



GLUTEN FREE AT 3

■ 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. 06192020

FIRST TASTE

Local Oysters*

Housemade cocktail sauce | horseradish

3ea



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)

SALADS

Simple Garden

9

Mixed greens | tomatoes | carrots | cucumbers | creamy parmesan-peppercorn dressing

Caesar

10

Crisp romaine | shaved pecorino | lemon garlic dressing

■ Caprese Salad

12

Fresh mozzarella | vine ripe tomatoes | arugula | prosciutto | balsamic reduction | shallot caper | lemon vinaigrette

Fresh Berry, Fig & Goat Cheese

12

Organic mesclun greens | arugula | frisée | raspberries | strawberries | blueberries | spiced almonds | Vermont goat cheese | vanilla bean vinaigrette

■ Pecan Crusted Chicken

18

Organic mesclun greens | golden raisins | red grapes | caramelized onions | goat cheese | orange dijon vinaigrette

Chicken Avocado Bowl

20

Louisiana style chicken | cotija cheese | chick peas | quinoa | greens | red cabbage | red and yellow peppers | black bean corn salsa | cilantro aioli

■ Grilled Citrus Lime Shrimp

L18/D24

Baby spinach | frisée | radicchio | red quinoa | grilled asparagus | avocado | yellow peppers | red onion | bacon vinaigrette

■ Mai Tai Salmon

L20/D24

Chopped mixed greens | mango | pineapple | red and yellow peppers | bok choy | shiitake mushrooms | cucumbers | bean sprouts | cilantro lime vinaigrette

Add To Your Salad

Chicken 5 | shrimp 8 | salmon 10 | bbq steak tips 10

FAVORITES

■ Sticky Chicken

D24

Apricot honey glazed Bell & Evans organic ½ chicken | spaghetti style vegetables | roasted fingerling potatoes

■ Simple Penne

D24

Penne | spinach | portabello mushrooms | truffle oil | pecorino romano | garlic white wine butter sauce add chicken 4

Bolognese

D26

Penne | braised veal | beef | pork | house-made tomato sauce | mushrooms | cream

Chicken Parmesan

L20/D26

Grilled chicken | marinara | mozzarella | penne with buttery cheese sauce

■ Shrimp Pesto Pasta

L22/D27

Pan seared gulf shrimp | sautéed asparagus | cherry tomatoes | penne | pesto cream sauce

Spicy Fish Tacos

L16/D22

Pan-fried haddock | Pineapple mango salsa | cabbage | cilantro aioli | Boston bibb lettuce

Tuna Poke Bowl

L20/D24

Salad greens | jasmine rice | bean sprouts | carrots | cucumbers | pineapple | edamame | chili lime dressing

Pan Seared Atlantic Haddock

D25

Chopped marinated tomatoes | capers | pine nut basil quinoa | lemon beurre blanc

■ Pan Roasted Salmon*

L22/D27

Fingerling potatoes | artichoke, fennel and asparagus salad | lemon preserve vinaigrette | dill crème fraiche

Jambalaya

D24

Rock shrimp | chicken | andouille sausage | tasso ham | spicy vegetables | dirty rice

Steak Tips*

D23

Bourbon glaze marinated | grilled balsamic onions | mashed potatoes | green beans

8oz Black Angus Filet Mignon*

D34

Mashed potatoes | grilled asparagus | bordelaise sauce

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

SUMMER SIPS

3 Mai Tai

12

Coconut rum | goslings dark rum | pineapple juice | orange juice | fresh lime juice | grenadine

Cape Cod Mule

12

Cranberry vodka | ginger beer | fresh lime | cranberries

Raspberry Mojito

12

Bacardi raspberry | mint sprig | fresh muddled raspberries



HANDHELDS

Chicken Caprese Sandwich

16

Buffalo mozzarella | prosciutto | tomatoes | arugula | basil pesto | balsamic vinegar | gluten free whole grain | choice of side

Warm Roast Beef Sandwich

17

Caramelized onions | mushrooms | Swiss cheese | horseradish aioli | gluten free bun | choice of side

The 3 Burger*

17

Vermont cheddar | "3 special sauce" | lettuce | tomato | house pickles | brioche bun | choice of side

Salmon Burger*

18

Boston bibb lettuce | cucumbers | plum tomatoes | dill crème fraiche | brioche bun | choice of side

Fig & Prosciutto Flatbread

17

Sliced prosciutto | arugula | balsamic glaze | fig jam | shaved romano cheese

Thai Spiced Chicken Flatbread

16

Bacon | cheddar | ranch | scallions

Bacon Cheeseburger Flatbread

16

Ground beef | bacon | chopped tomatoes | pickles | iceberg lettuce | special sauce | cheddar-jack cheese blend

Lobster Club

mkt

Lettuce | tomatoes | gluten free whole grain | cole slaw

SIDES

Grilled Asparagus

5

Sautéed Spinach

5

Mashed Potatoes

5

Loaded Baked Potato

6

Green Beans

5

Parmesan Risotto

6

Baked Potato

4

Lobster Risotto

12