



The best wine is the one in your hand!

www.triowaseca.com

507.835.9186

Salads & Bowls

Southwest Chicken Bowl 12.50

Greens, Quinoa, Seasoned Chicken, Black Beans, Corn, Pico, Avocado Smash, Cheddar, Tortilla Strips, with a side of SW Ranch
Make it a wrap w/side \$2.00

Mediterranean Chicken Bowl 12.50

Greens, Quinoa, Mediterranean Smoked Chicken, Kalamata Olives, Feta, Red Pepper, & Cucumber with side of Mediterranean Vinaigrette
Make it a wrap w/side \$2.00

Pulled Pork Burrito Bowl 12.99

Greens, Quinoa, Korean BBQ Pulled Pork, Pico, Corn, Avocado Smash, Pickled Red Onion, Cheddar, Tortilla Strips & SW Ranch

Honey Dijon, Chicken, Avocado & Bacon Salad 12.50

Greens, Smoked Chicken, Bacon, Avocado Smash, Onion, Tomato with a side of Honey Dijon Vinaigrette

Grilled Veggie Salad 12.50

Greens, Spinach, Quinoa, Red Pepper, Onion, Mushroom, Pesto, Feta & Balsamic Drizzle, side of Mediterranean Dressing & Pita
Add Grilled Chicken Skewers \$4

House-made salad dressing options

Honey Dijon Vinaigrette, Ranch, SW Ranch, Mediterranean Vinaigrette
**All dressings Dairy Free & Gluten Free

Small Plates

Chip 'n' Dips Trio 7.99

Kettle Chips with Sriracha Mayo, SW Ranch, & House-made Avocado Lime Dip

Barbacoa Quesadilla 11.99

Seasoned Barbacoa Beef, Cheddar, Mozzarella with a side of SW Ranch & Pico Add Avocado Smash .99

Mediterranean Platter 13.99

Roasted Garlic Hummus, Roasted Red Pepper Hummus with Naan, Cucumber, Peppers, Olives & Feta Cheese

Artisan Meat Plate 10.99

3 Meats, Naan & Crackers

Cheese Plate 10.99

3 Cheeses, Naan & Crackers

Artisan Meat & Cheese Plate 16.99

3 Cheeses, 3 Meats & Crackers

Mixed Nuts & Olives 5.99

Grand Antipasto Platter \$21.99

3 Meats, 3 Cheeses, Nuts, Olives, Fruit, Naan & Crackers

***Gluten free crackers available upon request

Handhelds

Served with kettle chips & house-made quick pickles

Korean BBQ Street Tacos 2 for 9.50 3 for 10.99

Korean BBQ Pork, Cilantro Slaw, Wonton Strips, Sriracha Mayo

Thai Chicken Street Tacos 2 for 9.50 3 for 10.99

Thai Chili Chicken, Cilantro Slaw, Wonton Strips, Sriracha Mayo

Barbacoa Beef Street Tacos 2 for 9.50 3 for 10.99

Barbacoa Beef, Cilantro Slaw, Pickled Red Onion, Avocado Crème

Baja Chicken Street Tacos 2 for 9.50 3 for 10.99

Seasoned Chicken, Cilantro Slaw, Corn, Pico, Tortilla Strips, SW Ranch

Med Chicken Street Tacos 2 for 9.50 3 for 10.99

Pita, Seasoned Chicken, Pickled Red Onion, Tomato, Feta

Chicken, Bacon & Avocado Wrap 13.50

Smoked Chicken, Greens, Bacon, Spicy Avocado Spread, Tomato Honey Dijon Vinaigrette with a side of Ranch.

Buffalo Chicken Wrap 12.99

Buffalo Seasoned Smoked Chicken, Greens, Tomato, Cheddar & Mozzarella
With a side of Ranch

Pesto Chicken Wrap 12.99

Pesto, Seasoned Smoked Chicken, Red Pepper, Spinach, Mozzarella, Parmesan

Mediterranean Veggie Wrap 12.99

Garlic Herb Wrap, Quinoa, Hummus, Red Pepper, Spinach, Mushroom, Onion, Pesto, Balsamic, Feta & Parmesan with side of Mediterranean Dressing

Fiesta Veggie Wrap 12.99

Garlic Herb Wrap, Avocado Smash, Quinoa, Black Beans, Pico, Greens, Corn, Cheddar Cheese with a side of SW Ranch

BBQ Chicken Wrap 12.99

Garlic Herb Wrap, Smoked Chicken, BBQ Sauce, Red Pepper, Mozzarella, Cheddar with side of SW Ranch

***Gluten free corn tortillas available upon request

*Wraps or street tacos can be made into a salad upon request.

Trio Wine Café

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