { Pleases allow 15 minutes for preparation }

• Gluten Free Dessert available upon request •



