

3

eat ■ drink ■ celebrate



GLUTEN FREE AT 3

Due to the cooking methods of the gluten free options, please allow ample time for preparation

FIRST TASTE

Local Oysters	3ea *
<i>Housemade cocktail sauce, horseradish</i>	
Creamy Tomato Basil Soup	8
Thai Chicken Skewers	11
<i>Grilled chili spiced chicken, thai peanut dipping sauce</i>	
Caribbean Chicken Tenders	11
<i>Spicy caribbean barbecue sauce, blue cheese dip</i>	
Asian Lettuce Wraps	12
<i>Water chestnuts, peanuts, sprouts, carrots, pineapple</i> <i>Choice of: stir fried chicken, shrimp (add \$2)</i>	
Chef's Tasting Plate	14
<i>Blue goat cheese, cheddar, prosciutto, 9 month aged red wine salami, roasted pears, pickled red onions, cranberry orange jam</i>	

SALADS

Simple Garden	9
<i>Mixed greens, tomatoes, carrots, cucumbers, creamy parmesan-peppercorn dressing</i>	
Caesar	10
<i>Crisp romaine, shaved pecorino, lemon garlic dressing</i> <i>add chicken 14</i>	
■ Fresh Berry, Fig & Goat Cheese	10
<i>Organic mesclun greens, arugula, frisée, raspberries, strawberries, blueberries, spiced almonds, Vermont goat cheese, vanilla bean vinaigrette</i>	
■ Tequila Lime Shrimp Chop Chop	L18 / D24
<i>Tequila lime marinated shrimp, cucumbers, plum tomatoes, asparagus, snow peas, red peppers, onions, feta, chopped oregano, basil, red wine vinaigrette</i>	
Steak Tip Caesar *	L22 / D25
<i>Grilled marinated sirloin tips, traditional caesar salad</i>	

FAVORITES

Steak Tips * / L20 / D23
<i>Bourbon BBQ marinade, grilled balsamic onions, mashed potatoes, green beans</i>
8oz Certified Black Angus Filet Mignon* / 32
<i>Pan-seared French style, mashed potatoes, grilled asparagus, bordelaise sauce</i>
■ 14oz Certified Black Angus Ribeye* / 34
<i>Mashed potatoes</i>
Pan Seared Salmon* / L25 / D27
<i>Quinoa, grilled asparagus, lemon preserve vinaigrette</i>
Swordfish Medallions 27
<i>Red & yellow grape tomatoes, basil, capers, red onions, quinoa salad, white balsamic citrus vinaigrette, chimi churri</i>
Fresh Maine Lobster Club / mkt
<i>Bacon, mayonnaise, lettuce, tomato, toasted gluten free bread, cole slaw</i>

CHICKEN|PASTA

Bolognese	L19 / D26
<i>Penne, braised veal, beef, pork, house-made tomato sauce, mushrooms, cream</i>	
Chicken and Penne	L19 / D26
<i>Chicken tenderloins, spinach, portobello mushrooms, pecorino romano, penne, garlic white wine chicken broth</i>	

SIDES

Grilled Asparagus / 5	Mashed Potatoes / 5
Green Beans / 5	Baked Potato / 4
Cauliflower Rice / 5	Loaded Baked Potato / 5

HANDHELDS

All sandwiches are available on gluten free bread. Add \$2

Bacon Cheeseburger Flatbread	16
<i>Ground beef, bacon, chopped tomatoes, pickles, iceberg lettuce, special sauce, cheddar-jack cheese blend</i>	
Pear and Gorgonzola Flatbread	16
<i>Roasted pears, crumbled gorgonzola and mozzarella cheese, arugula, balsamic glaze</i>	
■ Truffled Steak & "3" Cheese Flatbread	17
<i>Shaved steak, caramelized onions, mushrooms, 3 cheese blend, truffle oil</i>	

*Prices reflect gluten free pizza crust

VEGAN

Stuffed Red Pepper	L16 / D20
<i>Portobello mushrooms, spinach, artichokes, cauliflower rice, tomato basil pesto</i>	
Grilled Cauliflower	L16 / D20
<i>Grilled cauliflower florets, sweet roasted peppers, over sauteéd spaghetti squash, olive oil, fresh basil</i>	
Veggie Bowl	L16 / D20
<i>Spinach, bell peppers, celery, zucchini, bean sprouts, quinoa, spicy sesame dressing</i>	

■ New Item

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Before placing your order, please inform your server if a person in your party has a food allergy. 05162018