

# THE TRIANGLE GRILLE

701 E. Chatham Street - Cary, North Carolina - 919.460.9179 - [thetrianglegrille.com](http://thetrianglegrille.com)

## APPETIZERS

### *Fresh Breaded Mushrooms*

Served with a spicy horseradish cream sauce...\$6

### *Quesadillas (Chicken or Vegetarian)*

Choose from Marinated Chicken or Roasted Vegetable served with guacamole and sour cream...\$8

### *Mozzarella Sticks*

Fried Cheese with Marinara... What else is there to say?...\$5

### *Chicken Fingers*

Moist and tender, served with your choice of dipping sauces...\$7

### *Calamari Fritti or Vesuvio*

Your choice: Either fried and served with marinara sauce or tossed in a very special spicy balsamico sauce...\$7

### *Calabash Chicken Livers*

Lightly fried chicken livers on a "salad" of marinated mushrooms, tomatoes, red onion, feta cheese, & sour cream over Bibb lettuce...\$6

### *Hot Peel & Eat Shrimp*

Succulent shrimp, tossed with our special house seasoning, and served with lemons & drawn butter...\$9

### *Hot Wings*

Tossed in your choice of house-made sauces...

Hot / Medium / Mild / Chipotle-Cilantro / Teri-BBQ...\$8

### *Potato Skins*

Oven-baked with cheese & bacon, garnished with fresh scallions, and served with sour cream...\$5

### *Fried Gator*

Lightly breaded and served with a spicy remoulade sauce...\$7

### *Chicken Nacho Platter*

Marinated & Char-Grilled Chicken set atop tortillas with cheese, lettuce, tomato, olives, jalapenos, sour cream, and guacamole...\$9

## SOUP DU JOUR & SALADS

Please ask your server for today's soup availability...\$3

### *House Garden Salad*

Mixed greens, cucumber, tomato, shredded carrot, julienned red onion, Colby-jack cheese, and fresh croutons...\$5

### *Classic Cobb Salad*

Mixed greens, diced tomato, minced red onion, turkey, ham, fresh bacon bits, crumbled gorgonzola, finely chopped egg...\$7

### *Classic Chef Salad*

Mixed greens, diced tomato, julienne swiss, ham, turkey, Colby-jack cheese, and sliced egg, and fresh croutons...\$7

### *Unorthodox Greek Salad*

Mixed greens, tomato, cucumber, red onion, kalamata olives, roasted red pepper, pepperoncinis, feta cheese, & our "Greek" dressing...\$7

### *Classic Caesar Salad*

Fresh, crispy, hearts of romaine lettuce with a blend of Italian Parmigiana & Romana cheeses, homemade croutons, and the authentic Caesar dressing consisting of cold-pressed extra virgin olive oil, raw egg, anchovy fillets, Dijon mustard & fresh lemon juice...\$6

...add chicken, steak, crawfish tails, or shrimp to any large salad for...\$3 please... choose blackened, grilled, sautéed, or fried

## CLASSIC SANDWICHES

(Served with French Fries)

### *The "Italian Combo"*

Capicola ham, Genoa Salami, Pepperoni, Provolone, lettuce, onion, tomato, balsamic vinaigrette on a sub roll...\$7

### *Monte Cristo Sandwich*

Ham, house-roasted turkey, and Swiss cheese. Lightly browned and served hot with a fresh orange marmalade...\$7

### *Louisiana Muffaletta Sandwich*

Salami, Ham, Pepperoni, and Provolone cheese, with an olive-red pepper relish, on a Kaiser roll...\$7

### *Croissant Sandwich*

Have a croissant stuffed with your choice of fresh chicken, tuna, seafood or egg salad with lettuce & tomato...\$7

### *The Bacon, Lettuce, & Tomato*

*Unless you say different we create this masterpiece with Hellman's mayo on toasted white bread. . . \$7*

### *Blackened Prime Rib Sandwich*

*Blackened house roasted prime rib, with lettuce, tomato, and a horseradish cream sauce all served up on fresh sub roll. . . \$8*

### *My Chicken Sandwich*

*Chicken cooked your way, grilled, blackened, BBQ, or Buffalo style. Comes automatically with lettuce, tomato, and red onion on a Kaiser roll. . . \$7*

### *The 8oz. Burger Meister*

*100%, Pure ground chuck steak delivered daily. We lightly season and cook your burger to specification. Serve it on a Kaiser roll with mayonnaise, and give you a choice of three items to top it. . . \$7*

*(\$0.50 for each additional item)*

*Lettuce / Tomato / Red Onion / Sautéed Onions / Any Cheese / Sautéed Mushrooms / Bacon / Guacamole*

## LITTLE ITALY

*Choose a pasta and a sauce    ½ order. . . \$6    Full order. . . \$11*

*Pasta selections may vary daily, so ask your server for today's selection.*

### *Marinara or Fra Diavolo*

*Basic tomato sauce or A spicy tomato sauce*

### *Putanesca*

*Marinara, onions, olives, capers, and garlic*

### *Carbonara (add \$2.00)*

*Light Alfredo sauce with peas, ham, and red onion*

### *Alla Vodka*

*Marinara, cream, fresh tomato, and onions*

### *Alla Matriciana*

*Marinara, onions, bacon, and parmesan cheese*

### *Bolognese (add \$2.00)*

*Marinara, ground meats, onions & beef stock*

*. . . add grilled chicken, sautéed fried crawfish tails, or grilled shrimp to any pasta for. . . \$3*

*...add Primavera vegetables, Andouille, Grilled Steak or Italian sausage for. . . \$2*

## ENTREES

*(All Entrée selections come with a side salad.)*

### *Shrimp and Crawfish Etouffee*

*Tender shrimp and crawfish tails in a rich sauce of vegetables and Cajun seasonings served over rice. . . \$16*

### *Chicken Scallopine: Francaise, Picatta or Marsala*

*Medallions of chicken, lightly seasoned, dredged in flour, sautéed to the utmost tenderness, and then sauced in your preference of the classic sauces alongside vegetables and your choice of pasta or rice. Picatta is the mere addition of capers (brined green peppercorns) to Francaise sauce, a velvety sauce of chicken stock, white wine and lemon juice. Marsala is made up of sautéed mushrooms in a reduced blend of beef and roasted chicken stocks . . . \$15*

### *German Sauerbraten (Zow-er-brah-ton) & Spaetzle (Shpet-zlah)*

*10-12 ounces of marinated, skillet-seared and then slow-braised beef eye-round, with a wonderfully zesty gravy, served with braised red cabbage and spaetzle. Spaetzle is a fresh-made German-style pasta \$17*

### *Valentino Shrimp and Scallop Sauté*

*Shrimp and scallops, artichoke hearts, mushrooms and fresh basil in a Mornay sauce and served over angel hair pasta \$17*

### *Fresh Catch of the Day*

*Please ask your server for fresh seafood specials. Value and quality go hand in hand from our kitchen and prices will always be in line with the rest of our menu, so don't let "market price" deter you. . .*

*Fresh Roasted USDA Choice Prime Rib 10 oz . . . \$16 16 oz. . . \$20*

*("guaranteed" available only from 5pm until 10pm)*

*Seasoned with a special house blend of herbs and spices roasted to perfection, and cut to order.*

*Served with your choice of two side dishes and choice of sauce*

### *Oven-Roasted Beef Tenderloin*

*("guaranteed" available only from 5pm until 10pm)*

*The most tender cut of beef seasoned, seared, and roasted whole, and then sliced into medallions to order.*

*Served with choice of two sides and your choice of sauce. . . \$21*

### *10oz Rib Eye Steak*

*Ten ounces of choice beef lightly seasoned and grilled to your specification.*

*Top it off with one of our specialty sauces if you so desire, and choose one side dish. . . \$15*

### *16oz Rib Eye Steak*

*Virtually the same as above, just quite a bit larger and choice of any two side dishes is included.*

*You bring the appetite and we'll hang up the cow bell. . . \$19*

### *Grilled and Pan-Sauce Finished Pork Chops: Murphy or Calvados*

*Two, 6oz, center-cut pork chops are grilled and then finished in a lemony, chicken stock & white wine sauce with green & red bell peppers, red onion and pepperoncinis, OR a rich chicken stock pan sauce of onions, apples, fresh rosemary, Dijon mustard and Calvados brandy, . . . both exquisite styles are served over mashed potatoes. . . \$15*

### **SIDE ITEMS \$3**

*Side Garden Salad  
Coleslaw & Fresh Potato Chips  
Vegetable of the Day  
Pasta Marinara*

*Mashed Potatoes  
Garlic Mashed Potatoes  
Cheddar Bacon Mashed Potatoes  
Pepper-Jack Grits*

*Baked Potato  
French Fries  
White Rice  
Pretty, Dirty Rice*

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