

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
Aged cheddar, pecan crusted cranberry goat cheese, picante soppressata, speck, roasted pears, pickled beets, raspberry fig jam

SIDES

- Grilled Asparagus / 5**
- Mashed Potatoes / 5**
- Green Beans / 5**
- Baked Potato / 4**
- Sautéed Spinach / 5**
- Loaded Baked Potato / 6**

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
- **Beet Carpaccio** 12
Roasted red and yellow beets, arugula, toasted walnuts, truffle oil, goat cheese créma
- 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
- Maple Glazed Roasted Salmon** L22 / D27
Spinach, kale, quinoa, roasted butternut squash, dried cranberries, pecans, maple balsamic vinaigrette

FAVORITES

- Steak Tips * / L20 / D23**
Bourbon BBQ marinade, grilled balsamic onions, mashed potatoes, green beans
- 8oz Black Angus Filet Mignon* / 32**
Pan-seared French style, mashed potatoes, grilled asparagus, bordelaise sauce
- **Jambalaya / L18 / D24**
Rock shrimp, chicken, andouille sausage, tasso ham, spicy vegetables, dirty rice
- Pan Roasted Salmon* / L22 / D27**
Spaghetti squash, roasted red peppers, fingerling potatoes, brown sugar whole grain mustard glazed
- **Oven Roasted Atlantic Haddock / 24**
Spinach, chick peas, fingerling potatoes, plum tomato broth
- Swordfish Medallions / 27**
Warm grilled artichoke, tomato, quinoa salad, citrus sage brown butter
- 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

- **Roasted Acorn Squash** L16 / D20
Quinoa, dried cranberries, roasted butternut squash, fried kale, spiced pepita seeds, apple cider reduction
- 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. 09262018