



## TRIANGLOSOPHY

A few things while we have your attention: We are down with the local thing. We try our best to provide local, seasonal items and local, hormone/antibiotic free proteins. Recycling makes us feel warm and fuzzy inside. We make a huge effort not to add to our landfills and our food waste is used for compost. Thanks for making us your local neighborhood spot!

### SNACKS

#### Avocado Toast \$9.75

sourdough toast, smashed avocado with garlic, basil oil, shaved parmesan, red pepper flakes

#### Cinnamon Rolls \$4.5

fresh baked with a home-style milk glaze

#### Biscuits and Gravy \$5.25

house-made sausage gravy over fluffy southern biscuits

### BENNY'S

served with fruit and your choice of home fries or grits

#### Shrimp Cake Benny\* \$14

poached eggs, shrimp cakes, avocado, hollandaise, fluffy biscuit

#### Chipotle Benny\* \$13

poached eggs, chipotle pulled pork, hollandaise, english muffin, tangy bbq

#### South of the Benny\* \$13.5

poached eggs, bacon, pimento cheese, hollandaise, scallions, buttermilk biscuit

#### Buffalo Benny\* \$13.5

poached eggs, buffalo fried chicken tenders, hollandaise, blue cheese crumbles, buffalo drizzle, english muffin

### FOLDED EGGS

served with fruit and your choice of home fries or grits

#### Bacon-Pimento\* \$11.5

four eggs, bacon, pimento cheese, caramelized onion

#### Veggie Patch\* \$14

four eggs, mushrooms, spinach, goat cheese, avocado

#### Hot Chick\* \$13

four eggs, grilled chicken, jalapenos, pepper jack cheese, caramelized onions, bacon

#### All Aboard Omelet\* \$13

four eggs, blackened shrimp, peppers, onions, cilantro, ranchero sauce

### BRUNCH CRAVERS

#### Chicken or the Egg\* \$12.5

fried chicken, scrambled eggs, sausage gravy, cheddar, scallions and bacon all sandwiched between two biscuits  
BEWARE! this sandwich is a knife and fork job!

#### P.B.L.T. \$13

house pimento cheese, bacon, mixed greens, tomatoes, sour-dough toast. served with home fries, grits or fruit

#### The Mess\* \$8.75

a scramble of eggs, cheddar, home fries, tomatoes, mushrooms, peppers and onions

#### Chorizo Hash\* \$9.5

homefries topped with chorizo, onions, peppers, cheddar-jack cheese, scallions, a sunny up egg, sriracha-lime crema

#### Brunched Burger \$12.5

smash burger on an english muffin, cheddar cheese, over hard egg, bacon and maple mayo, served with home fries, grits or fruit

#### Breakfast Burrito\* \$12.5

applewood bacon, smoked sausage, scrambled eggs, peppers, onions and cheddar, served with home fries, grits or fruit

#### Huevos Rancheros\* \$9.5

jasmine rice, street corn salsa, black beans, roasted tomatoes, avocado, cotija cheese, scallions, tortilla chips, ranchero sauce, over easy egg

#### Mahi Tacos\* \$12.50

mahi mahi, coleslaw, tomatoes, scallions, chipotle sour cream, salsa verde, served with home fries, grits or fruit

#### Captain's Breakfast Quesadilla \$12

large flour tortilla pressed and stuffed with scrambled eggs, cheddar-jack cheese, shrimp and bell peppers, served with ranchero sauce

#### Shrimp and Grits\* \$12.5

shrimp, stone ground grits, tasso gravy, scallions, tomatoes

### GRIDDLE

#### Buttermilk Pancakes \$6

stack of three with whipped butter, powdered sugar, maple syrup and whipped cream  
(add chocolate chips \$1.5)

#### Pigs in a Cake\* \$10

two buttermilk pancakes stuffed with ham, sausage, bacon, cheddar cheese and an over hard egg

#### Classic French Toast \$9.5

hand-dipped and griddled local challah bread, whipped cream, powdered sugar, butter, syrup

### BUILD IT

#### Two Eggs\* \$3

over, up, poached, scrambled

#### Meat\* \$4.5

sausage patties, bacon, black forest ham

#### Cheese\* \$1.5

cheddar, american, pepper jack

#### Carbs \$2.5

white toast, english muffin, biscuit

#### Extras \$3.5

home fries, grits, fresh fruit, side salad

#### CHATTERBOX COLD BREW COFFEE

##### Bottle \$5

unsweet or slightly sweet

+ Locally Made in Avondale +

#### TRIANGLE'S BIG BAD BLOODY MARY \$15

tito's vodka, zing zang bloody mary mix, guinness floater, cajun rim, garnished with pimento cheese stuffed olives, applewood smoked bacon strip, cajun shrimp, lemon, lime, celery, pickled okra, dill pickle

\*consumer advisory: some of our menu items may contain raw or undercooked ingredients. consuming raw or undercooked poultry, meat, shellfish, seafood or eggs may increase your risk of food borne illness. guests under the age of 18 may not order ground beef cooked below 155 degrees.



# WET YOUR WHISTLE

## HAPPY HOUR

(Monday-Friday 4pm-7pm)

\$2.5 domestic bottles

\$3 house liquors

\$4 house wines

\$1 OFF all draft beer

### \$3 SHOOTERS

Fireball  
Lunazul Blanco  
Jim Beam



### \$5 APPS

Best Queso-nario  
In a Pickle  
Mac & Cheese Lollipops  
Southwest 7

## ALL DAY EVERYDAY

\$10 Bud Light Pitchers

\$1.5 Natty Light Cans

\$2 PBRs

\$3 Mini Car Bombs

Mimosas \$2 gl / \$8 carafe

\*These special promotions may not be available for holidays and special events.

## BEERS

### Old Favorites

#### Domestics

Budweiser, Bud Light, Miller Lite, Coors Lite,  
Michelob Ultra, Yuengling



#### Imports

Heineken, Heineken 0.0 (N/A),  
Stella Artois, Corona, Corona Light

### Crafts

#### Witty Blondes

Westbrook White Thai	\$6
Allagash White	\$5.75
Shock Top	\$4.25

#### Hoppy Endings

Coast Hop Art IPA	\$6.5
Westbrook Two Claw	\$6.5
Flying Dog Double (12.10%)	\$7.25
Bell's Two Hearted	\$5.75

#### Lighter Side Of Life

Wicked Weed Day Light	\$5.75
Coast Kolsch 32/50	\$5.75
White Claw (rotating flavors)	\$4.75
Truly Strawberry Lemonade	\$4.25

#### Magic Brownies

Sweetwater 420	\$5
Hi Wire Bed of Nails Brown	\$5.25

#### Dark Side of the Brew

Founders Stout	\$7.25
Holy City Pluff Mud Porter	\$5.5

#### Ciders

Angry Orchard 16oz	\$5
Ship's Wheel Dry Hopped	\$6.25

## WINE

### House Wines- \$5

House Pinot Grigio  
House Chardonnay  
House Cabernet Sauvignon  
House Merlot  
House Pinot Noir



### Wine by the Glass/Bottle

#### Sparkling

Lunetta Prosecco (187 ml)	\$10
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#### White

Banfi "Le Rime" Pinot Grigio	\$6/24
VINO Moscato	\$6/24
Ironstone Chardonnay	\$7.5/30
The Seeker Sauvignon Blanc	\$7/28
Impero Mon Amor Rose	\$7/\$28

#### Red

Trapiche Malbec	\$6/24
Tribute Cabernet	\$9/36
The Seeker Pinot Noir	\$7/28

## SPECIALTY COCKTAILS

### Honey Mule \$8

Wild Turkey American Honey, Fresh Lime, Ginger Beer,  
Fresh Mint

### Red Sangria \$7

Red Wine, Brandy, Triple Sec, Fruit Juices, Fresh Fruit

### Peach Sangria \$7

Parrot Bay Mango, Peach Liquor, White Wine, Fresh  
Fruit and Juice

### Cilantro-Cucumber Cooler \$8

Tito's Vodka, Cilantro Simple Syrup, Fresh Cucumber,  
Fresh Lime, Soda Water

### Guava Margarita \$9

Espolon Blanco, Cointreau, Guava Puree, Sour, Fresh  
Lime, Salted Rim

### Ginger Cat \$7

Cathead Honeysuckle Vodka, Ginger beer, Orange  
and Muddled Mint

### Strawberry-Mint Lemonade \$7

Deep Eddy Lemon Vodka, House Strawberry-Mint  
Simple Syrup, Fresh Lemon, Soda Water



## DON'T MISS OUT ON OUR POPULAR WEEKLY SPECIALS...

### TACO TUESDAY

(Starting at 5pm)

\$3 Tacos  
\$3 Margaritas  
\$3 Mojitos

### SUNDAY FUNDAY

Award Winning Brunch

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Build a Bloody Mary  
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Mimosas!  
\$2 each/\$8 carafe

[trianglecharandbar.com](http://trianglecharandbar.com)