

Salads

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

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

HOMEMADE CANNOLI	3.50	24 CANNOLI	56.00
6 CANNOLI	15.00	ASSORTED CAKES	4.50
12 CANNOLI	28.00		

Beverages

BOTTLED WATER	1.50	COFFEE OR TEA	2.00
BOTTLED TEA & JUICE	2.00	ESPRESSO	2.00
BOTTLED SODA	2.00	PELLIGRINO sm 1.75 lg. 3.50	
2 LITER SODA	2.75	FLAVORED PELLIGRINO	1.85

*****ECRWSS****

LOCAL
POSTAL CUSTOMER

PRSR STD
ECRWSS
US. POSTAGE
PAID
EDDM RETAIL

Trios Catering Menu

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

**MORE
OPTIONS
ONLINE**

Appetizers

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

Salads

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

Pastas

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

Proteins

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

Sides

SAUTÉED BROCCOLI RABE	\$60	SAUTÉED SPINACH	\$40
PORTOBELLO MUSHROOMS	\$50	BROCCOLI	\$40
OVEN ROASTED POTATOES	\$50		



BYOB | CATERING | TAKE OUT | DELIVERY

215.277.1254

**402 N. EASTON RD.
GLENSIDE, PA 19038**

INFO@TRIOSFRESHITALIAN.COM

– 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

**ONLINE ORDERING AVAILABLE AT
WWW.TRIOSFRESHITALIAN.COM**

OUTSIDE SEATING AVAILABLE

Paninis & Wraps

Focaccia bread made daily | Whole wheat wraps available

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

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

* *Gluten free / whole wheat available*

Stromboli

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

TOPPINGS

diced tomatoes extra cheese pepperoni sausage bacon mushrooms broccoli spinach red onion jalapeños long hots kalamata olives	2.00 2.50
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	2.00 3.00

White Pizza

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

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

Calzones

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

