



SNACKS

Muffins

an assortment of muffins with butter 4

Cinnamon Rolls

glazed with grand marnier frosting, pecans 5 1/2

House Smoked Salmon

capers, red onions, dill cream cheese, diced egg, crackers 9 1/2

Lowcountry Eggrolls

pulled pork, collard greens, mustard bbq 8 1/2

Black Bean Eggrolls

black bean, pepper jack, roasted corn, lime crema 8 1/2

Chicken Livers

served with local stone ground grits, tasso gravy, fried egg 7 3/4

Carolina Cheese Plate

house made pimento cheese, candied pecans, crackers 6 3/4

Granola

mixed nuts, toasted grains, Greek yogurt, local honey, dried berries 6

TRIANGLE

Char + Bar



Spinach Salad

spinach leaves, strawberries, sliced almonds, shaved parmesan white balsamic vinaigrette 8 1/2

Goat Cheese Beet

field greens, fried goat cheese, roasted beet, champagne vinaigrette 9

Harvest

field greens, seasonal fruit, pecans, fontina cheese, champagne vinaigrette 8 1/2

Chicken Salad Salad

house made chicken salad, grapes, pecans, crackers 9

Kitchen Sink

egg, bacon, ham, tomato, bleu cheese crumbles, pecans, ranch 9 1/2

Scratch Made Soup

daily selection cup 4 bowl 5 1/2

Wedge

iceberg, bleu cheese crumbles, bacon, tomato, bleu cheese 7 1/2



Cocktails

Spiked Mimosa

bicardi limon, grand marnier, champagne, oj

White Peach Bellini

champagne, white peach schnapps

Pomegranite

skinny tea firefly skinny tea vodka, pomegranite schnapps, sour mix, fresh lime, topped with mint

Coffeehouse Kick

coffee, van gogh double espresso vodka

Spicy Bloody

absolut peppar, tabasco, zing zang

White Chocolate Mocha

coffee, baileys irish cream, godiva white chocolate

Chocolate Martini

White godiva, pinnacle whipped vodka, strawberry garnish

Watermelon Sangria

smirnoff watermelon vodka, white wine, all natural stirrings apple, lemon-lime soda, served with a lemon, lime and orange slice

TRIANGLOSOPHY



a few things while we have your attention: our beef is like no other. it tastes like beef should taste, and we would be happy to tell you why. we're down with the local thing. we try our best to bring in local seasonal items when available and affordable. recycling makes us feel all warm and fuzzy inside. we make a huge effort to divert waste from our landfills, our food waste is used for compost. only jerks ask for free drinks, nice people get free drinks. sorry the volume knob on our speaker is busted, it only goes up from here. all ice made in house from fresh local ingredients. 18% gratuity added to parties of 6 or more. sorry no separate checks for parties larger than 6.



Mimosas



glass 1 / carafe 7

HOURS OF HAPPINESS

MON (5 til 10)

half priced wings
2 dollar
Mickey Big Mouths

TUE (5 til 10)

taco tuesday
tacos, corona, margaritas
& mojitos 3 bucks each

WED (5 til 10)

wine down wednesdays
5 dollars off all bottles

THUR (5 til 10)

It's a Wrap
9 dollar wraps

FRI (all day)

flight night
ask about special flights

SAT (all day)

2 dollar ribs
1 1/2 dollar PBR

SUN (11 til 3)

brunch
mimosas 1 buck each

BRUNCH



Folded Eggs

*with fresh fruit and choice of grits or home fries

Sausage and Cheddar*

four eggs, pan seared country sausage, melted sharp cheddar cheese 9 ¾

Smoked Salmon*

four eggs, house smoked salmon, cream cheese, fresh dill 11

Ham and Cheese*

four eggs, diced black forrest ham, melted swiss 9 ½

Veggie*

four eggs, onions, assorted bell peppers, mushrooms, and melted bleu cheese crumbles 9 ½

Chicken and Spinach*

tender pulled chicken, sauteed spinach, mushrooms, melted mozzarella cheese 10



The Griddle

Buttermilk Pancakes

stack of three, maple syrup, whipped butter 6 ½

Blueberry Pancakes

stack of three, maple syrup, whipped butter 7 ½

Classic French Toast

cinnamon, vanilla, powdered sugar, whipped cream, maple syrup 7 ½

Toasted Pecan Pancakes

stack of three, maple syrup, whipped butter 7 ½

Chocolate Chip Pancakes

stack of three, maple syrup, whipped cream 7 ½

Stuffed French Toast

brioche stuffed with Gran Marnier cream cheese topped with seasonal marmalade 8 ½



TRIANGLE

Char + Bar



Bennys

Crab Cake

2 poached eggs, crab cakes, hollandaise, fluffy southern biscuits 11

House Smoked Salmon

2 poached eggs, house smoked salmon, hollandaise, english muffin, fresh dill 10 ½

Ham Benny

2 poached eggs, sliced ham, hollandaise, english muffin 9 ½

Seared Tenderloin

2 poached eggs, sliced beef tenderloin, hollandaise, english muffin 10 ½

Chipotle Pulled Pork

2 poached eggs, chipotle pulled pork, hollandaise, english muffin 9 ½

Flounder Benny

2 poached eggs, flounder, hollandaise, old bay, english muffin 10



Build it

2 Eggs

over, sunny side up, poached, scrambled 2

Meat

sausage patty, bacon, sausage links, ham 3 ½

Cheese

american, swiss, cheddar, bleu, mozzarella 1

Carbs

white, wheat, english muffin, buttermilk biscuit 1 ½

OTHER STUFF

Biscuits and Gravy

house made sausage gravy over fluffy southern biscuits 6 ½

BLT*

on white toast 7

Shrimp 'N' Grits

sauteed shrimp, local stone ground grits, tasso gravy 9

Fish Taco*

mahi, slaw, scallions, diced tomatoes 10

Hot Ham 'N' Swiss*

black forest ham, melted swiss 8

Classic Cuban*

ham, pork loin, swiss, cuban mustard, pickle, on pressed bread 9

Chicken Salad Melt*

chicken salad, melted swiss, english muffin 8

Chipotle Pulled* Pork Sandwich

spicy pulled pork, cheddar, slaw 9

*all sandwiches come with choice of side



Slaw | Side Salad | Hand Cut Fries | Sweet Sticks |

Home Fries | Stone Ground Grits | Fruit

BRUNCH