

## STARTERS

Chicken satay skewers with sweet chilli sauce and peanut crème fraiche (n)  
£6.95

Terryaki belly pork  
£7.95

Tempura king prawn lollipops with oriental sauce  
£7.95  
*Delicious with our De Gras Zinfandel rosé*

Fresh calamari with lemon mayo dip  
£6.95

Thai fish cakes with sweet chilli mayo  
£7.50

Vine roast tomato soup with basil and crème fraiche (v)  
£4.95

Crispy duck spring rolls, oriental salad and plum sauce  
£7.50

Warmed brie wedges coated in Japanese breadcrumbs and roast onion chutney (v)  
£7.25

Marinated three beet salad with goats cheese, pink grapefruit and watercress (v)  
£7.25

## SALADS

Warmed halloumi and butternut squash, feta cheese, crisp leaves, olives, mixed peppers with garlic and herb dressing and toasted pitta  
£10.25

Chicken & Chorizo with sautéed new potatoes, green beans, sweet peppers, mixed leaves, soft poached egg, Caesar dressing and toasted pitta  
£10.95

Oriental chicken and julienne vegetable salad with a lime and chili dressing, cashews, peanuts and toasted pitta (n)  
£10.75

Parma ham, buffalo mozzarella, avocado, sun dried tomatoes, baby spinach and rocket with balsamic vinaigrette and toasted pitta  
£10.50

## DELI SANDWICHES

**All our sandwiches are served on your choice of sliced white bloomer, seeded wholemeal or a healthy tortilla wrap with house fries. Upgrade to our favourite gastro chips, curly fries or sweet potato fries for £1**

Roast Mediterranean vegetables and goat's cheese, with red pesto mayo, rocket and caramelised onion chutney (n)(v)  
£8.50

A crispy baked tortilla with shredded duck, Monterey Jack cheese, oriental salad, chillies and hoi sin plum sauce  
£9.50

Chargrilled chicken with bacon and Monterey Jack cheese, house leaves, tomatoes and mayo  
£9.50

Low and slow smoked pulled BBQ pork, smoked streaky bacon, blackened sweet onions, smashed apple sauce and French's mustard mayo  
£9.95

Chicken fajita with melted Monterey Jack cheese, salsa, guacamole, sour cream, jalapenos and house leaves  
£9.75

Sliced steak, melted Monterey Jack cheese, sautéed red onions, mushrooms and house leaves with wholegrain mustard mayo  
£9.95

## PASTA

**Our risotto rice is gluten free, gluten free pasta is available on request.**

Spaghetti Carbonara with pancetta, cream, egg yolk, Grand Padano and a poached egg  
£10.75

Tagliatelle with roasted porcini, girolle, chanterelle and chestnut mushrooms, truffle oil, toasted pine nuts and Italian cheese (n)(v)  
£10.95

Risotto with tender stem broccoli peas, mint, lemon zest, buffalo ricotta and broad beans (v)  
£11.50  
*Perfect with our Pinot Grigio*

King prawns sautéed in garlic and chilli on a bed of courgetti, spring onion ribbons and linguine pasta  
£12.25

Grilled chicken and fusilli bound with julienne of spring vegetables, pine nuts, mozzarella and Grana Padano  
£12.25

Chicken, meatballs, pepperoni and bacon with red onions, mushrooms, chillies and fusilli in a spicy tomato cream sauce  
£10.95

King prawn and crab risotto, fresh coriander, red chillies, finished with lemon and parsley butter and Grana Padano  
£14.50

## PIZZAS

Traditional margherita with pomodoro sauces and mozzarella (v)  
£7.95

Butternut squash, chunks of brie, sautéed wild mushrooms, baby spinach, balsamic dressing and a red pesto base (n)(v) £11.75

Handmade meatballs, bacon, chorizo, chicken, pepperoni and red onions with sticky Carolina BBQ sauce £11.75

Parma ham, rocket, pine nuts, artichokes, baby mozzarella and a green pesto base (n)  
£13.25

Marinated whole chicken breast, sautéed wild mushrooms, crispy bacon, torn baby mozzarella, Grand Padano shavings, fresh herbs and a creamy base  
£13.95

Blistered cherry tomatoes and torn baby mozzarella finished with basil oil (v) (n)  
£9.95

Wully Bully Calzone... folded pizza filled with meatballs, bacon, chicken, pepperoni and red onion, oozing with garlic butter, mozzarella and Monterey Jack cheese  
£11.25

Wild mushrooms, buffalo mozzarella, Taleggio, truffle oil, rosemary and garlic butter on a creamy base (v)  
£11.75

Italian tuna, buffalo mozzarella, mussels, king prawns, calamari and crab on a pomodoro base  
£13.50

## BURGERS

'Wully Bully's' All American burger with bacon, wholegrain mustard mayo, iceberg lettuce, onion rings, BBQ sauce and Monterey Jack cheese, served with house fries. 25p from sale goes to the Prince's Trust charity.\*

£11.95

Buttermilk marinated crispy chicken with Caesar mayo, iceberg lettuce, house slaw, chicken gravy dip pot and house fries

£10.75

The CrossFit Leeds Burger ...house beef burger topped with a fried egg and Monterey Jack cheese, served with an avocado and bacon salad and sweet potato wedges. Served bread free.

£10.95

Inspired by head coach and owner: Mike Rawlinson

\*The Prince's Trust work with young people to develop their skills, confidence and motivation so that they can move into work, education or training.

[www.princes-trust.org.uk](http://www.princes-trust.org.uk)

## TRIO SKEWERS

Choose from:

Chicken £14.95

Salmon £15.50

Halloumi (v) £14.95

Chargrilled with fresh vegetables on a kebab skewer. Served with gastro chips and sautéed vegetables.

Choose your sauce from: Chorizo, paprika and tomato / Teriyaki(v) / BBQ (v)

**Please ask to see our Kids and Sunday Roast menus.**

## THE BUTCHER

Cumberland sausage served with buttered kale and onion mash, Yorkshire pudding and onion gravy

£11.95

Sweet cured bacon chop, free range egg, peppercorn and apple sauce, served with house fries

£13.95

Chicken breast poached in spiced coconut milk with butternut squash, spinach, broad beans, cashews, julienne vegetables and fragrant rice (n)

£14.95

Vegetarian option available

Half flattened chicken, marinated and boneless served with watercress, house fries and Piri Piri sauce

£14.50

Rump steak with herb butter, watercress and house fries

£13.95

Rib eye steak served with house fries, onion rings and choice of peppercorn, béarnaise, or bone marrow gravy

£19.95

Fillet steak served with house fries, onion rings and choice of peppercorn, béarnaise, or bone marrow gravy

£24.50

*Highly recommend with our reserve Malbec.  
Complement your steak with a herb crusted bone marrow*

£2.95

Lamb rump marinated in North African spices served with butternut squash, sweet potatoes and green beans drizzled in a Moroccan dressing

£18.25

## THE FISHMONGER

Fresh mussels with white wine and garlic cream or tomato garlic and chilli sauce, served with house fries

£11.95

Teriyaki salmon, fragrant rice, pak choi & coriander crème fraîche

£15.95

Luxury fish pie with haddock, salmon, prawns and parsley cream sauce with herb mash and cheese crumb

£14.75

*Superb with our Chablis*

## SIDES

Marinated Olives (v)  
£2.95

Gastro Chips Served with garlic mayo (v)  
£3.90

Warm Crusty mini Loaves; onion, white, multigrain (n)(v)  
£4.75

House Fries served with garlic Mayo (v)  
£3.50

Sweet potato fries served with sour cream (v)  
£3.90

Garlic Bread Tomato (v)  
£4.95

Curly Fries Served with salsa (v)  
£3.90

Handmade onion rings Served with BBQ (v) sauce  
£4.25

Garlic Bread Cheese (v)  
£4.95

Sweet potato wedges (v)  
£3.90

House Salad (v)  
£3.50

We want you to have a fantastic dining experience with ourselves at Trio. To help with this we have worked with the nation's best beer and wine sommeliers to suggest 'perfect matches' for your menu choice. Every dish is recommended on the next pages to be accompanied with a beer and wine. Go on be brave.....try something a little different! Bon Appetit!

(v) Vegetarian (n) Contains Nuts \* For a vegetarian option ask for without parmesan.

We cannot guarantee our food has not come into contact with nuts. If you have a food allergy or are sensitive to certain ingredients, please ask our manager for assistance. A full list of ingredients used in each dish is available for your peace of mind. Service charge is not included, however an optional service charge of 10% will be added to parties of six or more. All tips are shared between the service and kitchen teams on duty during your visit. The management of Arc Inspirations do not take any money whatsoever from tips.

# WINES

## WHITE

	175ml	250ml	Bottle
<b>Colombard Chardonnay - The Landings</b>	3.85	5.30	15.50
<b>South Eastern Australia</b>			
Succulent tropical aromas with peachy white fruits, a soft easy drinking palate and crisp acidity.			
<i>Perfect matches:</i> Satay Chicken Skewers / Oriental Chicken Salad			
<b>Sauvignon Blanc - Vistamar Brisa</b>	4.10	5.50	15.95
<b>Chile</b>			
Dry and zesty with herbaceous green fruit flavours and a pleasant refreshing finish.			
<i>Perfect matches:</i> Spiced Poached Chicken Breast / Stone baked Pizzas			
<b>Chenin Blanc - Stormy Cape</b>	4.20	5.70	16.50
<b>South Africa</b>			
A good concentration of sub tropical fruit well balanced with fresh citrus acidity and a dry finish.			
<i>Perfect matches:</i> Brie Melts / Halloumi Skewer			
<b>Pinot Grigio - Il Molo</b>	4.45	5.90	17.50
<b>Veneto, Italy</b>			
Green fruit aromas and soft mineral tones.			
<i>Perfect matches:</i> Vegetable Rissotto / Tomato and Basil Pizza			
<b>Chardonnay - Tooma River</b>			18.95
<b>South Eastern Australia</b>			
Grapefruit, lime and melon flavours, bound with a zesty, crisp citrus finish			
<i>Perfect matches:</i> Mediterranean Sandwich / Bacon Chop			
<b>Sauvignon Blanc - Mansion House Bay</b>			26.95
<b>New Zealand</b>			
Medium to full bodied with vibrant acidity intertwined with crisp fruits.			
A long zesty finish.			
<i>Perfect matches:</i> King Prawn & Crab Risotto / Grilled Chicken Pasta			
<b>Sancerre</b>			28.95
<b>France</b>			
Immediately appealing, crisp and clean with a good concentration of green fruit, crisp citrus flavours and a racy, mineral streak.			
<i>Perfect matches:</i> Grilled Chicken Pasta/ Thai fish cakes/ Calamari			
<b>Viognier / Marsanne - D'Arenberg The Hermit Crab</b>			28.95
<b>Australia</b>			
A full-bodied white with apricot and peach fruit notes that's a welcome alternative to Chardonnay and great with flavoursome food.			
<i>Perfect matches:</i> Fish Pie / Parma Ham Salad			
<b>Sauvignon Blanc - Cloudy bay</b>			47.95
<b>New Zealand</b>			
Fresh summer fruit salsa; ripe peach, passion fruit, mango and juicy citrus.			
Probably the world's most famous wine.			
<i>Perfect matches:</i> Teriyaki Salmon / Half Flattened Chicken			

## ROSÉ

<b>Pinot Grigio Blush - Veneto Sospiro</b>	3.90	5.50	15.95
<b>Italy</b>			
Light, dry and crisp with a delicious balance between zingy citrus and fruity red berry flavours. Very easy to drink.			
<i>Perfect matches:</i> Marinated Chicken Burger / Tomato and Basil Pizza			
<b>Zinfandel Rosé – De Gras</b>	4.50	5.95	17.50
<b>Chile</b>			
A full palate of pink grapefruit, pomegranate and honey, with a hint of spiciness in the after taste. Nicely fresh and crisp with a lingering finish.			
<i>Perfect matches:</i> Meatball Pasta / Thai Fish Cakes / Salmon Skewers			

## RED

	175ml	250ml	Bottle
<b>Shiraz Cabernet Sauvignon - The Landings</b>	3.95	5.30	15.50
<b>South Eastern Australia</b>			
Blackcurrant and plum fruit flavours blend together with a tantalising hint of spice and soft tannins.			
<i>Perfect matches:</i> Rump Steak / Calzone			
<b>Merlot - Vistamar Brisa</b>	4.20	5.60	16.50
<b>Chile</b>			
Plum fruits on the palate with rounded tannins and a long delightful finish.			
<i>Perfect matches:</i> Wully Bully's All American Burger / Duck Toastada			
<b>Montepulciano d'Abruzzo - Il Caggio</b>	4.55	5.90	17.50
<b>Italy</b>			
Combinations of black and red fruit flavours are complemented by a twist of spice on the palate.			
<i>Perfect matches:</i> Chicken and Chortizo Salad/ Meatball Pizza			
<b>Shiraz - Tooma River</b>			18.95
<b>South Eastern Australia</b>			
Red and black berry aromas and a smooth, textured palate dripping with juicy dark fruits, hints of chocolate and lively spices.			
<i>Perfect matches:</i> Fillet steaks / Sausages and Mash			
<b>Cabernet Sauvignon - De Gras</b>			21.95
<b>Chile</b>			
Full bodied, with a fine structure of ripe tannin and complex concentrated fruit.			
<i>Perfect matches:</i> Wully Bully Calzone / Sliced Steak Melt			
<b>Zinfandel - Painter Bridge</b>			22.95
<b>California, USA</b>			
Ripe red fruits of raspberry, blackcurrant and strawberry preserves with black tea, white and black pepper spice.			
<i>Perfect matches:</i> Wully Bully's All American Burger / Fillet Steak			
<b>Rioja - El Meson</b>			23.95
<b>Spain</b>			
Intense purple-tinted gem colour; Hints of cedar and black fruit on the nos, with chewy tannins.			
<i>Perfect matches:</i> Teriyaki Salmon / Prawn Linguini			
<b>Reserve Malbec - Finca la Celia</b>			25.90
<b>Argentina</b>			
A perfect combination of red fruit and spices enriched by the characteristics of French oak. Gentle but firm tannins with a soft and sweet elegant mid palate.			
<i>Perfect matches:</i> Rib Eye / Fillet			
<b>Pinot Noir - Yealands</b>			28.95
<b>New Zealand</b>			
A bright, ruby hued wine with aromas of black cherry, violets and savoury spice.			
Notes of plum and spice, silky tannins and a firm finish.			
<i>Perfect matches:</i> Lamb Rump			
<b>Henschke - Henry's Seven</b>			38.95
<b>South Australia</b>			
Sweet, spicy blueberries, plums, blackberries, anise and mace, with stone-fruit and floral hints. A juicy and lush texture with layers of velvety tannins and great length.			
<i>Perfect matches:</i> Marinated Chicken Pizza / Meatball Pasta / Rib Eye			
<b>FIZZ</b>			
<b>Sparkling Wine</b>			<b>Bottle</b>
<b>Prosecco Brut – Stella d'Italia</b>			26.00
<b>Dedicato Gran Rose – Contri</b>			27.00
<b>Champagne</b>			<b>Bottle</b>
<b>Moët &amp; Chandon Brut Imperial</b>			50.00
<b>Veuve Cliquot - Yellow Label</b>			60.00
<b>Laurent Perrier Rose</b>			70.00
<b>Dom Perignon</b>			125.00

# BEERS & CIDER

In Belgium, food and beer have been paired for centuries. In the United States, the country's best restaurants have been embracing craft beers from independent brewers for almost a decade. The flexibility of beer as a partner for food is unmatched by any other beverage; every course can be combined with a different beer, each individually suited to the flavours and textures of the dish.

As beer and food is a new concept to modern cuisine, there are no hard and fast rules so it's best not to feel constrained by anything other than good taste. Please use our perfect matches to assist you:

## Blue Moon £4.00 355ml 5.4% ABV

An American craft beer with inspiration from Belgium. Orange, coriander and oats create the body and aroma and make this a perfect match to Duck and spiced dishes.

*Perfect matches:* Tempura Lollipops / Duck Tortilla

## DoomBar £4.25 500ml 4.3% ABV

Doom Bar is an all-malt beer which is generously late hopped and has pronounced bitter/fruit notes which mean that it lends itself to accompanying ripe cheeses and full flavoured sauces.

*Perfect matches:* Meatball Pasta / Grilled Chicken Pasta / Chicken Skewers

## Modelo Especial £4.00 325ml 4.5% ABV

A sunshine beer much akin to its Latin cousin Corona but with more depth. The butterscotch notes and sweetness on the nose are quelled by the bitterness from the hop. Perfect for delicate dishes.

*Perfect matches:* Brie Melts / Butternut Squash Pizza / Rump Steak

## Camden Pale Ale £4.00 330ml 4% ABV

Taking the brewing tradition of British brewers with the bold hop flavours of American beers. Citrus and tropical fruit flavours are complemented by a round body and crisp bitterness.

*Perfect matches:* Fish Pie / Princes Trust Burger

## Menebrea £3.90 330ml 4.8% ABV

Well balanced between citrus, bitter tones and floral, fruity undertones. The delicate hoppy flavours and complicated malts lead to a well refined and superior beer.

*Perfect matches:* BBQ Pizza / Pulled Pork Sandwich

## Brooklyn Lager £4.00 355ml 5.2% ABV

A lager beer in the "Vienna" style popular in Brooklyn during the late 1800s, this is an amber-gold beer with a great caramel flavour produced by the speciality malts, with a floral and citrus fruit aroma.

*Perfect matches:* Satay Chicken Skewers / Steak Melt / any of the Pizzas / Rib eye

## Vedett Extra Blonde £4.10 (Can) 330ml 5.2% ABV

Vedett is seen as 'the cult beer of Belgium'. A premium pilsner, alive with a vibrant and crisp taste to match its branding.

*Perfect matches:* Calamari / Vegetable Rissotto

## Schneider Weisse Original £5.10 500ml 5.4% ABV

Schneider can be credited with resurrecting a style of beer that came close to extinction in the late 1800s. Compared with many German weisse beers, it is very full flavoured and spicy.

*Perfect matches:* Carbonara / Burger / Steaks / Pulled Pork Sandwich

## Rekorderlig Strawberry & Lime £4.70 500ml 4% ABV

The strawberry flavours complement sweetness in onion jam and roasted peppers and cured meats balance out the sweetness with some saltiness. The carbonation cuts through the fats in cheeses and pastry dishes.

*Perfect matches:* Teryaki Salmon / Brie Melts

## Aspalls Dry Cyder £4.00 4.2% ABV (5.5%) 330ml

A beautiful crisp bittersweet cyder from the good folks at Aspalls in Suffolk. The fruity aroma and flavour makes way for a thirst quenching finish. Perfect with food.

*Perfect matches:* Pork Belly Starter / Apple Crumble

## Peroni £4.40 (draught) 5.1% ABV

Peroni Nastro Azzurro is an intensely crisp and refreshing lager with an unmistakable touch of Italian style brewed in Italy to the original recipe conceived in 1963.

*Perfect matches:* Flattened Chicken / Parma Ham Pizza

## Coors £3.70 (draught) 4.2% ABV

A light and refreshing lager with subtle fruit notes of apple and banana.

A pleasant bitterness gives balance to the beer's sweetness

*Perfect matches:* Chicken and Chortizo Salad / Sausage and Mash

# SOFT DRINKS

Coke  / Diet Coke  £2.40  
served in the iconic bottle

San Pellegrino Limonata / Blood Orange £2.00

Water still / sparkling Small £2.00 / Large £3.00

Frobisher Apple, orange, grapefruit or cranberry £2.70

Fentimans Ginger Beer / Rose Lemonade £2.75

PASTRY

Apple crumble pannacotta £5.75	Salted caramel chocolate torte with fudge brownie, chocolate cake and caramel sauce served with honeycomb ice cream (v) (n) £6.25
Banoffee pie served with cream or ice cream (v) (n) £5.75	Yorvale ice cream (v) £4.95
Bread & butter pudding with crème anglaise (v) (n) £5.95	Yorvale is the home ofYork's only dairy ice cream manufacturer. They use traditional methods and the finest ingredients to produce rich and creamy dairy ice cream from their family farm in theVale ofYork. It is also gluten free.
Pecan pie served with maple syrup and vanilla pod ice cream (v) (n) £6.25	Choose three scoops from; vanilla pod, double chocolate chip, honey comb and strawberry sensation.

PASTRY

Apple crumble pannacotta £5.75	Salted caramel chocolate torte with fudge brownie, chocolate cake and caramel sauce served with honeycomb ice cream (v) (n) £6.25
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HOT DRINKS

Americano £2.25	Double Espresso £2.55	Suki Tea £2.40
Cappucino £2.45	Macchiato £2.30	Tia Maria Coffee £4.30
Latte £2.50	Mocha £2.80	Irish Coffee £4.30
Espresso £2.20	Hot Chocolate £2.60	

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Americano £2.25	Double Espresso £2.55	Suki Tea £2.40
Cappucino £2.45	Macchiato £2.30	Tia Maria Coffee £4.30
Latte £2.50	Mocha £2.80	Irish Coffee £4.30
Espresso £2.20	Hot Chocolate £2.60	

AFTER DINNER DRINKS

WHISKY	COGNAC
The Macallan 10 Years Old £4.60 The Glenlivet 12 Year Old £4.20	Courvoisier VSOP Exclusif £5.50
PORT	RUM
Taylor's 10 year old Tawny Port NV £6.00	Diplomático Reserva Exclusiva £5.60
LIQUEUR	
Disaronno Amaretto £3.30 Grand Marnier £3.40 Amarula Cream £2.95	
COCKTAILS	
Espresso Martini £6.75 Brandy Alexander £6.50	

AFTER DINNER DRINKS

WHISKY	COGNAC
The Macallan 10 Years Old £4.60 The Glenlivet 12 Year Old £4.20	Courvoisier VSOP Exclusif £5.50
PORT	RUM
Taylor's 10 year old Tawny Port NV £6.00	Diplomático Reserva Exclusiva £5.60
LIQUEUR	
Disaronno Amaretto £3.30 Grand Marnier £3.40 Amarula Cream £2.95	
COCKTAILS	
Espresso Martini £6.75 Brandy Alexander £6.50	