

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

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

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

VEGAN

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

SIDES

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

FAVORITES

- 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
- 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
- **Pan Seared Atlantic Haddock** 24
Chopped marinated tomatoes | capers | pine nut basil quinoa | lemon beurre blanc
- Fresh Maine Lobster Club** mkt
Bacon | mayonnaise | lettuce | tomato | toasted gluten free bread | cole slaw

■ 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. 02042019