

# Salads

Salad Enhancements: Grilled Chicken \$3.00 | Tuna Salad \$3.25  
Shrimp \$3.75 | Salmon \$5.00 | Avocado \$3.00 | Portobello \$1.50

<b>HOUSE</b>	<b>4.99</b>		<b>7.99</b>
Mixed greens   cucumbers   tomato   red onion   kalamata olives   balsamic vinaigrette			
<b>CAESAR</b>	<b>4.99</b>		<b>7.99</b>
Romaine lettuce   shaved Parmesan   croûtons   Caesar dressing			
<b>MOZZARELLA</b>	<b>5.99</b>		<b>8.99</b>
Romaine lettuce   tomato   fresh mozzarella   red onions   kalamata olives   balsamic vinaigrette			
<b>MEDITERRANEAN</b>	<b>4.99</b>		<b>8.99</b>
Mixed greens   tomato   red onion   kalamata olives   feta cheese   balsamic vinaigrette			
<b>ARUGULA</b>	<b>6.99</b>		<b>12.99</b>
Arugula   candied walnuts   dried cranberries   goat cheese   balsamic vinaigrette			
<b>CONDITA</b>	<b>7.99</b>		<b>13.99</b>
Mixed greens   tomato   red onion   kalamata olives   grilled chicken   shrimp   balsamic vinaigrette			
<b>FRESH BEET</b>	<b>6.99</b>		<b>10.99</b>
Mixed greens   beets   candied walnuts   goat cheese   red onion   balsamic vinaigrette			
<b>SPINACH</b>	<b>6.99</b>		<b>11.99</b>
Spinach   feta cheese   green apple   candied walnuts   raspberry vinaigrette			
<b>PEAR ARUGULA</b>	<b>6.99</b>		<b>11.99</b>
Arugula   sliced pear   candied walnuts   crumbled bleu cheese   raspberry vinaigrette			
<b>CHEF</b>	<b>7.99</b>		<b>13.99</b>
Mixed greens   grilled chicken   turkey   provolone cheese   hard-boiled egg red onion   roasted red pepper   Caesar dressing			
<b>FIG</b>	<b>7.99</b>		<b>12.99</b>
Arugula   prosciutto   figs   candied walnuts   shaved Parmesan   lemon olive oil			
<b>CHICK PEA</b>	<b>7.99</b>		<b>13.99</b>
Romaine lettuce   chick peas   blackened chicken   fresh mozzarella   avocado   hard boiled egg   lemon olive oil			
<b>SALMON</b>	<b>11.99</b>		<b>15.99</b>
Spinach   salmon   diced tomatoes   onions   fresh mozzarella   crumbled bleu cheese   shrimp   pesto balsamic			
<b>TUNA SALAD</b>	<b>7.99</b>		<b>12.99</b>
Romaine lettuce   tuna   red onions   tomatoes   kalamata olives   Caesar dressing			
<b>THE COLLINS</b>	<b>6.99</b>		<b>11.99</b>
Romaine lettuce   shaved Parmesan   fresh mozzarella   dried cranberries   croûtons   Caesar dressing			

**SOUP SEASONAL \$3.95**

# Wings

oven roasted • served with celery & bleu cheese • mild, hot, bbq, honey bbq

6 WINGS 6.99 | 12 WINGS 10.99 | 24 WINGS 21.99

**SPICY CAJUN WINGS:** 6 WINGS 6.99 | 12 WINGS 10.99 | 24 WINGS 21.99

# Desserts

<b>HOMEMADE CANNOLI</b>	<b>3.50</b>	<b>24 CANNOLI</b>	<b>56.00</b>
<b>6 CANNOLI</b>	<b>15.00</b>	<b>ASSORTED CAKES</b>	<b>4.50</b>
<b>12 CANNOLI</b>	<b>28.00</b>		

# Beverages

<b>BOTTLED WATER</b>	<b>1.50</b>	<b>COFFEE OR TEA</b>	<b>2.00</b>
<b>BOTTLED TEA &amp; JUICE</b>	<b>2.00</b>	<b>ESPRESSO</b>	<b>2.00</b>
<b>BOTTLED SODA</b>	<b>2.00</b>	<b>PELLIGRINO</b> sm 1.75   lg. 3.50	
<b>2 LITER SODA</b>	<b>2.75</b>	<b>FLAVORED PELLIGRINO</b>	<b>1.85</b>

# Trios Catering Menu

(Half trays feed 8-10 people and full trays feed 16-20 people)

**MORE  
OPTIONS  
ONLINE**

## Appetizers

<b>BRUSCHETTA</b>   Fresh plum tomatoes, basil, garlic, Parmesan cheese, olive oil .....	<b>\$40</b>	
<b>ANTIPASTO ITALIANO</b>   Prosciutto di parma, mix cheese, olives, roasted peppers .....	<b>\$95</b>	
<b>SAUTÉED SHRIMP</b>   beer, garlic, fresh parsley.....	<b>\$65</b>	<b>\$115</b>
<b>MELANZANE PARMIGIANA</b>   eggplant, homemade tomato sauce, fresh basil, Parmesan cheese.....	<b>\$40</b>	<b>\$75</b>
<b>CLAMS</b>   Garlic, cilantro, white wine .....	<b>\$45</b>	<b>\$75</b>
<b>MUSSELS</b>   Sausage in a spicy marinara .....	<b>\$35</b>	<b>\$50</b>

## Salads

<b>CAESAR SALAD</b>   Romaine, house made croûtons, shaved Parmesan, .....	<b>\$30</b>	<b>\$65</b>
<b>ARUGULA SALAD</b>   House made candied walnuts, dried cranberries, goat cheese, balsamic vinaigrette.....	<b>\$40</b>	<b>\$90</b>
<b>CAPRESE</b>   Sliced tomatoes, fresh mozzarella, basil, balsamic reduction .....	<b>\$35</b>	<b>\$70</b>
<b>HOUSE SALAD</b>   Mixed greens, red onions, cucumbers, tomatoes, olives, balsamic vinaigrette .....	<b>\$35</b>	<b>\$55</b>
<b>MEDITERRANEAN</b>   Mixed greens, tomato, onion, kalamata olives, feta cheese, balsamic vinaigrette .....	<b>\$35</b>	<b>\$70</b>
<b>GRILLED VEGETABLES</b>   Zucchini, eggplant, portobello mushroom, fennel, asparagus, artichoke, roasted pepper .....	<b>\$50</b>	<b>\$95</b>

## Pastas

<b>SPAGHETTI</b>   Homemade marinara w/ (meatballs or chicken Parmesan) .....	<b>\$45</b>	<b>\$95</b>
<b>PENNE ROSE</b>   Sautéed prosciutto, onion, peas, pink vodka sauce .....	<b>\$40</b>	<b>\$85</b>
<b>LINGUINE WITH MUSSELS</b>   White or red sauce, garlic, fresh herbs .....	<b>\$40</b>	<b>\$65</b>
<b>PENNE POMODORO</b>   Homemade marinara and fresh basil .....	<b>\$30</b>	<b>\$50</b>
<b>PENNE PUTANESCA</b>   Capers, kalamata olives, spicy marinara .....	<b>\$35</b>	<b>\$60</b>
<b>FARFALLE BIANCO</b>   Sautéed chicken, mushrooms, onions, white wine sauce. ....	<b>\$45</b>	<b>\$90</b>
<b>VEGETABLE RISOTTO</b>   Mushrooms, peas, carrots, spinach, onion .....	<b>\$40</b>	<b>\$75</b>

## Proteins

<b>CHICKEN MARSALA</b>   Shitake mushrooms, mozzarella, marsala.....	<b>\$60</b>	<b>\$110</b>
<b>MEATBALLS</b>   Homemade marinara .....	<b>\$35</b>	<b>\$60</b>
<b>FILET MEDALLIONS</b>   Mushrooms, white wine .....	<b>\$110</b>	<b>\$215</b>
<b>CHICKEN ROLLITINI</b>   Spinach, roasted peppers, goat cheese, mozzarella, pink vodka sauce .....	<b>\$95</b>	<b>\$175</b>
<b>LEMON CHICKEN</b>   Lemon butter sauce .....	<b>\$45</b>	<b>\$90</b>
<b>PORK LOIN</b>   Mushrooms, garlic white wine .....	<b>\$45</b>	<b>\$85</b>
<b>OVEN ROASTED SALMON</b>   Fresh Herbs, white wine .....	<b>\$65</b>	<b>\$120</b>
<b>ASSORTED PANINI TRAY</b> .....	<b>\$55</b>	<b>\$90</b>

## Sides

<b>SAUTÉED BROCCOLI RABE</b>	<b>\$60</b>	<b>SAUTÉED SPINACH</b>	<b>\$40</b>
<b>PORTOBELLO MUSHROOMS</b>	<b>\$50</b>	<b>BROCCOLI</b>	<b>\$40</b>
<b>OVEN ROASTED POTATOES</b>	<b>\$50</b>		



**BYOB | TAKE OUT | DELIVERY**

**215.377.9009**

**939 TOWNSHIP LINE ROAD  
ELKINS PARK, PA 19127**

**– DELIVERY SERVICE –**

**ALL DAY \$15.00 MIN | \$1.50 CHARGE**

**HOURS: MON-THURS 10:30am - 9pm**

**FRI-SAT 10:30am -10pm | SUN 11:30am - 9pm**

**INFO@TRIOSFRESHITALIAN.COM**

**OUTSIDE SEATING AVAILABLE**

# Paninis & Wraps

Focaccia bread made daily | Whole wheat wraps available

<b>PORTOBELLO MOZZARELLA</b> Portobello mushroom   fresh mozzarella   sliced tomato   fresh basil   extra virgin olive oil	<b>8.99</b>
<b>EGGPLANT &amp; ROASTED PEPPER</b> Roasted red pepper   grilled eggplant   extra virgin olive oil	<b>7.99</b>
<b>POLLO &amp; SPINACI</b> Grilled chicken   mozzarella   spinach	<b>7.99</b>
<b>PROSCIUTTO &amp; FRESH MOZZARELLA</b> Prosciutto   sliced tomato   fresh mozzarella   fresh basil   extra virgin olive oil	<b>8.99</b>
<b>TURKEY &amp; CHEESE</b> Roasted turkey breast   mozzarella   romaine lettuce   sliced tomato	<b>8.99</b>
<b>POLLO ITALIANO</b> Grilled chicken   broccoli rabe   sliced tomato   mozzarella	<b>8.99</b>
<b>ZUCCHINI BASIL PESTO</b> Grilled eggplant   grilled zucchini   red onion   sliced tomato   fresh mozzarella   basil pesto	<b>8.99</b>
<b>CAPRESE</b> Sliced tomato   fresh mozzarella   basil pesto	<b>8.99</b>
<b>BUFFALO CHICKEN</b> Grilled buffalo chicken   bleu cheese   chopped celery   romaine lettuce   sliced tomato	<b>8.99</b>
<b>ARCOBALENO</b> Grilled chicken   spinach   roasted red pepper   mozzarella	<b>8.99</b>
<b>CHICKEN CAESAR</b> Grilled chicken   romaine lettuce   Parmesan cheese   Caesar dressing	<b>7.99</b>
<b>GRILLED POLLO FRESCA</b> Grilled chicken   arugula   diced tomato   lemon olive oil	<b>8.99</b>
<b>BLACKENED SALMON</b> Grilled Salmon   red onion   romaine lettuce   sliced tomato   lemon olive oil	<b>9.99</b>
<b>TUNA</b> Tuna   mayo   celery   red onion   romaine lettuce   sliced tomato	<b>8.99</b>
<b>NATALES GRILLED VEGGIE</b> Turkey   red onion   sliced tomato   asparagus   portobello mushroom   zucchini   olive oil	<b>9.99</b>
<b>BLACKENED CHICKEN</b> Blackened chicken   roasted pepper aioli   red onion   romaine lettuce   sliced tomato	<b>8.99</b>

## Potato Wedges:

- **\$3.00 (1/2 order)**
- **\$4.50 (full order)**
- **\$6.95 loaded potato wedges (bacon, mozzarella, ranch dressing)**

**Add hot sauce - 25 cents**



# Red Pies

Slices: Plain 1.89  
With 1 Topping 2.35 | Tomato Pie 2.25 | Gourmet 3.00

	ROUND	THIN SQUARE*
<b>TOMATO PIE</b> Square thin crust   light mozzarella   chunky tomato sauce	—   —	<b>11.99   13.99</b>
<b>TRADITIONAL ROUND</b> Tomato sauce   mozzarella	<b>10.99   12.99</b>	—   —
<b>RUSTICA</b> Sausage   mushroom   mozzarella	<b>14.99   16.99</b>	<b>15.99   17.99</b>
<b>VILLA</b> Mushroom   prosciutto   red onion   mozzarella	<b>14.99   16.99</b>	<b>15.99   17.99</b>
<b>VEGGIE</b> Spinach   mushroom   red onion   mozzarella	<b>14.99   16.99</b>	<b>15.99   17.99</b>
<b>CARNE</b> Pepperoni   sausage   prosciutto   mozzarella	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>CALABRESE</b> Broccoli rabe   sausage   mozzarella	<b>14.99   16.99</b>	<b>15.99   17.99</b>
<b>ULTIMATE</b> Mushroom   sausage   red onion   roasted red pepper   mozzarella	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>CACCIATORE</b> Chicken   roasted red pepper   red onion   mushroom   mozzarella	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>MONTE</b> Tomato sauce   portobello mushroom   sauteed onions   mushrooms	<b>14.99   16.99</b>	<b>15.99   17.99</b>

\* *Gluten free / whole wheat available*

# Stromboli

	SM	LG
<b>PLAIN STROMBOLI</b> Tomato sauce   mozzarella	<b>9.99</b>	<b>12.99</b>
<b>CARNE</b> Sausage   pepperoni   prosciutto	<b>14.99</b>	<b>16.99</b>
<b>RUSTICA</b> Sausage   mushroom	<b>13.99</b>	<b>16.99</b>
<b>VILLA</b> Prosciutto   mushroom   red onion	<b>13.99</b>	<b>16.99</b>
<b>VEGETARIAN</b> Spinach   mushroom   red onion	<b>14.99</b>	<b>16.99</b>
<b>BUFFALO CHICKEN</b>	<b>13.99</b>	<b>16.99</b>

## TOPPINGS

<b>diced tomatoes   extra cheese   pepperoni   sausage   bacon mushrooms   broccoli   spinach   red onion jalapeños   long hots   kalamata olives</b>	<b>2.00   2.50</b>
<b>prosciutto   chicken   buffalo chicken   ricotta   fresh mozzarella feta   eggplant   arugula   homemade roasted pepper   artichoke zucchini   anchovy   shaved Parmesan   soppressata fresh pineapple   broccoli rabe   asparagus   green olives</b>	<b>2.00   3.00</b>

# White Pizza

	ROUND	THIN SQUARE*
<b>WHITE</b> Mozzarella   garlic   extra virgin olive oil	<b>10.99   12.99</b>	<b>11.99   13.99</b>
<b>MARGARITA</b> Fresh mozzarella   sliced tomato   fresh basil	<b>14.99   16.99</b>	<b>15.99   17.99</b>
<b>BUFFALO CHICKEN</b> Mozzarella   chicken   buffalo sauce	<b>14.99   16.99</b>	<b>15.99   17.99</b>
<b>MEDITERRANEAN</b> Mozzarella   feta   artichoke   kalamata olives   roasted red pepper	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>BIANCO</b> Mozzarella   ricotta   broccoli   artichoke	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>TRIOS WING</b> Mozzarella   chicken wing   celery   bleu cheese   mild sauce	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>HAWAIIAN TRIO</b> Mozzarella   fresh pineapple   prosciutto   bacon	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>PRIMAVERA</b> Fresh mozzarella   zucchini   eggplant   asparagus   kalamata olives	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>CHICKEN PESTO</b> Mozzarella   chicken   pesto	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>INVERNALE</b> Mozzarella   shaved Parmesan   arugula   prosciutto   diced tomato	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>MARE</b> Mozzarella   sautéed calamari   shrimp   parsley	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>MELANZANE</b> Mozzarella   ricotta   eggplant   mushroom   spinach	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>TRICOLORI</b> Mozzarella   ricotta   broccoli   spinach   diced tomato	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>DIAVOLA</b> Mozzarella   sopressata   red onion   jalapeños   mushroom   kalamata olives	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>BBQ CHICKEN</b> Mozzarella   BBQ chicken	<b>14.99   16.99</b>	<b>15.99   17.99</b>
<b>SOPRESSATA</b> Mozzarella   sopressata   green olives   roasted potato   red onion   long hot	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>FIG</b> Mozzarella   figs   crumbled bleu cheese   prosciutto   light arugula   balsamic reduction	<b>15.99   17.99</b>	<b>16.99   18.99</b>
<b>SICILIANA</b> Mozzarella   artichokes   capers   anchovies   kalamata olives	<b>15.99   17.99</b>	<b>16.99   18.99</b>

\* *All squares come with garlic, extra virgin olive oil, and oregano*

# Calzones

	SM	LG
<b>PLAIN CALZONE</b> Mozzarella   ricotta	<b>9.99</b>	<b>12.99</b>
<b>CARNE</b> Sausage   pepperoni   prosciutto	<b>14.99</b>	<b>16.99</b>
<b>RUSTICA</b> Sausage   mushroom	<b>13.99</b>	<b>16.99</b>
<b>VILLA</b> Prosciutto   mushroom   red onion	<b>13.99</b>	<b>16.99</b>
<b>BUFFALO CHICKEN</b>	<b>13.99</b>	<b>16.99</b>
<b>VEGETARIAN</b> Spinach   mushroom   red onion	<b>14.99</b>	<b>16.99</b>
<b>TRI COLOR</b> Ricotta   spinach   diced tomatoes   broccoli	<b>14.99</b>	<b>16.99</b>

