

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