

# DINNER MENU

## SALADS

*Ask Your Server About Our Soup of the Day!*

### Harvest Quinoa Bowl 18

roasted butternut squash, roasted brussels sprouts, pickled red onion, quinoa, pepitas, dried cranberries, goat cheese, chickpeas and maple vinaigrette over greens (Veg, GF, DF w/o cheese)

### Spinach and Pear Salad 16

sliced pears, pepitas, and manchego cheese, over fresh spinach and arugula, with a maple vinaigrette (Veg, GF, DF w/o cheese)

### Caribbean Jerk Shrimp Salad 18

grilled shrimp with house jerk sauce, roasted corn, pickled shishito peppers, crumbled goat cheese, wasabi soy peanuts and a honey-lime vinaigrette on romaine (P, DF w/o cheese, AGF)

**Add grilled chicken 9, grilled shrimp (6) 9, crab cake 12, crab cake (GF) 12, scallops (3) 15**

## SMALL PLATES

### Caramelized Onion Dip 10

a signature TRiO classic! Our onion dip is made with caramelized onions and a kick of heat, served with chips (Veg, GF) *avail in market*

### Roasted Cauliflower 10

topped with Barber's cheddar, served with chimichurri (Veg, GF, DF/V w/o cheese)

### Whipped Goat Cheese & Fig Jam 16 (dine-in only)

baked until bubbly and topped with microgreens, served with two warm baguettes (Veg, AGF) *avail in market*

### Smoky Garlic Shrimp 15

shrimp sautéed in a tomato and roasted garlic paprika butter sauce, served with a warm baguette (P, AGF)

## LARGE PLATES

### French Dip 20

thinly sliced London broil, provolone, and TRiO caramelized onion dip on demi baguette, served with au jus; choice of chips or side Caesar salad (DF w/o cheese)  
*sub a cup of soup 5 (seafood based 7), sub Mac-n-Cheese 9 • add caramelized onion dip 5*

### Smash Burger of the Day 20

*ask your server for today's selection, comes with choice of chips or side Caesar salad*  
*sub a cup of soup 5 (seafood based 7), sub Mac-n-Cheese 9 • add caramelized onion dip 5*

### Blackened Chicken Pasta 26

cavatappi with sauteed onions, red peppers, and mushrooms in a savory cream sauce topped with blackened chicken breast and Grana Padano cheese  
*sub scallops 10, crab cake 6, shrimp 4*

### Carolina Shrimp & Grits 28

wild caught shrimp in our Cava cream sauce with mushrooms over roasted corn and smoky cheddar NC grits (P)

### Braised Short Ribs 38

served with Yukon gold skin-on mashed potatoes, pan sauce and today's fresh vegetable (DF)

### TRiO Signature Crab Cake Dinner 36

two crabcakes with mashed potatoes, edamame succotash and house remoulade (P, DF) GF crab cakes available upon request.

### Seared Local Scallops 36

served with crispy-seared, cheesy polenta cakes, grilled squash and zucchini and romesco sauce (GF, P)

### Seafood Risotto 36

blue crab risotto topped with seared local scallops, grilled shrimp and roasted butternut squash, with brown butter sauce (P)

*add a side Caesar salad 6*  
*(available only on large plates)*

## KIDS

*(CHILDREN 12 & UNDER ONLY)*

*all items come with choice of chips, fresh veggies or fruit*

**Grilled Cheese Panini (Veg) 8 | Turkey & Cheddar Panini 8**

**Buttered Pasta with Parmigiano (Veg) 7 | Kid's Pizza Flatbread (Veg) 8**

*Gluten Free Menu Available Upon Request*

*Route 11 chips are processed with sunflower and peanut oil.*

**Veg=Vegetarian, V=Vegan, GF=Gluten Free, AGF=Available GF, DF=Dairy Free, P=Pescatarian**

*\*Items are served raw or undercooked, or contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

**Join us for Brunch from 11am-3pm on Saturday and Sunday**

*Love your food? Send a round of beers to the kitchen \$12.*

## SALADS

*Ask Your Server About Our Soup of the Day!*

### TRiO Caesar 11

crisp romaine tossed with house lemon-mascarpone Caesar dressing, freshly grated Grana Padano and garlic croutons (Veg, AGF) half size 8

### Harvest Quinoa Bowl 18

roasted butternut squash, roasted brussels sprouts, pickled red onion, quinoa, pepitas, dried cranberries, goat cheese, chickpeas and maple vinaigrette over greens (Veg, GF, DF w/o cheese)

### Spinach and Pear Salad 16

sliced pears, pepitas and manchego cheese over spinach and arugula, with a maple vinaigrette (GF, Veg)

### Caribbean Jerk Shrimp Salad 18

grilled shrimp with house jerk sauce, roasted corn, pickled shishito peppers, crumbled goat cheese, wasabi soy peanuts and a honey-lime vinaigrette on romaine (P, DF w/o cheese, AGF)

*Add grilled chicken 9, grilled shrimp (6) 9, crab cake 12, crab cake (GF) 12*

## SMALL PLATES

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a signature TRiO classic! Our onion dip is made with caramelized onions and a kick of heat, served with chips (Veg, GF) avail in market

### Roasted Cauliflower 10

topped with Barber's cheddar, served with chimichurri (Veg, GF, DF/V w/o cheese)

### TRiO Mac-n-Cheese 14

our four-cheese artisan blend mixed with cavatappi, topped with potato chip crumble, then baked (Veg)

### Whipped Goat Cheese & Fig Jam 16 (dine-in only)

baked until bubbly and topped with microgreens, served with two warm baguettes (Veg, AGF) avail in market

### Smoked Salmon Toast 13

on harvest grain bread with herbed goat cheese, cucumber, and radish sub gluten free toast +2 (P, DF w/o cheese)

### Smoky Garlic Shrimp 15

shrimp sautéed in a tomato and roasted garlic paprika butter sauce, served with a warm baguette (P, AGF)

## HANDHELDS

### House Grilled Cheese Panini 14

our artisan cheese blend and a drizzle of truffle oil (Veg)

### Wild Mushroom Panini 14

sauteed wild mushrooms, caramelized onions, goat cheese and romesco sauce, on focaccia bread (Veg)

### Brie & Prosciutto Panini 15

thinly sliced prosciutto and Belletoile brie with house rosemary fig spread

### Turkey, Apple, and Cheddar Panini 17

with Barber's 1833 cheddar, sliced granny smith apple, bacon and house made cranberry chutney

### TRiO Signature Crab Cake Sandwich 20

crisp lettuce, sliced tomato and remoulade on a brioche bun (P)

### French Dip 20

thinly sliced London broil, provolone and TRiO's caramelized onion dip on demi baguette, served with au jus (DF w/o cheese)

### Smash Burger of the Day 20

ask your server for today's selection

**all handhelds include your choice of Route 11 chips or Caesar salad**

*sub a cup of soup 5 (seafood based 7)*

*sub Mac-n-Cheese 9 • add caramelized onion dip 5*

*handhelds are not available Gluten Free*

*Route 11 chips are processed with sunflower and peanut oil.*

## LARGE PLATES

### Blackened Chicken Pasta 26

cavatappi with sauteed onions, red peppers and mushrooms in a savory cream sauce topped with blackened chicken breast and Grana Padano cheese

*sub scallops (3) 10, crab cake 6, shrimp (6) 4*

### Seafood Risotto 36

blue crab risotto topped with seared local scallops, grilled shrimp and roasted butternut squash, with a brown butter sauce (P, GF)

### Carolina Shrimp & Grits 28

wild caught shrimp in our Cava cream sauce with mushrooms over roasted corn and smoky cheddar NC grits (P)

### Braised Short Ribs 38

served with Yukon gold skin-on mashed potatoes, pan sauce and today's fresh vegetable (DF)

### TRiO Signature Crab Cakes 36

two crabcakes with mashed potatoes, edamame succotash and house remoulade (P, DF) GF crab cakes available upon request.

### Seared Local Scallops 36

served with crispy-seared, cheesy polenta cakes, grilled squash and zucchini, and romesco sauce (P)

*add a side Caesar salad 6  
(available only on large plates)*

## KIDS

*(Children 12 & Under Only)*

*all items come with choice of chips, fresh veggies or fruit*

### Grilled Cheese Panini (Veg) 8

### Turkey & Cheddar Panini 8

### Buttered Pasta with Parmigiano (Veg) 7

### Kid's Pizza Flatbread (Veg) 8

## BRUNCH

*Served 11am-3pm Saturday & Sunday*

### Brioche French Toast 15

house orange syrup and whipped cream, fresh fruit, breakfast potatoes (Veg)

### Ricotta Toast 14

grilled sourdough with ricotta cheese, sauteed wild mushrooms and arugula, topped with a fried egg\*, aged balsamic (Veg, DF)

### NC Grit Bowl 16

roasted corn and smoky cheddar NC grits, local seasonal veggies, topped with a fried egg\* (Veg)

### TRiO Benedict 18

prosciutto, balsamic roasted tomatoes and a fried egg\* topped with mornay cheese sauce on an English muffin served with fresh fruit and breakfast potatoes

### Crab Cake Benedict 24

TRiO signature crab cake on an English muffin with a fried egg\*, applewood bacon and balsamic tomatoes topped with mornay cheese sauce, served with fresh fruit and breakfast potatoes

*add bacon 4, (2) Eggs 4, potatoes 4, fruit cup 4, grits 4*

*Gluten Free Menu Available Upon Request*

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**AGF=Available GF, DF=Dairy Free, P=Pescatarian**

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## SPARKLING BY THE GLASS

**Bisol "Jeio"** Prosecco DOC, Italy 10/48  
**Saint Hilaire** Brut, France 11/52  
**Bailly-Lapierre** Cremant Rosé, Burgundy, France 12/56

## WHITE BY THE GLASS

**Ecaana** Pinot Grigio, Delle Venezie, Italy '23 7/11/35  
**Today's Adventurous White** ~ask server 9/15/45  
**Frenzy** Sauvignon Blanc, New Zealand '23 10/16/48  
**Peter Mertes** Riesling, Germany '23 7/11/35  
**Moulin de Gassac** Chardonnay, France '23 (unoaked) 8/13/40  
**Fess Parker** Chardonnay, Santa Barbara '23 11/18/52  
**Marco Bonfante** Arneis, Piemonte, Italy '22 10/16/48  
**Zacharias** Assyrtiko, Peloponnese, Greece '23 10/16/48  
Asian pear, sea smoke, ginger  
**Bow & Arrow** "Time Machine" NV, Oregon (natural) (C) 13/21/60  
Chenin/Chardonnay blend...flinty with Asian pear, lemon  
**Field Recordings** "Skins", Calif. '23 (orange/natural) (C) 12/19/55  
Chenin/Pinot Gris blend...apricot, orange peel, marzipan

## ROSÉ BY THE GLASS

**Today's French Rosé** ~ask server 8/13/40  
**Today's Adventurous Rosé** ~ask server 8/13/40  
**Left Coast** White Pinot Noir, Oregon '22 15/24/70

## SPARKLING BOTTLES

**SPARKLING**  
**Mumm Napa** Brut, California 55

**CHAMPAGNE**  
**Andre Clouet** Brut 75  
**Pol Roger** Brut 110  
**Laurent-Perrier** Brut "La Cuvee" 105  
**Savart** "l'Accomplie" 1er Cru Extra Brut (dgt 09/19) 150  
**Pierre Peters** "Chetillon" Brut Blanc de Blanc '14 275  
**Krug Grand Cuvee** "171st Edition" Brut 325  
**Veuve Cliquot** Brut Rosé '15 175  
**Billecart-Salmon** Brut Rosé 175

## WHITE BOTTLES

**CHARDONNAY**  
**Catena Alta**, Mendoza '20 75  
**Cakebread**, Napa '22 95  
**Rochioli**, Russian River '19 95  
**Dumol** "Chloe", Russian River '21 125  
**Kistler** Les Noisetiers, Sonoma Coast '22 145  
**Peter Michael** "La Carriere", Russian River '19 165  
**Aubert** "Larry Hyde", Sonoma Coast '20 175  
**J Emonin** Mersault "Narvaux" '18 125  
**E Sauzet** Puligny-Montrachet "La Garenne" '17 165  
**Dujac** Morey-St-Denis 1er Cru Luisants '15 175  
**Dom Fevre** Chablis '21 85  
**L Moreau** Chablis Grand Cru Les Clos '17 150

**SAUVIGNON BLANC**  
**Franck Millet** Sancerre, France '23 65  
**Hourglass**, Napa '22 75  
**Merry Edwards**, Russian River '22 105  
**Peter Michael** "Apres Midi", Knights Valley '19 125

**CHENIN BLANC**  
**Huet** "Le Haut Lieu" Sec, Vouvray '22 80  
**Huet** "Le Haut Lieu" Demi-Sec, Vouvray '16 85

**RHONE**  
**Pierre Le Grand** Crozes-Hermitage Blanc '20 60  
**Clos St. Jean** Chateauneuf du Pape Blanc '17 95  
**Chave Selection** Hermitage Blanche '15 125

**RIESLING**  
**Monchhof**, Mosel '21 55  
**Keller** Kabinett "Limestone", Rheinhessen '21 125  
**Donnhoff** Oberhauser Brucke Spatlese, Nahe '15 85  
**Prager** Wachstum Bodenstein Smaragd, Wachau '21 150  
**Marc Tempe** Mambourg Grand Cru, Alsace '18 145

**OTHER WHITES**  
**Marcel Deiss** "Alsace Complantation" '21 65  
**Guigal** "La Dorianne", Condrieu '18 195  
**Cristom** Viognier, Willamette '21 65  
**Prager** Gruner V. Wach. Bod. Smaragd, Wachau '21 150  
**Sanctuary** Albarino/Viognier "The Pearl", Currituck '23 75  
**Musar** Blanc, Bekaa Valley '12 100  
**CUNE** Monopole Clasico "Blanco Seco", Rioja '16 60  
**Lopez de Heredia** Tondonia Rioja Blanco Reserva '08 115

## ROSÉ BOTTLES

**Ott** "Chateau du Selle", Provence '21 85

## RED BY THE GLASS

**Backhouse** Pinot Noir, California '22 8/13/40  
**Four Graces** Pinot Noir, Willamette, Oregon '22 16/26/72  
**Zuccardi** Malbec "Serie A", Argentina '23 9/15/45  
**Today's Adventurous** Red ~ask server 9/15/45  
**Today's** Cotes du Rhone ~ask server 10/16/48  
**Honoro Vera** Organic Monastrell, Spain '21 8/13/40  
**Massa** "Monleale" Barbera, Italy (natural) '15 (C) 18/29/84  
plum, leather, spice...stunning!  
**Volpaia** "Citto" (Cab/Sangiovese) Tuscan, Italy '22 12/19/54  
**Grayson** Cabernet, California '22 8/13/40  
**Austin** Cabernet NV #22, Paso Robles 12/19/54  
**Quilt** Cabernet, Napa '22 16/26/72  
**Caymus** Cabernet, Napa '22 (C) 30/48/135  
**Lapis Luna** Zinfandel, California '21 10/16/48  
**Caparzo** Brunello, Italy '18 (C) 24/39/105  
**Bel Air Gloria** Haut Medoc, Bordeaux '16 (C) 15/24/70

## RED BOTTLES

**PINOT NOIR**  
**Hirsch** "Bohan-Dillon", Sonoma Coast '18/22 95  
**Sea Smoke** "Southing", Fort Ross Seaview '20/21 160  
**Williams Selyem** "Bucher", Russian River '18 175  
**Kosta Browne** "Gap's Crown", Sonoma Coast '18 225  
**Cristom** Mt. Jefferson Cuvee, Willamette '21 90  
**L Ponsot** Gevrey-Chambertin "Cuvee de l'Aulne" '16 175

**BEAUJOLAIS**  
**G Descombes** Morgon VV '20 90

**MERLOT**  
**L'Ecole 41**, Walla Walla, Washington '19/21 85  
**Duckhorn**, Napa '21 110  
**Pahlmeyer**, Napa '21 165

**MALBEC**  
**Catena Alta** Malbec, Mendoza '18 100  
**Zuccardi** "José Zuccardi", Valle de Uco '19 85

**CABERNET SAUVIGNON**  
**Paul Hobbs** "Crossbarn", Sonoma '19/20 75  
**Post & Beam** (Far Niente), Napa '22 105  
**Chappellet** "Signature", Napa '21 165  
**Groth** Oakville, Napa '19 125  
**Daou** Reserve, Paso Robles '21 110  
**Araujo** "Altagracia", Napa '11 150  
**Dunn** Howell Mountain, Napa '17 250  
**Opus One** "Overture", Napa NV (released Oct '23) 275  
**Pahlmeyer** "Proprietary Red", Napa '19 300  
**Caymus** "Special Selection", Napa '18 300  
**Lail** "J Daniel Cuvee", Napa '15 400  
**Shafer** "Hillside Select", Stags Leap District, Napa '18 425  
**Opus One**, Napa '17 475

**OTHER REDS**  
**Andrew Will** "Sorella", Horse Heaven Hills '15 140  
**K Vintners** "King Coal" (Cab, Syrah), Columbia V '18 175  
**Jonata** "Todos" Santa Ynez '15 95  
**Martinelli** "Giuseppe" Zinfandel, Russian River '21 90  
**Sadie Fam.** Columella (Rhône blend), S. Africa '15 195

**RHONE**  
**Ferrand** Chateauneuf du Pape '21 105  
**Saouma** "Omnia" Chateauneuf du Pape '18 165  
**Jamet** (Jean-Paul) Cote Rotie '14 200  
**Chave Sel.** Hermitage "Farconnet" '15 135

**BORDEAUX**  
**Malescot-St-Exupery** "Dame de Malescot", Margaux '12 150  
**Troplong Mondot**, St. Emilion '12 195  
**Pontet Canet**, Pauillac '04 250  
**Vieux Chateau Certan**, Pomerol '08 250  
**Lafite Rothschild** "Carruades de Lafite", Pauillac '00 350

**ITALY**  
**Castello di Bossi** "Berardo" Chianti Cl. Ris. '20 65  
**La Serena** Brunello '18 95  
**Sasseti** Pertimali Brunello '16 180  
**Antinori** Guado Al Tasso", Toscana '15 185  
**Ornellaia** "Ornellaia", Toscana '17 300  
**San Guido** "Sassicaia", Toscana '17 300  
**Boroli** Barolo "Brunella" '13 185  
**Produttori di Barbaresco** "Pora" Riserva '16 125  
**Vietti** "Scarrone" Barbera Superior, Alba '21 95  
**Zenato** Amarone del Valpolicella Superiore '18 125

**SPAIN**  
**Mas Martinet** "Martinet Bru" Priorat '18 65  
**Lopez de Heredia** Tondonia Rioja Reserva '11 105  
**Emilio Moro** Ribera del Duero '20 60  
**Flor de Pingus** Ribera del Duero '20 175  
**Bermejos** Listan Negro, Lanzarote '18 65

Extensive Reserve List available upon request. Decanters & large format wine glasses available upon request. Vintages subject to change.

## SIGNATURE COCKTAILS

<b>Pink Linen</b>	15
Bombay Sapphire gin, St. Germain, muddled cucumber, watermelon juice, lemon juice, splash of soda	
<b>Tokyo Drift G&amp;T</b>	15
Roku gin, yuzu bitters, Fever Tree tonic, lemon juice	
<b>Bourbon Spiced Apple Cider Mule</b>	16
Four Roses bourbon, North Carolina apple cider, cinnamon and clove simple syrup, lemon juice and ginger beer	
<b>Black Walnut and Maple Old Fashioned</b>	15
Wild Turkey rye, black walnut bitters, Hudson Valley organic maple syrup	
<b>SPF 5000</b>	15
Espolon tequila, mango juice, lemon juice, orgeat, orange bitters	
<b>Pumpkin Spice Espresso Martini</b>	16
Tito's vodka, house made pumpkin spice syrup, fresh espresso, Kahlua	
<b>Pineapple Jalapeño Margarita</b>	16
Espolon tequila with pineapple juice and jalapeño served in a tajin-rimmed glass	
<b>Coquina Dream (draft cocktail)</b>	16
Outer Banks Distilling Kill Devil white rum, passionfruit, pressed coconut water, lime juice, mint syrup	

## CLASSIC COCKTAILS

<b>Old Fashioned (Four Roses)</b>	15
<b>Manhattan (Four Roses)</b>	15
<b>Martini (Blue Sapphire)</b>	15
<b>Martini (Tito's)</b>	15
<b>Sazerac (Wild Turkey rye)</b>	17
<b>Cosmopolitan (Tito's)</b>	14
<b>Margarita (Espolon)</b>	14
<b>Negroni (Blue Sapphire)</b>	17

## BRUNCH & BEYOND

<b>Mimosa</b>	8
oj, mango or blood orange	
<b>Aperol Spritz</b>	11
Prosecco, Aperol, orange slice, soda	
<b>French 75</b>	14
St. Hilaire Brut, Sapphire gin, lemon juice	
<b>Corpse Reviver #2</b>	16
Sapphire gin, Lillet Blanc, Cointreau, lemon juice, Absinthe rinse	
<b>Espresso Martini</b>	15
Tito's, fresh espresso, Kahlua	
<b>Bloody Mary</b>	13
Tito's, Charleston bloody mary mix, celery stalk, Tajin rim (regular or spicy) <i>add Rogue River Smokey Blue-stuffed olives +4</i>	
<b>Scotty's Bloody</b>	18
Ketel One, Charleston bloody mary mix, Rogue River smokey blue-stuffed Castelvetrano olives, cornichon, celery stalk, Tajin rim (regular or spicy)	

## WINE COCKTAILS

<b>Agave Wine Margarita</b>	8
made with 100% blue weber agave and real lime juice	
<b>Dragon Fruit Margarita</b>	11
100% agave wine with fresh dragon fruit puree served in a salt-rimmed glass	
<b>Pinot Colada</b>	11
pinot grigio, Coco Lopez, pineapple juice, lime	
<b>Grapefruit Paloma</b>	11
sauvignon blanc with fresh squeezed grapefruit and lime juices	
<b>Housemade Sangria</b>	10
red, rosé or white	

## CRAFT MOCKTAILS

<b>Ritual Gin (N/A) &amp; Fever-Tree Tonic</b>	7
<b>Light and Stormy (N/A)</b>	10
Tenneyson Black Ginger botanicals, Gosling's ginger beer, lime	
<b>Lemon Lavender &amp; Blueberry Fizz (N/A)</b>	7
fresh lemon juice, housemade blueberry-lavender simple syrup and soda water. <i>Add Prosecco +4</i>	
<b>Sicilian Fizz (N/A)</b>	6
like an Aperol Spritz, but w/o alcohol	
<b>Watermelon Mint Cooler (N/A)</b>	7
watermelon cherry juice, fresh mint, lime juice, soda water. <i>Add Prosecco +4</i>	
<b>Giesen Sauvignon Blanc, NZ (N/A)</b>	7
<b>Blanc Slate Wine Proxy (N/A)</b> (blend of fruits, teas, juices, and bitters)...grapefruit, kiwi, lemongrass, habanero, white tea	9
<b>St. Agrestis Phony Negroni</b>	10
like the classic but w/o alcohol	

<b>Athletic Brewing (N/A Brew)</b>	5
hazy IPA, golden, Mexican amber	

## NON-ALCOHOLIC BEVERAGES

<b>Hay Point Kombucha (Local OBX)</b>	8
<b>San Pellegrino or Aqua Panna</b>	4
<b>Shirley Temple, Orange Cream Soda, Root Beer, Gosling's Ginger Beer</b>	3
<b>Assorted Fountain Soda</b>	3
Pepsi, Diet Pepsi, Ginger Ale, Starry, Lemonade	

*Ask for our Hot Tea, Coffee,  
and Espresso Menu  
featuring locally roasted beans!*