

3

eat ■ drink ■ celebrate



GLUTEN FREE AT 3

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

■ 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. 02062020

FIRST TASTE

- Local Oysters*** 3ea
Housemade cocktail sauce | horseradish
- Blistered Shishito Peppers** 7
Sweet peppers with a hint of heat | garlic sriracha aioli
- Creamy Tomato Basil Soup** 8
- Thai Chicken Skewers** 12
Grilled chili spiced chicken | thai peanut dipping sauce
- Caribbean Chicken Tenders** 12
Spicy caribbean barbecue sauce | blue cheese dip
- Asian Lettuce Wraps** 13
Water chestnuts | peanuts | sprouts | carrots | pineapple
Choice of: stir fried chicken | shrimp (add \$2)

HANDHELDS

- Fig & Prosciutto Flatbread** 16
Sliced prosciutto | arugula | balsamic glaze | fig jam | shaved romano cheese
- Thai Spiced Chicken Flatbread** 16
Bacon | cheddar | ranch | scallions
- 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 fraîche | 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
 - Harvest Salad** 12
Arugula | roasted beets | sweet potatoes | golden raisins | candied walnuts | orange ricotta | maple mustard vinaigrette
 - Fresh Berry, Fig & Goat Cheese** 12
Organic mesclun greens | arugula | frisée | raspberries | strawberries | blueberries | spiced almonds | Vermont goat cheese | vanilla bean vinaigrette
 - **Veggie Bowl** L15 / D20
Red & white quinoa | spinach | broccoli | roasted red peppers | asparagus | artichokes | cauliflower | vegetable broth
 - Chicken Avocado Bowl** L16 / D20
Louisiana style chicken | cotija cheese | chick peas | quinoa | greens | red cabbage | red and yellow peppers | black bean corn salsa | cilantro aioli
 - Tuna Poke Bowl** L20 / D24
Salad greens | jasmine rice | bean sprouts | carrots | cucumbers | pineapple | edamame | chili lime dressing
 - 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
 - Mediterranean Salmon*** L22 / D26
Organic mesclun greens | quinoa | roasted red peppers | charred artichokes | red onion | cherry tomatoes | capers
- Add To Your Salad**
Chicken 5 | shrimp 8 | salmon 10 | bbq steak tips 10

FAVORITES

- Roasted Acorn Squash** L16 / D20
Quinoa | dried cranberries | roasted butternut squash | baked kale | spiced pepita seeds | apple cider reduction
- Bolognese** L19 / D26
Penne | braised veal | beef | pork | house-made tomato sauce | mushrooms | cream
- Roasted Organic Chicken Breast** D25
Bell & Evans organic chicken | mashed potatoes | mushrooms | artichokes | butternut squash | pan jus
- Pan Seared Atlantic Haddock** L20 / D25
Chopped marinated tomatoes | capers | pine nut basil quinoa | lemon beurre blanc
- Pan Roasted Salmon*** L22 / D27
Pumpkin seed encrusted | red lentil and asparagus basmati rice pilaf | pomegranate drizzle
- 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
- 12oz Coffee Rubbed New York Sirloin*** D32
Brown sugar bourbon butter | choice of side
- 8oz Black Angus Filet Mignon*** D34
Mashed potatoes | grilled asparagus | bordelaise sauce

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