

Trio

GLUTEN
FRIENDLY

TAVERN & GRILL

*Trio adds a service charge (gratuity) automatically
to parties of 8 or more.*



Love your meal? Buy the hardworking kitchen staff a drink after their shift. Just tell your server! \$10/\$20

We prepare our food from scratch and cook to order, so please be patient if it takes a little longer than you expect. We are committed to serving the finest and freshest ingredients available. For this reason, please forgive us if we are temporarily out of one or more selections.

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

All weights are pre-cooked.

Our kitchen uses shared equipment and ventilation systems. Despite all of our precautions, total allergen isolation cannot be guaranteed. Our deep-fryers are not gluten-free; thus, there are no fried food options available on this menu.

STARTERS

GF MEDITERRANEAN DIP

Layered herb cream cheese, hummus, tomatoes, cucumbers, feta, and Kalamata olives.

Served with gluten-free flatbread - 14.99

GF CAJUN STEAK BITES

Blackened tenderloin tips served with our horseradish sauce - 16.99

GF SPINACH ARTICHOKE DIP

Served with gluten-free flatbread 14.99

GF TRIO OF SPREADS

Herb cream cheese, roasted red pepper hummus, and traditional hummus. Served with gluten-free flatbread - 14.99

OVEN-BAKED CHICKEN WINGS

Plain or tossed - 12.99

Garlic Parmesan • Thai Sweet Chili • Mild Kickin' Bourbon • House BBQ • Buffalo House Dry-Rub • Lemon Pepper Dry Rub

SHRIMP COCKTAIL

Six jumbo shrimp with cocktail sauce - 11.99

FLATBREADS

Comes on Gluten-Free flat bread

GF ARTICHOKE CHICKEN

Our spinach artichoke dip, mozzarella cheese, grilled chicken, and tomatoes - 16.99

GF VEGETABLE

Marinara, tomato, green & banana peppers, onion, and mozzarella cheese - 14.99

GF TRADITIONAL

Marinara sauce, pepperoni, and mozzarella cheese - 14.99

GF MEDITERRANEAN

Basil spread, red onion, tomato, Kalamata olives, oregano, feta cheese, chicken, and balsamic glaze - 16.99

GF BBQ CHICKEN

Grilled chicken, BBQ sauce, banana peppers, green peppers, and red onions topped with cheddar-jack cheese - 16.99

GF BLT

Mozzarella cheese, bacon, lettuce, tomato, drizzled with mayonnaise - 16.99

GF HAWAIIAN

Marinara, mozzarella cheese, ham, and pineapple - 16.99

GF PULLED PORK

BBQ pulled pork, cheddar-jack cheese, BBQ drizzle, and banana peppers - 16.99

Save
room
for
Dessert

GLUTEN-FREE CHEESECAKE
6.99

**VANILLA BEAN
ICE CREAM**
3.99

SALADS

MICHIGAN HARVEST

Spring greens, Craisins®, crumbled Gorgonzola, glazed pecans, and red onions.
Served with balsamic vinaigrette.
Half 10.99 | Full 13.99

GREEK SALAD

Romaine, tomato, cucumber, green pepper, red onion, Kalamata olives, and feta cheese.
Tossed in Greek dressing.
Half 10.99 | Full 13.99

CLASSIC MAURICE

Ham, turkey, and Swiss cheese on spring mix with egg, olives, and gherkin pickles.
Served with Maurice dressing.
Half 12.99 | Full 16.99

CHICKEN CAESAR SALAD

Romaine, grilled chicken, Parmesan cheese tossed in house-made Caesar dressing.
No croutons.
Half 11.99 | Full 15.99

KARA'S CHICKEN SALAD

Chicken salad with pineapple, grapes, pecans, and Craisins® mixed with cream cheese and mayo. Served on a bed of spring greens. -
14.99

CHEF

Strips of ham and turkey, shredded cheddar-jack cheese, egg, red onion, tomatoes, cucumbers over greens. Served with your choice of dressing.
Half 12.99 | Full 16.99

COBB

Romaine, tomato, bacon, grilled chicken breast, hard-boiled eggs, avocado, crumbled Gorgonzola. Served with French dressing.
Half 13.99 | Full 17.99

ANTIPASTO

Romaine, ham, pepperoni, shredded Italian cheese, red onion, bruschetta tomato blend, Kalamata & green olives, and banana peppers.
Served with Italian dressing.
Half 13.99 | Full 17.99

DRESSINGS

Thousand Island
Bleu Cheese
Apple Vinaigrette
Balsamic Vinaigrette
Raspberry Vinaigrette
Catalina (Red French)
Honey Mustard
Creamy Italian

SALAD ADD-ONS

Grilled Chicken 4.5
Garbanzo Beans 1
Avocado 2
Egg 1
Blackened Salmon (4 oz) 6
Seasoned Broiled Salmon (4 oz) 6
Steak 6
Grilled Shrimp Skewer 6
Grilled Tofu 4

Soup

**ASK YOUR SERVER IF
OUR SOUP OF THE DAY
HAPPENS TO BE
GLUTEN-FREE.**

HANDHELDS

Served on a gluten-free bun with gluten-free pre-packaged potato chips, add French Onion Dip 1.29

GF GUILD

Grilled chicken breast, bacon, Swiss cheese, lettuce, tomato, and mayo - 16.99

GF TAVERN TURKEY

Turkey, herb cream cheese, raspberry drizzle, spinach, and red onion - 14.99

GF CHICKEN SALAD SANDWICH

Chicken, pineapple, grapes, pecans, and Craisins® mixed with cream cheese and mayo - 16.99

GF CLUB

Turkey, ham, bacon, American & Swiss cheeses, lettuce, tomato, and mayo - 16.99

GF SHAVED PRIME RIB

Shaved prime rib & grilled onions - 17.99

GF GRILLED PORTOBELLO MUSHROOM

Served with lettuce, tomato, red onion, and garlic aioli - 15.99

GF PULLED PORK SANDWICH

House-smoked pulled pork in our house BBQ sauce - 14.99
Add coleslaw for .49

GF CAPRESE CHICKEN

Grilled chicken breast, tomato, mozzarella cheese, mayonnaise, basil spread, and balsamic glaze - 16.99

BURGERS & BIRDS

Served on a gluten-free bun with gluten-free pre-packaged potato chips, add French Onion Dip 1.29



GF PLAIN JANE CHICKEN

Char-grilled chicken breast with lettuce and tomato - 15.99

GF CAJUN CHICKEN

Cajun seasoned chicken breast topped with Applewood smoked bacon and pepper-Jack cheese - 18.99

GF CHICKEN PARMESAN

Char-grilled chicken breast with marinara sauce and provolone cheese - 17.99



SMASHBURGER

A third pound premium ground beef, smashed to perfection - 14.99
Extra Patty - 4.00



BEAN BURGER

Our house recipe - 14.99



IMPOSSIBLE® BURGER

A plant-based burger - 14.99

SANDWICH TOPPINGS

Free Toppings

Lettuce, Tomato, Pickle, Fresh Onion, Mayonnaise

Cheese (\$1 each)

American, Cheddar, Swiss, Provolone, Pepper-Jack, Feta, or Gorgonzola

Other Toppings (\$1 each)

Sautéed Mushrooms, Fresh Jalapeños, Egg, Sauerkraut, Creamy Peanut Butter, Grilled Onions, Green Olives,

Add Bacon 1.5 ~ Add Avocado 1.5

COMFORT FOOD

These entrees come with your choice of soup or salad and one side choice.

ST. LOUIS STYLE RIBS

Smoked ribs in house-made BBQ sauce.
Whole Slab 28.99 ~ Half Slab 22.99

GF CHOPPED STEAK

Ten ounces of our custom blend ground beef, char-grilled and smothered with mushrooms and sautéed onions - 18.99

GF DECONSTRUCTED CORDON BLEU

Chicken, Swiss cheese, and ham in a creamy sauce - 18.99

TUSCAN CHICKEN

Bruschetta-topped grilled chicken breast with sautéed spinach, feta cheese, and drizzled with balsamic glaze.
2 Breasts 19.99 ~ 1 Breast 15.99

BONELESS PORK RIBEYE

Char-grilled to juicy perfection - 17.99

GRILLED CHICKEN PLANKS

Fresh chicken tenders grilled to perfection. Served with choice of dipping sauce.
2 Tenders 17.99 ~ 3 Tenders 20.99

UNDER THE SEA

These entrees come with your choice of soup or salad and one side choice.

GF PLANKED NORWEGIAN SALMON

Norwegian salmon blackened or seasoned and broiled - 24.99

BROILED COD

Lightly seasoned North Atlantic cod.
3 piece 19.99 ~ 2 piece 16.99 ~ 1 piece 13.99

GF SHRIMP SKEWER

Seasoned shrimp on a sugar cane skewer.
1 skewer (5 shrimp) 14.99
2 skewer (10 shrimp) 17.99

CATCH OF THE DAY

Ask your server about today's feature.
Market Price

PASTA

These entrees come with your choice of soup or salad.

GF ELLA NOODLES

Penne pasta tossed with grilled chicken, spinach, feta cheese, sun-dried tomatoes, olive oil, and basil - 20.99

GF PRIMAVERA PENNE

Squash, zucchini, onion, red pepper, broccoli, mushrooms, garlic, seasonings, and Parmesan cheese - 21.99

GF ALFREDO PENNE

Classic Alfredo sauce - 18.99

GF BAKED MOSTACCIOLI

Penne baked with Italian blend cheese.
Marinara 17.99 ~ Meat Sauce 19.99

GF HOUSE MAC & CHEESE

Penne tossed in house cheese sauce - 20.99

GF FLAMIN' HOT MAC & CHEETOS®

Penne tossed in house cheese sauce with jalapeños and topped with Flamin' Hot Cheetos® - 22.99

ADD TO ANY PASTA DISH

Broccoli 3	Salmon 6
BBQ Pulled Pork 4	Shrimp 5
Grilled Chicken 4	Bacon or Ham 4
	Mushrooms 2

HAND-CUT STEAKS

Char-grilled or seasoned and seared in a cast iron skillet.
Served choice of soup or salad and one side choice.



RARE
COOL, RED CENTER

MEDIUM RARE
WARM, RED CENTER

MEDIUM
WARM, PINK CENTER
TOUCH OF RED

MEDIUM WELL
WARM BROWN,
PINK CENTER

WELL DONE
HOT, BROWN
CENTER WITH
NO PINK

GF PETITE TENDERLOIN FILET

Melt-in-your-mouth tenderness and flavor!
4.5 oz - 19.99 or 9 oz (2 steaks) - 28.99

GF RIBEYE (13-14 OZ)

Tender, juicy, and full-flavored prime cut
Angus beef, with generous
marbling throughout- 28.99

Make it Black & Bleu 2.00

+ Sautéed Onions 1.00

+ Sautéed Mushrooms 2.00

+ One Shrimp Skewer 6.00

SIDE CHOICES

Coleslaw • Side Salad • Caesar Side Salad (no croutons)
Cup of Soup • Applesauce • Wild Rice • Smashed Potatoes
Broccoli • Baked Potato • Gluten-Free Bagged Chips

BEVERAGES

SOFT DRINKS

Coke, Diet Coke, Barq's Rootbeer, Sprite, Dr. Pepper, Mt. Dew,
Fanta Orange, Vernors, Minute Maid Lemonade



Coke ^{Diet}



OTHER FAVORITES

Freshly Brewed Ice Tea
Freshly Brewed Coffee
Regular or Decaf
Hot Tea

BOTTLED WATER

San Pellegrino Sparkling (16.9 oz) - 3
Acqua Panna (16.9 oz) - 4

