

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

SIDES

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

SALADS

- Simple Garden** 9
Mixed greens, tomatoes, carrots, cucumbers, creamy parmesan-peppercorn dressing
- Caesar** 10
Crisp romaine, shaved pecorino, lemon garlic dressing add chicken 14
- **Fresh Berry, Fig & Goat Cheese** 10
Organic mesclun greens, arugula, frisée, raspberries, strawberries, blueberries, spiced almonds, Vermont goat cheese, vanilla bean vinaigrette
- **Tomato Mozzarella Tower** 13
Fresh mozzarella, vine ripe tomatoes, prosciutto, arugula, shallot caper lemon vinaigrette
- **Tequila Lime Shrimp Chop Chop** L18 / D24
Tequila lime marinated shrimp, cucumbers, plum tomatoes, asparagus, snow peas, red peppers, onions, feta, chopped oregano, basil, red wine vinaigrette
- Steak Tip Caesar *** L22 / D25
Grilled marinated sirloin tips, traditional caesar salad
- **Chilled Lobster Plate** mkt
Maine lobster salad, bibb lettuce, avocado, cherry tomatoes, chilled grilled asparagus, sugar snap peas, red onion, basil vinaigrette

FAVORITES

- Steak Tips * / L20 / D23**
Bourbon BBQ marinade, grilled balsamic onions, mashed potatoes, green beans
- 8oz Certified Black Angus Filet Mignon* / 32**
Pan-seared French style, mashed potatoes, grilled asparagus, bordelaise sauce
- **Surf and Turf* / 35**
Bourbon BBQ marinade steak tips, boiled lobster tail, mashed potatoes, cole slaw
- Pan Seared Salmon* / L25 / D27**
Sugar snap peas, fennel, quinoa, lemon preserve vinaigrette
- Swordfish Medallions 27**
Red & yellow grape tomatoes, basil, capers, red onions, quinoa salad, white balsamic citrus vinaigrette, chimi churri
- Fresh Maine Lobster Club / mkt**
Bacon, mayonnaise, lettuce, tomato, toasted gluten free bread, cole slaw

CHICKEN|PASTA

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

HANDHELDS

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

- Bacon Cheeseburger Flatbread** 16
Ground beef, bacon, chopped tomatoes, pickles, iceberg lettuce, special sauce, cheddar-jack cheese blend
 - Pear and Gorgonzola Flatbread** 16
Roasted pears, crumbled gorgonzola and mozzarella cheese, arugula, balsamic glaze
 - **Truffled Steak & "3" Cheese Flatbread** 17
Shaved steak, caramelized onions, mushrooms, 3 cheese blend, truffle oil
- *Prices reflect gluten free pizza crust

VEGAN

- Stuffed Red Pepper** L16 / D20
Portobello mushrooms, spinach, artichokes, cauliflower rice, tomato basil pesto
- Veggie Bowl** L16 / D20
Spinach, bell peppers, celery, zucchini, bean sprouts, quinoa, spicy sesame dressing

■ 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. 06192018