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## SALADS

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Turn your salad into a wrap for .85

**GF TRIDENT SIGNATURE SALAD ... 10.95**

Dried cranberries, mandarin oranges, almonds, and Gorgonzola over mixed greens

**CLASSIC CAESAR ... 10.95**

Tossed with homemade croutons & fresh Parmesan

**GF TRIDENT CHICKEN SALAD ... 10.95**

Roasted chicken tossed with red grapes, celery, and mayonnaise, topped with apples & walnuts.  
Served on a bed of romaine

**GF CAPRESE ... 10.95**

Fresh creamy mozzarella, tomatoes, and walnut pesto on a bed of mesclun greens

**TRIDENT COBB ... 10.95**

Cheddar, mozzarella, bacon, avocado, tomato, onion, and cucumber on a bed of romaine

**GF CRUNCHY WESTERN RANCH ... 10.95**

Corn, black beans, cheddar, tortilla chips, tomato, avocado, and mixed lettuces. Served with ranch dressing

**GF BEET & ARUGULA SALAD ... 10.95**

Beet, walnut, apple, shaved fennel, and feta cheese over a bed of arugula

**GF GREEK ... 10.95**

Chickpeas, pepperoncini, kalamata olives, cucumber, tomato, feta, and over fresh spinach

**Dressing choices:**

Balsamic Vinaigrette, Citrus Vinaigrette, Ranch, Honey Ginger, Caesar, Greek, Bleu Cheese, Oil & Vinegar

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## TRIDENT BOWLS

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Served with your choice of farro (not GF), rice, or quinoa

**V GF ORIGINAL ... 15.95**

Roasted Brussels sprouts, micro-greens tossed with sesame dressing, kale, beets sweet potatoes, and chickpeas

**V GF PORTABELLA ... 15.95**

Portabella mushrooms, edamame, micro-greens tossed with sesame dressing, baby corn, bean sprouts, and shaved carrots

**GF POPEYE ... 15.95**

Spinach, portabella, chickpeas, broccoli, micro-greens tossed with sesame dressing, pesto

**FALAFEL ... 15.95**

Hummus, falafel, cucumber, feta, kalamata olives, sliced onion, olive oil and lemon juice

**MAC 'N CHEESE ... 11.95**

Macaroni in a creamy cheese sauce topped with a buttery Ritz Cracker crumble

Mac 'n Cheese adds:

**Chicken, Buffalo Chicken, Chorizo, or Prosciutto for 4**

**Ham, Bacon, Turkey Bacon, or Chicken Apple Sausage for 2.25**

**Broccoli, Spinach, Jalapenos, Mushrooms, Black Beans, Corn, Carrots, Peas, Tomatoes, Peppers, or Onions for .85**

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## SALAD AND BOWL ADDS

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**POACHED EGG ... 2**

**CHICKEN, BUFFALO CHICKEN, OR TOFU ... 4**

**SALMON CAKES, SHRIMP, OR STEAK ... 5**

**FALAFEL ... 3**

**AVOCADO ... 2.50**

**SHREDDED CHEDDAR & MOZZARELLA ... .85**

(v=vegan, gf=gluten free)