

3

eat ■ drink ■ celebrate



GLUTEN FREE AT 3

■ New Item

FIRST TASTE

Local Oysters* 3.5ea

Housemade cocktail sauce | horseradish

Asian Lettuce Wraps 14

*Water chestnuts | peanuts | sprouts | carrots | pineapple
Choice of: stir fried chicken | shrimp (add \$2)*

Thai Chicken Skewers 13

Grilled chili spiced chicken | thai peanut dipping sauce

Grilled Caribbean Chicken Tenders 13

Spicy caribbean barbecue sauce | blue cheese dip



SALADS AND BOWLS

Simple Garden 10

Parmesan-peppercorn dressing

Caesar 11

Crisp romaine | shaved pecorino

■ **Watermelon & Cucumber** 14

*Watermelon | cucumbers | blackberries | roasted corn |
pickled red onions | crumbled feta cheese |
white balsamic vinaigrette*

■ **Mediterranean Bowl** 18

*Charred artichokes | hummus | chick peas | quinoa |
kalamata olives | cucumbers | grape tomatoes | baby spinach |
feta cheese | Greek 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*

Tuna Poke Bowl 25

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

Add To Your Salad

Chicken 8 | shrimp 12 | salmon 15 | bbq steak tips 15

FAVORITES

■ **Stuffed Red Peppers** 23

Cauliflower rice | white beans | cherry tomatoes | basil pesto

Chicken Parmesan 27

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

Spicy Fish Tacos 24

*Slaw | pineapple mango salsa | jalapeños | cotija |
aji amarillo sauce | bibb lettuce*

Jambalaya 26

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

■ **Pan Roasted Salmon** 28

*Apricot whole mustard glazed | zucchini noodles | chickpeas |
cherry tomatoes*

■ **Cioppino** 28

*Shrimp | haddock | mussels | clams | potatoes | onions |
plum tomatoes*

■ **Shrimp Pesto Penne** 29

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

■ **St. Louis Pork Ribs** 27

Apple jicama slaw

Steak Tips* 27

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

■ **New York Sirloin** 38

*Black pepper and porcini rubbed | mashed potatoes |
asparagus | truffle blue cheese butter*

MAKE IT A MULE

Cape Cod Mule 13

*Deep Eddy cranberry vodka |
ginger beer | fresh lime | cranberries*



HANDHELDS

Chicken Caprese Sandwich 18

*Buffalo mozzarella | prosciutto | tomatoes | arugula | basil pesto |
balsamic vinegar | gluten free whole grain | parmesan risotto*

Warm Roast Beef Sandwich 18

*Caramelized onions | mushrooms | Swiss cheese |
horseradish aioli | gluten free bun | mashed potatoes*

The 3 Burger* 18

*Vermont cheddar | "3 special sauce" | lettuce | tomato |
house pickles | gluten free bun | mashed potatoes*

Salmon Burger* 19

*Boston bibb lettuce | cucumbers | plum tomatoes |
dill crème fraîche | gluten free bun | mashed potatoes*

Fig & Prosciutto Flatbread 18

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

■ **Rustic Mushroom Flatbread** 18

Parmesan potato spread | mushroom duxelles | fontina | truffle

Bacon Cheeseburger Flatbread 18

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

SIDES

Grilled Asparagus	6	Sautéed Spinach	6
Mashed Potatoes	6	Loaded Baked Potato	6
Green Beans	6	Parmesan Risotto	6
Baked Potato	4		

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

**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. 07192021*