



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!

THE SNACKS

Cinnamon Rolls \$4.5

fresh baked with a home-style milk glaze

Biscuits and Gravy \$7

house-made sausage gravy over fluffy southern biscuits

THE CLASSICS

South of the Benny* \$15

poached eggs, bacon, pimento cheese, hollandaise, scallions, buttermilk biscuit, served with home fries, fruit or grits

Big Denver Omelet* \$11.5

four eggs, black forest ham, peppers, onions, mushrooms, cheddar cheese, served with home fries, grits or fruit

Bacon Pimento Omelet* \$11.5

four eggs, bacon, pimento cheese, caramelized onions, served with home fries, grits or fruit

Return of the Crab* \$16

poached eggs, house crab cakes, avocado, sliced tomato, hollandaise, buttermilk biscuit, served with home fries, fruit or grits

Buttermilk Pancakes \$7

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

Classic French Toast \$10

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

THE CRAVERS

Chicken or the Egg* \$13.5

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

The Mess* \$8.75

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

Chorizo Hash* \$10.25

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

Brunched Burger* \$14.5

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

Breakfast Burrito* \$12.75

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

Huevos Rancheros* \$10

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

Mahi Tacos* \$13

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

YOU 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 \$3

white toast, english muffin, biscuit

Extras \$4

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)

\$3 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

ALL DAY EVERYDAY

\$12 Bud Light Pitchers

\$1.75 Natty Light Cans

\$2.5 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, Tecate

Crafts

Witty Blondes

Westbrook White Thai	\$6
Allagash White	\$5.75
Shock Top	\$4.5

Hoppy Endings

Coast Hop Art IPA	\$6.5
Westbrook Two Claw	\$6.5
Bell's Two Hearted	\$6

Lighter Side of Life

Wicked Weed Watermelon Burst Sour	\$7
Coast Kolsch 32/50	\$5.75
White Claw (rotating flavors)	\$4.75
Truly Wild Berry	\$4.25

Magic Brownies

Sweetwater 420	\$5
Hi Wire Bed of Nails Brown	\$5.5

Dark Side of the Brew

Founders Stout	\$7.75
Holy City Pluff Mud Porter	\$5.5

Ciders

Angry Orchard 16oz	\$5.75
Ship's Wheel Dry Hopped	\$6.75

WINE

House Wines \$5

Pinot Grigio
Chardonnay
Cabernet Sauvignon
Merlot
Pinot Noir



Wine by the Glass/Bottle Sparkling

Lunetta Prosecco (187 ml) \$10

White

Banfi "Le Rime" Pinot Grigio	\$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

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

Build a Bloody Mary

Mimosas!
\$2 each/\$8 carafe

trianglecharandbar.com