

THE TRI-BROOK GRILL

— Dinner Menu —

Starters

SOUTHERN CHARCUTERIE*	13
Fried pork skins, pimento cheese, smoked salmon dip, deviled eggs, bread and butter pickles, spicy pickles, apricot chamoy sauce, and crostini.	
FRIED OYSTERS PLATE	11
Virginia oysters served with traditional cocktail sauce.	
BEEF SIRLOIN CARPACCIO*	10
Thin slices of sirloin, Arcadian mixed greens lemon vinaigrette, garlic aioli, and fried capers.	
CRAB CAKES	11
Three domestic lump blue crab cakes. Served with spicy chipotle aioli sauce. Entrée Option: Six crab cakes with choice of a side. 21	
CARIBBEAN CHICKEN BROCHETTES	7
Jamaican jerk chicken with mango pineapple salsa.	

Flatbreads Substitute gluten free add 2.

MEDITERRANEAN (v)	10
Alfredo sauce, artichokes, tomatoes, spinach, feta, Kalamata olive and mozzarella cheese blend.	
CAPRESE (v)	10
Tomatoes, mozzarella, basil, olive oil, and balsamic glaze.	
CAROLINA CHICKEN TACO	10
Carolina Ghost sauce, grilled chicken breast, peppered cheddar-jack cheese with salsa and shredded lettuce.	

Soups & Salads Add to any salad: Choice of Grilled or Blackened Chicken Breast 5; Chicken Salad 5; Salmon 6; Five Domestic Grilled Shrimp 8

TRI-BROOK BOWL	11	ONION SOUP GRATIN (v, gf) cup 6 / bowl 8
Mixed greens, corn and cabbage chow-chow, julienned organic carrots, tomatoes, cucumbers, red quinoa, turmeric cauliflower rice, watermelon radish, deviled eggs, sweet potatoes, feta cheese, and Greek dressing.		Caramelized onions, red wine, vegetable stock, garlic and herbs topped with a parmesan crisp accompanied by crostini.
CAESAR SALAD (gf)	half 5 / full 8	SALAD BAR 8
Hearts of romaine, shredded parmesan cheese, and garlic croutons tossed in a creamy Caesar dressing. Available without croutons or with corn tortilla chips.		SOUP DU JOUR 6
		SOUP AND SALAD 12

Entrées

All entrée substitutions add 2. Add soup and salad bar to your entrée for 8.

CHICKEN BREAST	17
Organic free-range chicken breast, winter squash-quinoa-Arborio risotto with a dried cranberry relish.	
UNICORN FISH	21
Crusted and baked over sautéed kale, Brussels sprouts, red and Napa cabbages, carrots, and radicchio. With roasted potatoes.	
EASTERN SHORE PLATE	21
Domestic lump crab cakes, Virginia fried oysters, and coleslaw.	
SALMON	21
Seared Faro Island salmon over turmeric cauliflower rice.	
PORK TENDERLOIN	19
Roasted pork tenderloin with apple chutney, power blend of golden beets, broccoli stalks, kohlrabi, brussels sprouts, kale, radicchio, carrot, and sweet potatoes.	
RISOTTO WITH MUSHROOMS	15
Creamy Arborio rice with mixed mushrooms, garlic, herbs, diced sweet potatoes, and parmesan cheese. Add grilled chicken breast 5.	
STEAK TIPS*	20
Beefsteak tips, mushrooms, and garlic with a gorgonzola sauce over angel hair pasta.	
GRILLED NEW YORK STEAK*	26
Hereford beef striploin steak and mushrooms served with steak fries.	

Sides

BAKED POTATO WITH SOUR CREAM AND BUTTER (v, gf)	5
SAUTÉED BROCCOLI AND GARLIC (v, gf)	5
MASHED POTATOES DU JOUR (v, gf)	4
QUINOA (v, gf)	5
RISOTTO PARMIGIANA (v, gf)	5
BAKED BRUSSEL SPROUTS (gf)	5
ANGEL HAIR PASTA (v)	5

BREAD UPON REQUEST

SHARED PLATES AND SPLITS ADD 5
(gf) GLUTEN FREE | (v) VEGETARIAN

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

The Tri Brook Grill offers products with peanuts, tree nuts, soy, milk, eggs, and wheat. While we take steps to minimize the risk of cross-contamination, we cannot guarantee that any of our products are safe to the consumer for people with peanut, tree nut, soy, milk, egg or wheat allergies. Please inform your server of any allergies prior to ordering.