

The  
**TRAIL**  
HOUSE

• EAT • MEET • DRINK •

## SHARED PLATES

**FRIED PICKLES (v)** - with ranch dressing. 7.95

**ZUCCHINI STICKS (v)** - with Cajun ranch. 7.95

**GENERAL TSO'S CALAMARI** - with our housemade sweet and savory sauce. 12.95

**DIP TRIO** - Buffalo chicken dip, spinach dip (v), pimento cheese (v), with pita or tortilla chips. 9.95

**CHEESESTEAK EGG ROLLS** - housemade with honey sriracha dipping sauce. 9.95

**NACHOS (v)** - tortilla chips topped with queso, shredded cheese, black bean corn salsa, pico de gallo, guacamole, sour cream and jalapeños. 10.95  
*add chicken or seitan (v) +2 | steak +4*

## WINGS & THINGS

MILD • HOT • HABENERO PINEAPPLE  
LEMON PEPPER DRY RUB • GENERAL TSO  
SRIRACHA DRY RUB • HONEY SRIRACHA  
HOT HONEY GARLIC • HOUSE GARLIC PARMESAN

**Bone-in Wings** - (8) 9.95 | (12) 13.95

**BONELESS WINGS** - (8) 10.95 | (12) 14.95

**CHICKEN TENDERS** - housemade with fries. 9.95  
*plain or tossed in any sauce*

**SHRIMP** - fried or grilled, with celery, carrots, fries. 10.95  
*plain or tossed in any sauce*

## TACOS

— Two or more come with tortilla chips —

**FRIED CHICKEN** - cheese, lettuce, ranch. 3.95  
*sub zucchini sticks (v)*

**CANTINA CHICKEN** - avocado, tomato, lettuce, chipotle aioli. 3.95

**TRAIL HOUSE STEAK** - caramelized onions, Cajun blue cheese sauce. 4.95

**CANTINA STEAK** - cheese, lettuce, pico. 4.95

**FISH** - blackened, pico de gallo, cabbage, chipotle aioli. 4.95

**SHRIMP** - grilled shrimp, lettuce, pico de gallo, Cajun ranch. 4.95

## SOUPS & SALADS

### SOUPS:

FRENCH ONION | SOUP OF THE DAY  
cup 3.95 | bowl 4.95

**HOUSE SALAD (v)** - mixed greens, cucumbers, cherry tomatoes, onions, cheddar, croûtons.  
7.95 (medium) | 9.95 (large)

**CAESAR (v)** - romaine, croûtons, parmesan, housemade caesar dressing.  
8.95 (medium) | 10.95 (large)

**WEDGE** - crisp lettuce wedge, bacon, tomatoes, blue cheese, blue cheese dressing, balsamic drizzle.  
8.95 (medium) | 10.95 (large)

**CAPRESE (v)** - sliced local tomatoes, fresh mozzarella, basil, balsamic dressing. 9.95

**TRAIL HOUSE SALAD** - mixed greens, grilled chicken, grapes, apples, blue cheese, pecans, balsamic dressing. 12.95

**SHRIMP AND AVOCADO** - mixed greens, blackened shrimp, avocado, cucumbers, tomatoes, red onions, pepperjack cheese, Cajun ranch dressing. 13.95

**CHICKEN COBB** - chopped chicken breast, boiled eggs, bacon, tomatoes, blue cheese, avocado, scallions, ranch dressing. 12.95

### ADD TO ANY SALAD

chicken +2 | seitan (ve) +2 | steak\* +4  
shrimp +5 | salmon\* +6

**DRESSINGS** - Ranch, Blue Cheese, 1000 Island, Honey Mustard, Balsamic Vinaigrette, Italian, Caesar, Greek

## SLIDERS

— Choice of 3 - 8.95 | Choice of 4 - 10.95 —

**FRIED CHICKEN** - lettuce, cheese, ranch

**PULLED PORK** - bbq sauce, slaw

**GROUND BEEF** - 1000 island, cheese, pickles

## FLATBREADS

**CALIFORNIA CHICKEN** - mozzarella, avocado, red peppers, bacon, cilantro, chipotle aioli. 9.95  
sub seitan (v)

**BUFFALO CHICKEN** - Buffalo sauce, blue cheese, mozzarella, scallions, jalapeños, ranch. 9.95

**SUPREME** - red sauce, mozzarella, pepperoni, bell peppers, banana peppers, onion, black olives. 9.95

**ITALIAN** - pepperoni, salami, bacon, fresh mozzarella, marinara. 9.95

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## BURGERS

— choice of regular side | premium side +1 —  
— substitute black bean patty (v) +1 | GF bun +1 —

**THE CLASSIC\*** - lettuce, tomato, onion, pickles. 9.95  
add cheese, chili or bacon +1

**CAROLINA\*** - chili, slaw, onions, mustard. 10.95  
add cheese or bacon +1

**MUSHROOM SWISS\*** - mushrooms, caramelized onions, swiss cheese, chipotle aioli. 10.95

**OL' BLUE'S BREAKFAST\*** - fried egg, bacon, mayo, American cheese. 10.95

**SOUTHWEST\*** - onion rings, bacon, bbq sauce, cheddar and pepperjack cheese. 10.95

**ALL HAIL THE TRAIL\*** - stuffed with jalapeños and pepper jack, topped with fried pickles, red onions, lettuce, tomatoes, mozzarella, cheddar, house sauce. 11.95

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## SANDWICHES

— Served with your choice of regular side —

**CLASSIC BBQ** - shredded pork, cole slaw, housemade BBQ sauce (eastern NC style). 10.95

**TRAIL HOUSE GRILLED CHEESE** - pulled pork, mac & cheese, American cheese. 10.95

**BUFFALO GRILLED CHEESE** - fried Buffalo chicken, jalapeños, pepperjack and provolone. 10.95

**STALLING'S CHICKEN SANDWICH** - fried or grilled, lettuce, tomato, onions, pickles, provolone. 10.95  
Plain or toss it in your favorite wing sauce!

**QUESADILLA (no side) (v)** - black bean corn salsa, jack cheese with sour cream, pico de gallo. 8.95  
add peppers & onions (v) 9.95  
chicken or seitan (v) 10.95 | steak 12.95

**PHILLY CHEESESTEAK** - peppers, onions, mushrooms, provolone, mayo. chicken or seitan (v) 9.95  
philly steak 11.95 | sliced steak sandwich 15.95

**AVOCADO CHICKEN WRAP** - grilled chicken, avocado, bacon, lettuce, tomatoes, ranch. 10.95  
sub seitan (no bacon) (v) | shrimp +3

## MAIN PLATES

**MARINARA PASTA** - House marinara, sweet Italian sausage, ricotta cheese. 12.95  
just marinara (ve) 9.95 | no sausage (v) 10.95

**TRAIL HOUSE PASTA** - blackened chicken, roasted vegetables, Cajun cream sauce. 12.95

**FETTUCCINE ALFREDO** - house made. 10.95  
add chicken +2 | shrimp +5

**CHIMICHANGA** - peppers and onions, pico de gallo and cheese mix, fried and covered with queso, cheddar and jalapeños. Side of rice, lettuce, sour cream and guacamole.  
chicken or seitan (v) 10.95 | steak 12.95

**FISH AND CHIPS** - white fish, fries.  
2 pieces 9.95 | 3 pieces 11.95 | 4 pieces 13.95

**MOM'S MEATLOAF** - cumin ketchup, mashed potatoes and green beans. 11.95

**SUMMER PORK CHOPS** - peach habanero sauce, mashed potatoes, green beans. 14.95

**SALMON\*** - grilled or blackened, with asparagus and rice. 17.95

**SLICED STEAK\*** - bistro filet sliced and served with chimichurri sauce, asparagus and mashed potatoes. 18.95

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### REGULAR SIDES 2.95

Fries | Sweet potato fries | Tater tots | House chips  
Mashed potatoes | Cole slaw | Cucumber salad  
Broccoli | Green beans | Roasted vegetables

### PREMIUM SIDES 3.95

Onion rings | Mac & cheese  
House salad | Caesar salad | Cup of soup  
Baked potato | Loaded baked potato +1

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## DESSERT

**BROWNIE A LA MODE<sup>†</sup>** - decadent Ghiradelli chocolate brownie with vanilla ice cream. 6.95

**CHOCOLATE CHIP COOKIE SKILLET<sup>†</sup>** - housemade cookie served warm and soft with vanilla ice cream. 6.95  
(cooked to order, allow 15+ minutes)

**MASON JAR DESSERTS** - Made in-house.  
Ask your server for today's selection. 4.95

<sup>†</sup> Not available for take out

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(v) = vegetarian | (ve) = vegan | (gf) = gluten free

\*Contains (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain