

Trio's Gluten Free Menu

Salads

ROASTED CAESAR Romaine, roasted corn, pecorino, grana padano 11

CHOPPED TRIO

Romaine, crispy eggplant (breaded with cornflake crumb & parmigiana cheese), fresh mozzarella, olives, artichoke hearts, tomatoes, roasted peppers, whipped balsamic vinaigrette 13

STRAWBERRY Apple Mixed Greens, walnuts, gorgonzola, fresh strawberry vinaigrette 13

GREEK GODDESS

Mixed Greens, tomato, cucumber, red onion, peppers, feta, olives, white herb vinaigrette 13

GREEN PATCH Mixed greens, tomatoes, carrots, cucumbers, house balsamic 11

BALDWIN COBB Romaine, egg, bacon, gorgonzola, tomato, cucumber, avocado, blue cheese dressing 13

ORANGE GOAT Mixed greens, mandarin oranges, cranberries, goat cheese, almonds, raspberry dressing 13

Sides & Apps

POLENTA FRIES Lemon-herb aioli 9

WINGS TRADITIONAL BUFFALO | Naked | Trio Style | Pineapple Bourbon 8 pcs - \$12

EGGPLANT STACK *

Crispy eggplant (* breaded with parmigian cheese & Kellogg's cornflake crumb), fresh mozzarella, tomatoes, EVOO, balsamic glaze 14

Sandwiches

Served on gluten-free "Udi's" club role...

CHOPPED MIGZY

Pepperoni, salami, ham, provolone, red onion, romaine, vinegar peppers, garlic crème fresh, balsamic 18.50

GRAND CENTRAL SUPREME

Grilled chicken, sliced tomato, roasted peppers, arugula, fresh mozzarella, balsamic 18.50

THE BRI Sliced turkey, fig jam, brie cheese, honey-mustard, green apple 19.50

FRENCHY Slow-roasted beef, caramelized onions, au jus, swiss cheese 19.50

PIZZA

10 Inch Personal Gluten-Free Pizza \$19

- We also carry DAIRY FREE CHEESE -

If you have a food allergy, please speak to the owner, manager or chef