



STARTERS

BAKED FETA \$ 12

Feta cheese topped with spices, olive oil, garlic, onions, and capers served with french bread and pita bread.

TRIO’S HUMMUS \$ 12

House made hummus topped with roasted garlic, sun dried tomatoes, kalamata olives and feta cheese. Served with pita bread.

* may substitute veggies - add \$ 1

EAT FIT - When served with whole wheat pita.

STEAK BITES \$ 16

5 oz. of filet cooked to your preferred temperature; served with a horse radish dipping sauce and fried onion rings.

EAT FIT - When served with an Eat Fit side.

TUNA NACHOS \$ 19

Tortilla chips with sliced and seared Ahi Tuna with fresh mango salsa, jalapeños, tomatoes and avocado drizzled with spicy mayo and topped with sesame seeds.

TRUFFLE FRIES \$ 9

Truffle oil, parmesan, and roasted garlic aioli.

SEAFOOD GUMBO \$ 18

Trios in house gumbo - made with Louisiana shrimp, andouille sausage and spices.
Served over rice.

SHRIMP ETOUFEÉ \$ 17

Louisiana gulf shrimp, seasoned in a spicy sauce served over a bed of rice; served with Gambino’s french bread.

ARTICHOKE DIP \$ 12

Fried tortilla chips served with house made creamy artichoke dip.

SALADS

Dressings: Ranch, Honey Mustard, Thousand Island, Sweet/Sour Vinaigrette, **Balsamic**, Caesar, Asiago Cheese, Mediterranean House, Bleu Cheese, **Sundried Tomato & Basil**
Add Salmon \$ 10 ~ Chicken \$ 6 ~ Shrimp \$ 7 ~ Tuna \$ 9 ~ Lamb \$ 6

TRIOS SALAD \$ 13

Our signature salad served with chopped bacon, turkey, ham, cheddar & mozzarella cheeses on crisp romaine lettuce.

GREEK SALAD \$ 13

Our Greek Salad is served with bell peppers, purple onion, kalamata olives, cucumbers, tomatoes & feta cheese mixed with fresh chopped romaine lettuce

* Recommended dressing - Our house dressing

SEARED AHI TUNA SALAD \$ 19

Seared Ahi Tuna, avocado, wontons, cashews served on fresh cut romaine lettuce. Cooked to temperature of your liking.

* Recommended dressing - Our sweet/sour vinaigrette

EAT FIT - When served without wontons.

MEDITERRANEAN STEAK SALAD \$ 17

Spring mixed lettuce topped with black olives, capers, tomatoes, cucumbers, feta, and a sirloin steak.

EAT FIT - When served without croutons.

AGEAN SHRIMP SALAD \$ 18

Shredded lettuce topped with boiled Louisiana shrimp, egg, purple onion and capers.

* Recommended dressing - Our house dressing

JENIFER SALAD \$ 14

Fresh cut romaine lettuce, green onions, avocados, almonds, fresh mushroom slices and croutons.

* Recommended dressing - Asiago cheese dressing

HANDHELDS

WAGYU BEEF BURGER \$ 18

8 oz. Raines Family Wagyu beef cooked to perfection, fully dressed on a brioche bun. Wagyu beef recommended temperature is medium rare.

Add cheese \$ 2

TRIO’S BURGER \$ 14

5.3 oz. patty cooked to perfection, fully dressed served on a toasted bun.

Add cheese \$ 2

FRIED CHICKEN SANDWICH \$ 13

Boneless fried chicken thigh in our house seasoning with lettuce, tomato, pickles and our spicy aioli served on toasted sourdough bread

CHICKEN PANINI \$ 14

Sliced grilled chicken, fresh basil, sundried tomatoes, feta cheese & garlic aioli

EAT FIT - When served with an Eat Fit side.

THE GYROS \$ 13

Sliced lamb, cucumber sauce, grilled onions & tomatoes wrapped in a pita

CLUB SANDWICH \$ 13

Shaved ham & turkey with bacon, Swiss, cheddar and all the trimmings served on toasted sourdough bread

QUESADILLA \$ 12

Flour tortilla with cheese, chilies, tomatoes and bacon (wheat available)

Add chicken \$ 5 ~ Add shrimp \$ 6

MEDITERRANEAN QUESADILLA \$ 12

Spinach tortilla with capers, spinach, olives, feta, sundried tomatoes and fresh basil

Add chicken \$ 5 ~ Add shrimp \$ 6 ~ Add lamb \$ 5

STEAKS

All steaks are served with a dinner salad and one side.

C.A.B. 8 OZ FILET \$40 
(Certified Angus Beef)

EAT FIT - When served with a side salad + an Eat Fit side.

8 OZ. SIRLOIN \$25

12 OZ. RIBEYE \$38

JAY BIRD’S STEAK TACOS \$20

Seasoned grilled ribeye steak, sliced, served in a flour tortilla filled with shredded purple cabbage, radish, fresh cilantro, fresh jalapeños, purple onion, and spicy siracha sauce. Served with onion rings and salsa.

SEAFOOD

BLACKENED CATFISH \$17 
Two 4 oz. filets blackened, served with two sides

EAT FIT - When served with 2 Eat Fit sides.

TILAPIA WITH SHRIMP OR CRAB SAUCE \$21

Pan fried topped with gulf shrimp in a lemon butter sauce or jumbo crab meat in a creamy, spinach sauce. Served with one side

GRILLED SALMON \$21 
Served over fresh sauteéd vegetables, topped with fresh mushrooms. Served with your choice of a dinner salad or scoop of hummus with pita. Cooked to temperature of your liking.

BLACKENED GROUPER & CRABMEAT \$34
Fresh grouper blackened in our house blackened seasoning with crab meat & mushroom cream sauce served with choice of 2 sides

GRILLED CHICKEN & SPINACH \$17 
Grilled chicken breast served over fresh sauteéd spinach seasoned with garlic, feta, tomatoes and spices. Served with your choice of a dinner salad or scoop of hummus with pita.

FISH TACOS \$18
Grilled or fried grouper in a flour tortilla with garlic aioli, shredded lettuce and diced tomatoes garnished with onion rings and avocado.

PIZZA

BUILD YOUR OWN
Your choice of 3 toppings: feta, sausage, hamburger, pepperoni, onion, jalapeños, black olives, mushrooms, bell pepper, tomatoes, and garlic
\$1 for each additional topping
12” pizza \$15
14” pizza \$19
12” cauliflower \$16

TRIO’S ORIGINAL PIZZA
3 meats, 3 cheeses and all the veggies!
12” pizza \$19
14” pizza \$23
12” cauliflower \$20

PITA PIZZA \$12
White or wheat, fully loaded

PASTA

FETTUCCINE ALFREDO \$13
Trio’s house made creamy alfredo sauce over fettuccine pasta.
Add chicken \$6 ~ Add shrimp \$7
TRIO’S PASTA \$13
Trio’s house made favorite! Angel hair pasta, mushroom, onions, tomatoes, olives and bell pepper topped with parmesan.
Add chicken \$6 ~ Add shrimp \$7

SPAGHETTI & MEATBALLS \$14
A local Italian family shared their recipe for all to enjoy.

CRABMEAT “MOUSAKA” \$21
A Trio’s original! Fred eggplant over angel hair pasta covered in a cream sauce with fresh crabmeat, spices and topped with parmesan cheese.

ADD-ONS \$5

Fettuccine Alfredo
Onion Rings • Sauteéd Vegetables
Broccolini • Sauteéd Spinach
Macaroni & Cheese • French Fries
Mashed Potatoes • Baked Potato
Almond Rice • Side Salad

KIDS MENU

JR. HAMBURGER WITH FRIES \$8
CHICKEN STRIPS WITH FRIES \$11
SPAGHETTI AND MEAT SAUCE \$7

DESSERTS

BREAD PUDDING \$9
Trio’s house made bread pudding drizzled in buttered caramel sauce
SALTED CARAMEL CHEESECAKE \$9
BROWNIE MELT AWAY \$9

BEVERAGES

ALL SOFT DRINKS, TEAS & COFFEE \$2



Eat Fit Monroe items meet nutritional criteria designated by Ochsner Health with support by the Blue Cross and Blue Shield of Louisiana Foundation and LSU Health Shreveport. Visit EatFitMonroe.com + download Eat Fit app for full nutrition facts.