

## wines by the glass

sauvignon blanc   j. bouchon	9	merlot   jackson triggs	10
pinot grigio   argento	9	cabernet sauvignon   jackson triggs	10
chardonnay   jackson triggs	10	chianti   straccali	10
dry riesling   vineland   vqa	10	shiraz-cabernet   penfold's	12
chardonnay   parducci	11	pinot noir   henry of pelham   vqa	14

## ice cold beer on tap

sapporo 8 | guinness 8 | mill street organic 7 | mill street tank house ale 7  
stella artois 8 | alexander keiths 7 | sam adams 7 | steam whistle pilsner 7

---


## dinner

our chef is inspired by great seasonal produce, top quality meats & fresh sustainable seafood, indulging his passion the menu changes weekly

### shares

italian grill bread niçoise olive   grilled artichoke   goat cheese   pancetta   tomato or truffle grill bread pepper & shallot confit   pecorino   truffled mushrooms   arugula	10
thai bbq pork ribs chilli   green onion	15
3 beef & bacon sliders canadian white cheddar   caramelized onion   maple pepper bacon	14
trios poutine hand cut fries   beef short rib   crispy onions   cheese curd   red wine jus	12
classic buffalo chicken wings blue cheese dip   crispy carrot & celery	16
house made potato chips caramelized onion dip	6
traditional fried calamari chopped red onion   tzatziki sauce	12
rocket salad arugula   candied pecan   baby beets   niagara cider vinaigrette (low fat, low cholesterol)	9
trios signature crab cakes maryland lump crab   micro greens   spicy remoulade	18
classic caesar salad romaine hearts   grana padano   classic caesar dressing   garlic croutons	10
spring pea & zucchini soup toasted almonds   mint	9
soup du jour market inspired   chef crafted	7

# pizza, pasta & burgers

 lobster risotto	30
arborio   nova scotia lobster   green peas   braised onion   grano padana	
artichoke & woolwich farms goat's cheese pizza	15
grilled chicken   vine ripe tomatoes   mozzarella   thin whole wheat crust	
angus beef burger w/ bacon & cheese	16
hand cut fries   tomato   onion   lettuce	
grilled ontario lamb burger	17
tomato jam   dijonaise   cambozola   onion ring   artisan bun   hand cut fries	
shellfish & shells	26
spinach & ricotta filled pasta shells   p.e.i. mussels   manila clams   tomato fennel broth	

## bistro bests

grain fed local chicken breast	24
fava beans   grape tomato   artichoke   crushed olives   flat leaf parsley	
sleeman beer battered fish & chips	18
wild canadian haddock   tartar sauce   lemon   malt vinegar	
 big bowl classic caesar salad	17
romaine hearts   grana padano   classic caesar dressing   garlic croutons w/ grilled chicken or wild salmon	
big bowl rocket salad	15
arugula   candied pecan   baby beets   niagara cider vinaigrette w/ grilled chicken or wild salmon (low fat, low cholesterol)	
not yo' mamma's meat loaf	17
proscuitto crusted veal and pork meat loaf   whipped potatoes   pan gravy	
char grilled canadian beef short rib	28
garlic & thyme yorkshire pudding   heirloom carrots   coleslaw	

**simply grilled** with your choice of mashed potato, fries or fried rice and one choice of a side

willowgrove hills pork chop	28
alderwood smoked   chipotle lime bbq sauce	
 b.c. wild sockeye salmon	26
onion lemon preserve   puffed capers (carb conscious)	
 yellow fin tuna	29
black pepper hollandaise (low cholesterol)	
new zealand lamb sirloin	28
rosemary jus	
10 oz angus n.y. steak	34
red wine jus	
7 oz angus beef tenderloin	37
béarnaise	

## got to get sides

green & white asparagus	5
sea salt   lemon	
100 mile carrots & peas	5
caramelized shallots	
buttermilk onion rings	5
lemon salt	
roasted mushrooms	5
parsley   garlic	
hand cut fries	5
sea salt   0 trans fats	
take out style fried rice	5
chili   ginger   sesame	
steamed broccoli	5
lemon   extra virgin olive oil	
creamy whipped potato	5