

# 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
- **Dip Duo** 11  
*Red pepper feta | guacamole | vegetable crudité*
- 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)*

## 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*
- **The 3 Burger\*** 16  
*Vermont cheddar | "3 special sauce" | lettuce | tomato | house pickles | gluten free bun | choice of gluten free side*
- **Salmon Burger** 17  
*Boston bibb lettuce | cucumbers | plum tomatoes | dill crème fraiche | gluten free bun | choice of gluten free side*  
  
*Flatbread 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*
  - **Power Salad** 11  
*Kale | mixed greens | purple cabbage | carrots | hemp seeds | chick peas | roasted beets | creamy matcha green tea dressing*
  - Fresh Berry, Fig & Goat Cheese** 12  
*Organic mesclun greens | arugula | frisée | raspberries | strawberries | blueberries | spiced almonds | Vermont goat cheese | vanilla bean vinaigrette*
  - **Chicken Avocado Bowl** 18  
*Louisiana style chicken | cotija cheese | chick peas | quinoa | greens | red cabbage | red and yellow peppers | black bean corn salsa | cilantro aioli*
  - Tequila Lime Shrimp Chop Chop** L16 / D18  
*Tequila lime marinated shrimp | cucumbers | plum tomatoes | asparagus | snow peas | red peppers | onions | feta | chopped oregano | basil | red wine vinaigrette*
  - **Mediterranean Salmon\*** L22 / D26  
*Organic mesclun greens | quinoa | roasted red peppers | charred artichokes | red onion | cherry tomatoes | capers | kalamata olives | feta cheese | lemon basil vinaigrette*
- Add To Your Salad**  
*Chicken 5 | shrimp 8 | salmon 10 | bbq steak tips 10*

## SIDES

- Grilled Asparagus** 5
- Mashed Potatoes** 5
- Green Beans** 5
- Baked Potato** 4
- Sautéed Spinach** 5
- **Brussels Sprouts Hash** 5
- Loaded Baked Potato** 6
- **Lobster Risotto** 12

## FAVORITES

- Bolognese** L19 / D26  
*Penne | braised veal | beef | pork | house-made tomato sauce | mushrooms | cream*
- **Roasted Half Chicken** L18 / D25  
*Bacon, onion, brussels sprouts hash | fingerling potatoes | pan jus*
- Jambalaya** L18 / D24  
*Rock shrimp | chicken | andouille sausage | tasso ham | spicy vegetables | dirty rice*
- Steak Tips \*** L20 / D23  
*Bourbon BBQ marinade | grilled balsamic onions | mashed potatoes | green beans*
- **12 oz New York Sirloin Au Poivre\*** D32  
*Grilled asparagus | loaded baked potato | peppercorn brandy cream sauce*
- 8oz Black Angus Filet Mignon\*** D34  
*Mashed potatoes | grilled asparagus | bordelaise sauce*
- **Pan Roasted Salmon\*** L22 / D27  
*Mustard greens | shaved fennel | radish | fingerling potatoes | dill crème fraiche*
- Pan Seared Atlantic Haddock** L18 / D24  
*Chopped marinated tomatoes | capers | pine nut basil quinoa | lemon beurre blanc*
- Fresh Maine Lobster Club** mkt  
*Bacon | mayonnaise | lettuce | tomato | toasted gluten free bread | tomato basil soup*

■ 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. 05292019