

dinner
seasonal local sustainable

shares

goat cheese flat bread

smoked tomato, basil,
charred onions
10

buffalo chicken wings

l' ermite blue cheese dip,
carrot and celery sticks
17

spreads and breads

onion spread, maple butter,
caponata, artisan breads
6

crispy kale chips

parmesan cheese, chili and
sea salt flakes
8

asian sesame beef skewer

sweet chili ginger dipping
sauce, green onions
9

edamame beans

steamed with sea salt
8

yam frites

berry chipotle ketchup,
onion dip, grated parmesan
9

charcuterie

house pate, artisan meats,
pickled vegetables
16

pork pot stickers

soy and chili dipping sauce
10

starts

chef crafted daily soup

market inspired
8

trios crab cakes

maryland crab, spicy
remoulade and micro
greens
20

small bowl caesar

shaved grana padano,
anchovy garlic dressing and
crispy bread crouton
10

chicken noodle soup

shredded roasted
chicken with dark broth
and vegetables
9

trios poutine

pulled pork - maple
pepper bacon –
quebec cheese curds
13


small bowl spring salad

local greens with lemon
honey vinaigrette and
heirloom tomato
10

light


burgers

big bowl rocket salad

candied pecan, baby beets, niagara cider
vinaigrette, choice of chicken or salmon
17

burgers and tacos come with choice of
hand cut fries, spring salad or
cup of chef crafted daily soup
burgers available with gluten free bun upon
request

big bowl bibb lettuce

heirloom tomato and carrots, lemon poppy
seed and greek yogurt dressing, radish,
choice of chicken or salmon
17

spiced lentil and cashew vegetarian burger

mushroom, brown rice, gouda cheese,
candied garlic mustard, lettuce, onion
14

korean style beef taco

salsa verde, napa cabbage slaw and fresh
avocado
16

bacon cheddar burger

ontario cheddar, crispy bacon, lettuce,
tomato, onion, pickle and mayo
17



spiced albacore tuna taco

japanese pickled radish, ginger mayo and
shiso leaf
18

mushroom and crispy onion beef burger

quebec blue cheese, mayo, lettuce, tomato
18

drinks

VQA Wines of the week

white
riesling
between the lines
winery
12

red
cabernet franc
between the lines
winery
12

ontario craft beer

mad tom IPA
muskoka brewery
6.5

cocktail

negroni
gin
campari
sweet vermouth
13

simply grill

choice of two sides

apple wood smoked
ontario pork ribs
maple bbq sauce, colesaw
26

6oz certified angus beef
sirloin
bordelaise sauce
30

 bc wild salmon
blood orange dill dressing
27

grain fed chicken
sautéed apricot and spinach
lemon thyme jus
26

10oz certified angus ny
steak
red wine jus
34

6oz ontario lamb sirloin
roasted garlic rosemary jus
29

must get sides

spiced cauliflower
7

roasted mushrooms
7

whipped potato
6

steamed basmati rice
6

seasonal vegetables
7

hand cut fries
6

trios fresh sheet
chef crafted seasonally inspired


corn meal crusted maine lobster taco

sofrito, remoulade, celery cucumber salad, sweet potato fries
\$20

grilled angus hanger steak

chimichurri, garlic potato cakes, grilled vegetables,
chive sour cream
\$26

trios signatures

 nicoise salad
albacore tuna, egg, olives,
french bean, arugula,
lemon olive oil
19

rigatoni & sausage
fresh pasta, baby spinach,
braised tomato, grilled herb
bread
19

butter chicken
steamed basmati, warm
naan, mango chutney
20

haddock & chips
steam whistle beer batter,
tartar sauce, malt vinegar
19

mushroom jumbo ravioli
truffled goat cheese, tomato
basil sauce, toasted pine nuts,
grilled herb bread
20

prosciutto wrapped
meatloaf
veal and pork meatloaf,
whipped potatoes, pan
gravy
17

wine

6oz.
red

merlot 12
jackson triggs, CA

valpolicella
classico 13
luigi righetti, IT

cotes du rhones 14
dom. st michel, FR

chianti 14
ruffino, IT

pinot noir 16
mark west, US

malbec 12
tilia, AR

shiraz 14
six rows , AU

white

chardonnay 12
jackson triggs, CA

chardonnay 14
blackstone, US

pinot grigio 12
ruffino, IT

sauvignon blanc 16
yealands, NZ

riesling 14
megalomaniac, CA

beer
8

mill st. seasonal

steam whistle
pilsner

okanagan springs
pale ale

sleeman cream
ale

mill st. organic

8.50
blanche de
chambly

guinness

stella artois

Ocean Wise  Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

executive chef abraham garcia restaurant chef page labarbera