

We kindly ask you to be mindful of the length of your dining time.

## Soup & Salad

### Soup of the Day 7, 10

Made in-house. Choose a cup or bowl

### House Caesar 11

Crisp romaine tossed with our lemon-mascarpone Caesar dressing, freshly grated Grana Padano and crunchy garlic croutons (Veg)

### House Salad 11

Spring mix topped with cherry tomatoes, cucumbers, crumbled feta and toasted pepitas with our red wine vinaigrette (Veg, GF)

### Greek Quinoa Bowl 15

Tomatoes, cucumbers, pickled red onion, chickpeas, artichoke hearts, olives and quinoa on arugula finished with feta crema (Veg, GF)

### Winter Kale Salad 15

Sauteed brussels, roasted beets, buttermilk blue cheese, bacon and toasted pecans with a maple vinaigrette (GF)

#### Add to your salad:

grilled shrimp 8, grilled chicken breast 8, crab cake Mkt Price

## Handhelds

### House Grilled Cheese 11

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

### Brie & Prosciutto Panini 13

Thinly sliced La Quercia Prosciutto Americano and Belletoile Brie with rosemary fig spread

### Aged Gouda & Roast Beef Panini 14

Made with our balsamic roasted tomato and arugula

### Turkey & Mozzarella Pesto Panini 14

With sundried tomato pesto, arugula and fresh mozzarella

### Jumbo Lump Crab Cake Sandwich 20

With crisp lettuce, sliced tomato and remoulade (P)

### French Dip 16

Thinly sliced London broil, provolone and TRiO caramelized onion dip on a demi baguette; served with au jus

#### All handhelds include your choice of chips, house salad or Caesar salad

Sub a cup of soup 5 • Add caramelized onion dip 3 • Sub Mac & Cheese 6

Handhelds are not available Gluten Free

## Cheese & Charcuterie

### Cheese Board 16

Cheesemonger's choice of rotating artisan cheeses with accompaniments

### Charcuterie Board 14

Cheesemonger's choice of rotating cured meats with accompaniments

### Cheese & Charcuterie Board 28

Cheesemonger's choice of rotating artisan cheeses and cured meats with accompaniments

+ blue cheese to any board for 5, pate 8

## Small Plates

### Caramelized Onion Dip 8

A signature TRiO classic! Our take on onion dip is made with roasted onions and a kick of heat; served with chips (Veg, GF)

### Roasted Cauliflower 9

Topped with Barber's cheddar and served with chimichurri (Veg, GF)

### Housemade Hummus 9

Served with toasted pita and fresh veggies (V)

### TRiO Mac-n-Cheese 9, 13

Our six-cheese artisan blend mixed with cavatappi, topped with potato chip crumble, then baked. Choose a cup or bowl (Veg)

### Whipped Goat Cheese & Fig Jam 10 \* dine in only

Topped with microgreens; served with a warm baguette (Veg)

### Smoked Salmon Toast 11

On harvest grain bread with herbed goat cheese, cucumber and radish. Sub gluten free toast +2 (P)

### Smoky Garlic Shrimp 13

Local shrimp and cherry tomatoes sauteed in a roasted garlic paprika butter; served with a warm baguette (P)

### Burrata of the Week 12

Hand made mozzarella filled with cream, with rotating accompaniments; served with a warm baguette

### Flatbread of the Week 11

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## Dessert

Please ask your server for today's scratch-made dessert offerings!

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Veg=Vegetarian, V=Vegan, GF=Gluten Free, P=Pescatarian

## Large Plates

### Crab Pot Pie 22 \*dine in only

Jumbo lump crab and veggies in our Cava cream sauce, topped with pastry and baked to order, with choice of side house or Caesar salad (P)

Wine: Marco Bonfante Arneis or Baudana "Dragon"

Beer: English or Amber Ale

### Carolina Shrimp & Grits 24

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

Wine: Today's Dry Rosé or Boulon Beaujolais

Beer: Scottish Ale or Porter

### Oyster Stew 24

Local oysters in a Cajun cream sauce over smashed potatoes

Wine: Left Coast White Pinot Noir

Beer: Stout

### Prosciutto Chicken 23

Pan fried chicken breast with garlic and herbs, topped with prosciutto and finished with our house marsala sauce; served with smashed gold potatoes and sautéed kale

Wine: Fess Parker Chardonnay or Today's Cotes du Rhone

Beer: Saison or Belgian Strong Golden Ale

### TRiO Strip (10oz) 26

Topped with truffle butter; served with kale and smashed gold potatoes (GF)

Wine: Daou Cabernet Sauvignon

Beer: Belgian Strong Dark Ale or Imperial Stout

### Jumbo Lump Crab Cake Mkt Price

Served with housemade remoulade, seasonal slaw and smashed gold potatoes. Choose one or two (GF, P)

Wine: Rosé or Brut Rosé

Beer: Hefeweizen or Saison

### Steak & Cake 42

6oz filet and our signature crab cake, served with smashed gold potatoes, green beans and sun dried tomato pesto cream sauce

Wine: Tikves Barovo

Beer: Guinness

### Seared Local Scallops 26

Chef's Choice

Wine: Today's Adventurous White

Beer: Pilsner

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

\$7 (5oz) \$10 (8oz) \$28 Bottle

- White**
- Ecaana Pinot Grigio ‘20, Italy
- Peter Mertes Riesling ‘20, Germany
- Today’s NZ Sauvignon Blanc ~ask server
- Today’s Adventurous White ~ask server
- Today’s Chardonnay ~ask server
- Anterra Moscato, Italy
- Rosé**
- Today’s Dry French Rosé ~ask server
- Dona Paula Malbec Rosé ‘21, Argentina
- Red**
- Backhouse Pinot Noir ‘19 , California
- Boulon Beaujolais ‘19, France
- Today’s Adventurous Red ~ask server
- Grayson Cabernet ‘20, California

### Wine Flights

Three wines, 2.5oz each

**Rosé Flight \$12**

**Flight A \$12**  
Choose 3 from the \$7 list

**Flight B \$20**  
Choose 3 from the \$7, Sparkling or Staff Picks \$15 and under

**Flight C \$30**  
Choose any 3 from \$7, Sparkling or Staff Picks

*\*Please note that flights may not be available at all times. Thank you for your understanding.*

Staff Picks & Safe Bets

5oz/8oz/Btl

- Marco Bonfante Arneis ‘20, Italy 10/15/40  
tropical with peach and other stone fruit
- Thomas “Creots” Sancerre ‘20, France 15/22/60  
meyer lemon, gooseberry, sel gris
- Left Coast White Pinot Noir ‘19, Oregon 12/18/48  
cherry, pear, citrus
- Gaia Thalassitis Assyrtiko ‘19, Santorini, Greece 14/21/56  
sea smoke, lemon, wild honey
- Baudana “Dragon” Bianco ‘20, Langhe, Italy 12/18/48  
(Chard/Sav Blanc blend) mango, papaya, citrus
- Fess Parker Chardonnay ‘20, Santa Barbara 10/15/40  
citrus, apple, toasty graham crackers
- Clos Pegase Chardonnay ‘19, Napa 15/22/60  
lush apple tart, ripe pear, creamy butter
- Cakebread Chardonnay ‘19, Napa na/na/75
- Field Recordings “Skins” ‘20, Cent. Coast, Calif. (orange) 12/18/48  
Chenin-P Gris blend.....apricot, orange peel and marzipan
- Villa Wolf Rosé of Pinot Noir ‘20, Germany 9/13/36  
ripe red berries, citrus, kiss of sweetness
- Lemelson “Thea’s” Pinot Noir ‘18, Willamette, Oregon 15/22/60  
cherry, raspberry, cranberry
- Vivero de Ualdon Garnacha ‘19, Spain (natural) 9/13/36  
red and black berries, dried herbs
- Gonnet Cotes du Rhone Village ‘19, France 9/13/36  
red berries, Herbes-de-Provence
- Berthau de Chat. du Pape ‘19, France 16/24/64  
raspberry, lavender, white pepper
- Tikves Barovo ‘17, Rep. of N. Macedonia 14/21/56  
ripe plums, sweet tobacco
- Daou Cabernet ‘19, Paso Robles 12/18/48  
ripe black cherry, blackberry
- Post & Beam (Far Niente) Cabernet ‘19, Napa 24/36/96  
dark berries, sweet spice, cocoa, savory
- Caymus Cabernet ‘19, Napa 30/45/130  
berries, mocha, vanilla
- Lapis Luna Zinfandel ‘19, California 9/13/36  
blackberry cobbler, vanilla
- Caparzo Brunello ‘16, Italy 22/33/88  
22/33/88 raspberry, cherry, chocolate, earthy
- Tolaini “Al Passo” Tuscan ‘17, Italy 15/22/60  
savory Sangiovese/Merlot blend
- Sparkling** 5oz/Btl
- Bisol “Jeio” Prosecco DOC, Italy 8 32
- Saint Hilaire Brut, France 10 38
- Bailly-Lapierre Cremant Rosé, Burgundy, France 11 44
- Mumm Napa Brut, California 45
- Sabine Godmé Brut Reserve Premier Cru NV, France 75
- Pierre Peters Blanc de Blanc Grand Cru, France 110

Wine Cocktails

- TRiO Mimosas choice of oj, peach, mango or blood orange 8
- Taj Mahal a shimmering take on the French 75 with Ritual Gin (N/A) , sparkling rosé and fresh lemon juice 11
- Agave Wine Margarita made with 100% blue weber agave and real lime juice 8
- Dragon Fruit Margarita 100% agave wine with fresh dragon fruit puree served in a salt rimmed glass 11
- Blood Orange Basil Margarita 100% agave wine with fresh blood orange juice and basil served in a salt rimmed glass (try it spicy!) 11
- Kitty Hawk Bay Breeze rosé, muddled cranberries and oranges simple syrup, served over ice 10
- Grapefruit Paloma Sauvignon blanc with fresh squeezed grapefruit and lime juice 10
- Dirty Appleseed Chardonnay, cinnamon apple puree and egg whites dusted with nutmeg 11
- Mile Post Mule Austin’s dry cider, Pickett’s ginger, lime juice 10
- Nor’easter just like a Manhattan, but with wine 11
- House-made Sangria red, rosé or white 9

Craft Mocktails (non-alcoholic)

- Ritual Gin (N/A) & Fever-Tree Light Tonic Botanicals, cucumber, juniper and a touch of spice 7
- Grapefruit and Rosemary Spritzer Non-alcoholic chardonnay with fresh squeezed grapefruit and rosemary simple syrup 6
- Lemon Lavender & Blueberry Fizz Fresh lemon juice, housemade blueberry-lavender simple syrup and tonic water 5
- Giesen Sauvignon Blanc (N/A) Bright, tropical, citrus flavors without the alcohol (GF) 7
- Wine Proxies.....complex like wine, but w/o alcohol..ask server! 9
- Athletic Hazy IPA, Golden or Light Copper (N/A) 5
- Mikkeller Am Wheat (N/A) 7
- Green’s Amber (N/A) 9

Other Non-Alcoholic Beverages

- Hay Point Kombucha (local OBX) 8
- San Pellegrino or Aqua Panna 4
- Shirley Temple, Orange Cream Soda, Abita Root Beer 3
- Gosling’s Ginger Beer 3
- Assorted Can Soda...Pepsi, Diet Pepsi, Ginger Ale, Sierra Mist, Diet Sierra Mist, Lemonade 2
- Ask for our Hot Tea, Coffee and Espresso menu featuring local roasting company Ashley’s Espresso

Wine Spectator



AWARD OF EXCELLENCE

2021

### Themed Flights...Staff Picks

For wine flight details, more wine flights and an extensive selection of wines from the cellar, please ask to see the RESERVE LIST.

Flights consist of 2.5 oz pours (unless noted) from Coravin

Wine Spectator #1 Wines of the Year	110
Chenin Blanc-Vouvray, Savennieres, S Africa	45
Riesling-Germany, Austria, Alsace	39
Natural White-Dirty & Rowdy, Bow & Arrow, Maloof	27
Napa Cab-Caymus SS, Cakebread Dancing Bear, Overture by Opus	87
West Coast Syrah-Jeff Cohn, K Vintners, Kongsgaard	69
Tuscany-Brunello ‘10, VINO Nobile ‘13, Super Tuscan ‘13	56
Super Tuscan-Guado Al Tasso, Sassicaia, Ornellaia	99
Emidio Pepe-Montepulciano ‘03, ‘07, ‘10	106

Decanters and large format wine glasses available upon request. Vintages subject to change.