



## ***Trio Plantbased Menu***

<https://menulist.menu>  
610 W Lake St MN 55408, Minneapolis, United States  
+16123261326 - <http://www.TrioPlantbased.com/>



The menu of Trio Plantbased from Minneapolis includes 73 menus. On average, menus or drinks on [the menu](#) cost about \$8.0. The categories can be viewed on the menu below.

# Trio Plantbased Menu



## Salads

CHICKPEA SALAD\* \$9.0

## Appetizers

CHIPS CHEESE SAUCE\* \$7.0

## Pasta

MAC N' CHEESE

## Sandwiches & Hot Paninis

HAMBURGER

## Burgers

CHEESEBURGER

## Side Dishes

COLLARD GREENS\* \$5.0

## Starters & Salads

FRENCH FRIES

## Sauces

BBQ

## Soft Drinks

COCA-COLA \$3.0

## Lunch Plates

BLT\* \$9.0

## Mexican Dishes

CHICKEN ENCHILADAS

## Mexican

ENCHILADAS

## Kids

GRILLED CHEESE SANDWICH\* \$9.0

## Burgers + Sandwiches

BLT SANDWICH

## Main

LASAGNA\* \$21.0

## Mexican Specialities

NACHOS SUPREME \$13.0

## American Food

MAC AND CHEESE

## Juice

ORGANIC LEMONADE \$3.0

## Children's Menu

CHEESEBURGER FRIES \$13.0

## American Dishes

MAC N CHEESE

## Salad

HOUSE SALAD WITH TRIO RANCH\* \$9.0

LEBANESE BEAN SALAD \$9.0

# Trio Plantbased Menu



## Extras

DIPPING SAUCE	
SOY MILK	\$3.0

## Dessert

HARRIET'S ESCAPE PEACH COBBLER*	\$9.0
VANILLA CAKE WITH STRAWBERRY SAUCE*	\$9.0

## Starters

TOMATO SOUP^	
CHIPS SALSA*	\$5.0

## Hot Drinks

COFFEE	
ORGANIC FAIR TRADE COFFEE	\$3.0

## Main Courses

NACHOS	
LASAGNA	
RIBS	

## Beverages

LACROIX	\$3.0
CHERRY WISCO POP!	\$5.0
GRAPEFRUIT WISCO POP!	\$5.0
STRAWBERRY WISCO POP!	\$5.0

## Soups & Sandwiches

GRILLED CHEESE WITH TOMATO SOUP*	\$11.0
HAM CHEESE SANDWICH^	\$11.0

SPAGHETTIOS^

GRILLED HAM CHEESE WITH TOMATO SOUP^	\$13.0
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## Soul Food Platter

SWEET POTATOES (CONTAINS FLAX SEED OIL)	\$7.0
TRIO MACARONI CHEESE*	\$7.0
CORNBREAD WITH TRIO ARTISAN MAPLE BUTTER	\$5.0
SMOKY HOUSE RIBS WITH BBQ SAUCE^	\$5.0

## Restaurant Category

GLUTEN FREE
VEGAN
DESSERT
VEGETARIAN

## Sandwiches

GRILLED CHEESE	
GRILLED CHEESE*	\$5.0
BLT	
B.L.T.	
B.L.T	

## Featured Items

CARAMEL APPLE DELIGHT*	\$7.0
SWEET POTATO BLACK BEAN LETTUCE WRAPS	\$9.0
CHICKEN CHEESE QUESADILLA WITH SPANISH RICE*	\$15.0
THE PERFECT BROWNIE BY VEGAN EAST*	\$7.0
HOUSEMADE CHILI CORNBREAD	\$13.0

# ***Trio Plantbased Menu***



## ***Ingredients Used***

**BUTTER**

**CARAMEL**

**CHEESE**

**SWEET POTATOES**

**POTATOES**

**CORN**

**CHILI**

## ***These Types Of Dishes Are Being Served***

**PANINI**

**MEAT**

**BREAD**

**DESSERTS**

**CHICKEN**

**QUESADILLAS**

**BURGER**

# *Trio Plantbased Menu*



## *Trio Plantbased*

610 W Lake St MN 55408,  
Minneapolis, United States

### **Opening Hours:**

Monday 11:00-17:00 17:00-21:00  
Tuesday 11:00-17:00 17:00-21:00  
Wednesday 11:00-17:00 17:00-21:00  
Thursday 11:00-17:00 17:00-21:00  
Friday 11:00-17:00 17:00-22:00  
Saturday 11:00-17:00 17:00-22:00  
Sunday 11:00-17:00 17:00-21:00

Made with [menulist.menu](https://menulist.menu)

