



BURGERS

served with your choice of hand-cut fries or sweet sticks

Plain Jane

grass fed beef, lettuce, tomato, onion, choice of cheddar, swiss, white american or pepper jack 10 ½

The Yank

grass fed beef, cremini mushrooms, swiss, horseradish mayo 11

Hot Sh**

grass fed beef, chorizo, fried egg, jalapeno, pepper jack cheese 11 ½

The Nap

grass fed beef, bacon, white american cheese, between two grilled cheese sandwiches 11 ½

Wilbur

grass fed beef, pork belly, cheddar cheese, think of a super awesome bacon cheese burger 11 ½

Home on the Range

carolina bison, cheddar, bacon, fried onion, bbq sauce 15

The General Lee

blackened turkey burger with bleu cheese 9 ½

The Resolution

grass fed beef, pimento cheese, caramelized onion 11

The Stack

portabella, spinach, red pepper, basil brown rice, fontina cheese, balsamic 11



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Fungus Amongus

portabella, roasted red pepper, mozzarella cheese, pesto mayo 9 ½

Upstream

grilled salmon, field greens, caper lemon dill aioli 10 ¾

The Coop

fried chicken, pimento cheese, bacon, pickled onion 9 ½

Cuban

black forest ham, pork loin, swiss, cuban mustard, pickle, pressed bread 9

Chicken Salad

chicken salad on white, pressed & toasted 7

Homegrown

black bean burger, pepper jack, cucumber, roasted red pepper, field greens, herb mayo 9 ½

Capon

grilled chicken, fontina, raspberry sauce, caramelized onions 9 ½

TRIANGLE

Char + Bar



The Stack

portabella, spinach, red pepper, basil brown rice, fontina cheese, balsamic 11

BBQ Salmon

barbecue grilled salmon, brown rice, asparagus 16

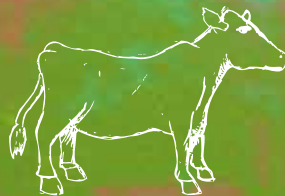
Sweet Potato Gnocchi

grilled chicken, sweet potato gnocchi, spinach, goat cheese, chicken stock 12

Great Grains

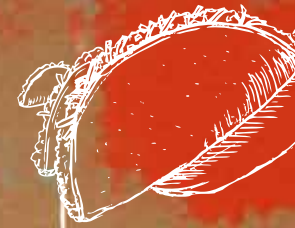
seared tuna, quinoa, green apple, cucumber, red onion, parsley, white balsamic vinaigrette 14

*Each menu item is made from scratch, so calorie counts vary slightly with each preparation. That being said, we promise these dishes are good for you!



*we take pride in offering 100% grass fed beef raised by local farmers. shout out to the guys at hill creek farms and mccutchen farms. This beef is of such high quality, we think it's best prepared not beyond medium.

*some of our menu items may contain raw or under cooked ingredients; consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness; a possible health risk may exist in eating ground beef at an internal temperature less than 155 degrees. guests under the age of 18 may not order ground beef cooked below 155 degrees.



TACOS

served with your choice of hand-cut fries or sweet sticks

Mahi Mahi

mahi, cole slaw, tomato, scallion, salsa verde, chipotle sour cream 10

Curry Chicken

grilled chicken, yellow curry, onion, rice, potato, cream 9

Chicken

seared chicken, mango, cilantro, caramelized onion, chipotle sour cream 9

Flank

grilled flank, chimichurri, arroz amarillo, corn, tomato, chipotle sour cream 10

Pulled Pork

spicy pulled pork, cheddar, slaw 9

Tuna

seared tuna, sriracha honey sauce, asian slaw, crispy wonton, scallion 11 ½

Portabella

marinated portabella, hummus, shredded lettuce, cucumber, tomato 9

Smoked Pork Loin

smoked pork loin, onions, glazed peaches, fontina cheese, mixed greens 9

Gator

fried gator, buffalo sauce, cole slaw, bleu cheese crumbles 10

Shrimp

seared shrimp, corn relish, lime crema 9 ½



Sweet Potato | Slaw | Spinach | Asparagus | Collards
Side Salad | Mac & Cheese | Grits



Popcorn

fresh popped, sea salt, white truffle oil, parmesan 4

Grit Bites

jalapeno cheddar fried grits, ranch 6 ½

Housemade Hummus

roasted garlic hummus on a grilled portabella cap, basil oil, pita 7 ½

Carolina Cheese Plate

house made pimento cheese, candied pecans, crackers 6 ¾

Livers

fried chicken livers, tasso gravy, local stone ground grits, fried egg 7 ¾

Tailgate Dip

cheesy dip with spicy sausage, tortilla chips 7 ¾

Veggie Chips

beet, sweet potato, and parsnip chips, horseradish mayo 5

Avondale Nachos

house made potato chips, cheddar, jack, scallion, bacon, jalapeno, tomato, ranch 9 ½

PBR Wings

blue ribbon brined, tossed in buffalo, bleu cheese 9

TRIANGLE

Char + Bar



Full House
check em all out,
one of each 12

Black Bean

black bean, pepper jack, roasted corn, lime crema 8 ½

Chorizo

mexican sausage and potato, spicy queso 8 ½

Shrimp 'N' Grits

shrimp, grits, green chiles, bacon, tomato gravy 8 ½

Lowcountry

spicy pulled pork with collard greens, mustard bbq sauce 8 ½



Goat Cheese Beet

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

Wedge

wedge of iceberg, bleu cheese crumbles, bacon, tomato, bleu cheese 7 ½

Harvest

field greens, pears, pecans, fontina cheese, champagne vinaigrette 8 ½

Chicken Salad Salad

house made chicken salad, grapes, pecans, crackers 9

Kitchen Sink

egg, bacon, ham, tomato, bleu cheese crumbles, pecans, ranch 9 ½

Spinach Salad

spinach leaves, strawberries, sliced almonds, shaved parmesan white balsamic vinaigrette 8 ½

Scratch Made Soup

daily selection
cup 4 bowl 5 ½

FRIES



Hand-Cut Idaho Potatoes

sea salt, cracked black pepper 3

Sweet Sticks

hand cut sweet potatoes, apple butter 3

Round Onion Fries

you call them rings, we call them fries, beer battered, steakhouse sauce 4 ½

Bella Frites

baby portabellas, roasted red pepper pesto 4 ½



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.

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 ½ dollar PBR

SUN (11 til 3)
brunch
mimosas 1 buck each
7 buck carafe