

# THE TRI-BROOK GRILL

## — Lunch Menu —

### Starters

|   |                           |
|---|---------------------------|
| <b>CRAB CAKES</b><br>Domestic lump blue crab cakes (3). Served with spicy chipotle aioli sauce.   | 11                        |
| <b>FRIED OYSTERS PLATE</b><br>Virginia oysters served with traditional cocktail sauce.  | 11                        |
| <b>CHEESY GARLIC BREAD (v)</b><br>Garlic bread with 6 kinds of cheese and a San Marzano dipping sauce.  | 5                         |
| <b>SLIDERS</b><br>Choose three:   | 12                        |
| Fried Chicken with coleslaw and chow-chow   | Chicken salad LTO         |
| Crab cake with chipotle, shredded chow-chow   | Pulled pork with coleslaw |
| American Cheeseburger LTO   | BLT                       |
| <b>TWICE COOKED WINGS (gf)</b><br>Ten marinated wings, baked and fried to order then tossed with one sauce.<br>Sauces: Ginger Sesame, Sweet Thai, Carolina Ghost Pepper, or Barbeque. | 12                        |

### Flatbreads

Substitute gluten free add 2.

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

### Pick Two

|   |    |
|---|----|
| <b>HALF &amp; HALF</b><br>Sandwich / Salad / Cup Soup<br>Sandwich Choice: Chicken Salad, BLT, Traditional Grilled Cheese<br>Salad Choice: Caesar Salad or Salad bar<br>Soup: Cup of Soup du jour or Cup of Onion Soup | 10 |
|---|----|

### Soups & Salads

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

|   |                 |   |                |
|---|-----------------|---|----------------|
| <b>TRI-BROOK BOWL</b><br>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. | 11              | <b>ONION SOUP GRATIN (v, gf)</b><br>Caramelized onions, red wine, vegetable stock, garlic and herbs topped with a parmesan crisp accompanied by crostini. | cup 6 / bowl 8 |
| <b>CAESAR SALAD (gf)</b><br>Hearts of romaine, shredded parmesan cheese, and garlic croutons tossed in a creamy Caesar dressing. Available without croutons or with corn tortilla chips.  | half 5 / full 8 | <b>SALAD BAR</b>  | 8              |
|   |                 | <b>SOUP DU JOUR</b>   | 6              |
|   |                 | <b>SOUP AND SALAD</b>   | 12             |

### Sandwiches

Served with your choice of chips, coleslaw, or French fries. Substitute sweet potato chips, onion rings, or fresh fruit for 1. Substitute gluten free bread for sandwich 1. Add salad bar 6, add soup 4, or add soup and salad bar 8.

|  |    |  |    |
|--|----|--|----|
| <b>PULLED PORK</b><br>House-brined, rubbed with smoky chipotle powder, slow roasted pork butt/shoulder, with BBQ sauce, and topped with coleslaw on a toasted brioche roll.  | 10 | <b>HERBED CHICKEN SALAD SANDWICH</b><br>Chicken breast, celery, and onions served with lettuce and tomato slices on wheat berry toast.   | 10 |
| <b>ITALIAN BLACKEND CHICKEN MELT</b><br>Blackened chicken breast, bruschetta of tomatoes, olives, basil, mozzarella cheese blend on a toasted hoagie roll with shredded lettuce and balsamic drizzle.                                  | 11 | <b>SOUTHERN GRILLED CHEESE</b><br>American and pimento cheese with bacon on toasted cornbread. Add a fried egg for 1.  | 10 |
| <b>UNICORN FISH SANDWICH</b><br>Crusted unicorn fish, pimento cheese, bacon, lettuce, pickled watermelon radish, and chipotle mayonnaise on a sliced toasted cornbread.  | 12 | <b>BLT</b><br>Applewood smoked bacon, green leaf lettuce, sliced Virginia tomatoes, and mayonnaise on wheat berry toast.   | 10 |
| <b>CLUB HOUSE HOAGIE</b><br>Layers of roasted turkey breast, Applewood smoked bacon, ham, salami, Swiss cheese, lettuce, tomato, and mayonnaise on a toasted hoagie.<br>(Choice of all turkey, all ham or traditional style available) | 12 | <b>TRI-BROOK GRILL BURGER*</b><br>Hand-formed local grass fed beef burger, flame grilled and served with lettuce, tomato, and onion on a grilled brioche bun. With a choice of two additions: American cheese, cheddar cheese, Swiss cheese, Havarti with dill cheese, fried egg, sauerkraut, Applewood smoked bacon, or chili.<br>Add an extra topping for 1 each.<br>Substitute gluten free bun for 1. | 12 |
| <b>HOT DOG</b><br>Grilled all beef hot dog. Topping choices: Ketchup, mustard, onions, relish.<br>Loaded hot dog with choice of any or all: Sauerkraut, chili, cheese, corn chow-chow, and coleslaw.                                   | 6  |  |    |

### Sides

|                             |   |                             |   |                                   |   |
|-----------------------------|---|-----------------------------|---|-----------------------------------|---|
| <b>FRENCH FRIES (v, gf)</b> | 4 | <b>ONION RINGS (v)</b>      | 5 | <b>ANGLE HAIR PASTA (v)</b>       | 5 |
| <b>COLESLAW (v, gf)</b>     | 4 | <b>POTATO CHIPS (v, gf)</b> | 4 | <b>SWEET POTATO CHIPS (v, gf)</b> | 5 |
| <b>FRESH FRUIT (v, gf)</b>  | 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.