

## TRIOUS LUNCH MENU

~To Begin~

### **Creamed Ontario Butternut Squash Soup**

Carrot Muffin, Maple Squash, Cinnamon Spiced Cream  
Candied Walnut and Pumpkin Seeds

12

### **Trius Iceberg Wedge**

Smoked Chicken, Best Baa Feta, Pickled Grapes, Icewine Beets,  
Toasted Almonds, Candied Oats, Parmesan Cheese  
Trius Buttermilk Ranch Dressing

14

### **Ontario Mushroom Collection**

Ontario Fresh Burrata Cheese, Icewine Onion Jam, Ontario Mushroom Collection  
Homestead Farm Fried Duck Egg

15

### **Mulled Red Wine Pear**

Organic Arugula, Cranberry Compote, Candied Walnuts, Cured Prosciutto  
Burrata Cheese and Winter Spiced Pear Syrup

13

## **TO SHARE (OR NOT)**

### **Fresh Ontario Cow's Milk Burrata Cheese**

Tomato and Chili Jam, Sleger's Organic Watercress, Crisp Prosciutto  
Focaccia Toast

34

### **Hearts of Romaine**

Romaine Hearts, Crisp Prosciutto, White Anchovies, Parmesan Chips  
Hens Egg and Creamy Parmesan Dressing

32

### **Trius Hero's Plate**

Whisky Cured Duck Breast, Beef Pastrami, Chicken Liver Parfait, Spicy Sopressata, Capocollo  
Salmon Rilletes, Organic Hen's Egg, Ham Hock Terrine, Lamb Summer Sausage  
Thornloe 2 Year Aged Cheddar, Hewitt's Herbed Goat's Cheese, Fresh Honey Comb  
Beet Pickle, Triple Crunch Mustard, Cornichons, Basket Truffle Fries

42

### **Artisan Canadian Cheese**

Devil's Rock Blue / Niagara Gold / Nosey Goat / Smoked Comfort Cream / 2 Year Aged Cheddar  
Candied Walnuts, Red Wine Pear, Walnut Toast, Icewine Beet Jam, Fresh Honey Comb

3-20 5-28

~To Follow~

### **Ontario Lamb Shank**

Forked Herb Potato, Spring onion, Tarragon, Virgin Soy Bean Oil  
Icewine Red Cabbage and Maple Parsnip  
Pecan Toffee Crust

30

### **Heritage Thyme Crusted Capon**

Parmesan Gnocchi, Smoked Bacon, Hedgehog Mushroom, Raisin  
Apple, Kale, Leeks, Rapini, Brussels Sprouts  
Best Baa Feta and Triple Crunch Mustard

28

### **Trius 8 oz Ribeye Burger**

Bar Five Farms Beef Ribeye, Hot House Tomato, Icewine Onion Marmalade  
Thornloe Aged Cheddar, Canadian Peameal Bacon, House Ketchup  
Sesame Seed Bun and Basket Russet Fries

26

**Add Onion Rings 6 Fried Duck Egg 3 Sautéed Ontario Mushroom 2**

### **Lake Erie White Fish**

Cherry Tomato, Pickled Cucumber, Sweet Potato, Chioggia Beets, Organic Quinoa  
Portobello Mushroom, Bok Choy, Roasted Carrot, Chickpea Fritters, Mozzarella  
Organic Hens Egg and Trius Chardonnay Dressing

28

**Ask about our Wine Pairing Options**