

# Gluten Free at 3

DUE TO THE COOKING METHODS OF THE GLUTEN FREE OPTIONS, PLEASE ALLOW AMPLE TIME FOR PREPARATION

## Appetizers

### LOCAL OYSTERS 3ea

Housemade cocktail sauce, horseradish

### CREAMY TOMATO BASIL SOUP 8

### THAI CHICKEN SKEWER

Grilled chili spiced chicken, thai peanut dipping sauce 11

### CHICKEN 3 WAYS (CHOOSE ONE)

Grilled spicy caribbean barbeque sauce, spicy honey sriracha, zesty buffalo, side ranch 11

### ASIAN LETTUCE WRAPS

water chestnuts, peanuts, sprouts, carrots, pineapple 12

**CHOICE OF:** stir fried chicken, shrimp (add \$2), tofu

### CHEF'S TASTING PLATE

Lemon honey goat cheese, cheddar, prosciutto, ghost pepper salami, roasted plums, house made pickles, bacon onion jam, strawberry rhubarb chutney 14

## Grilled Thin Crust Pizza

### SPICY SAUSAGE AND PEPPERONI

Marinara, asiago and mozzarella cheeses 15

### MARGHERITA PIZZA

Marinara, asiago and mozzarella cheeses 13

### FIG AND PROSCIUTTO PIZZA

Fig jam, sliced prosciutto, arugula, shaved romano cheese, balsamic glaze 16

*\*Prices reflect gluten free pizza crust*

## small Salads

### SIMPLE GARDEN

Mixed greens, tomatoes, carrots, cucumbers, creamy parmesan-peppercorn dressing 7

### CAESAR

Crisp romaine, shaved pecorino, lemon garlic dressing 9 add chicken 12

## BIG Salads

### STEAK TIP CAESAR

Grilled, marinated sirloin tips, traditional caesar salad 20

### CHILLED LOBSTER PLATE

Maine lobster, bibb lettuce, avocado, cherry tomatoes, chilled grilled asparagus, sugar snap peas, red onion, basil vinaigrette 24

## Chicken | Pasta | Rice

### BOLOGNESE

Penne, braised veal, beef, pork, house-made tomato sauce, mushrooms, cream **L 19 / D 26**

### CHICKEN AND PENNE

Chicken tenderloins, spinach, portobello mushrooms, pecorino romano, penne, garlic white wine chicken broth **L 19 / D 25**

## Beef

### GRILLED STEAK TIPS\*

Bourbon bbq marinade, mashed potatoes, green beans 22

## Sandwiches

**GLUTEN FREE SANDWICH WRAPS ARE AVAILABLE**

### SHRIMP AND PENNE

Pan seared gulf shrimp, sautéed asparagus, cherry tomatoes, red pepper flakes lemon butter sauce 25

### THE VEGGIE BOWL

Brown rice, spinach, bell peppers, celery, zucchini, bean spouts, spicy sesame dressing **L 14 / D 20**

### SURF AND TURF\*

Bourbon BBQ marinade steak tips, boiled lobster tail, hand cut fries, cole slaw 35

### CERTIFIED BLACK ANGUS FILET MIGNON\*

Mashed potatoes, green beans, herb butter 32

## Seafood

### FRESH MAINE LOBSTER CLUB

Bacon, mayonnaise, lettuce, tomato, toasted gluten free bread, cole slaw **L 20 / D 24**

### ATLANTIC SALMON

Sugar snap peas, green onion, radish, fingerling potato, salad, dijon tarragon vinaigrette, citrus creme fraiche **L 21 / D 26**

## Sides

Mixed vegetables 4

Green beans 4

Mashed potatoes 4

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness. Before placing your order, please inform your server if a person in your party has a food allergy. 06212107