



GLUTEN FREE AT 3

■ New Item

(v) Vegetarian

FIRST TASTE

Local Oysters* 3.5ea

Housemade cocktail sauce | horseradish

■ Pan Seared Brussels Sprouts 14

Bacon | caramelized onions | feta cheese | warm bacon vinaigrette

Thai Chicken Skewers 13

Grilled chili spiced chicken | thai peanut dipping sauce

Grilled Caribbean Chicken Tenders 13

Spicy caribbean barbecue sauce | blue cheese dip

Jumbo Shrimp Cocktail (4pcs.) 15

Sriracha cocktail sauce



SALADS AND BOWLS

Caesar 11

Crisp romaine | shaved pecorino

■ Harvest Salad (v) 13

Mixed greens | roasted sweet potatoes | pomegranate seeds | apples | walnuts | gorgonzola cheese | apple cider vinaigrette

■ Roasted Beets Salad (v) 14

Red and yellow beets | whipped goat cheese | pistachios | orange vinaigrette

Mediterranean Bowl (v) 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

■ Fall Risotto 24

Butternut squash | spinach | pancetta | truffle sage cream sauce | apple gremolata

■ Stuffed Acorn Squash (v) 22

Quinoa | dried cranberries | roasted butternut squash | baked kale | spiced pepita seeds | apple cider reduction

Chicken Parmesan 27

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

Pan Roasted Salmon 28

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

■ Spicy Shrimp Pasta 31

Grape tomatoes | roasted corn | G.F. penne | chipotle cream

■ Penne Bolognese 27

Braised veal, beef and pork | house-made tomato sauce | mushrooms | cream

■ Grilled Pork Chop 27

House brined | broccolini | roasted acorn squash | horseradish jus

Steak Tips* 27

Grilled balsamic onions | mashed potatoes | green beans | bourbon glaze

New York Sirloin 38

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

HELLO FALL!



Cape Cod Mule 12

Cranberry vodka | ginger beer | cranberries | fresh lime

HANDHELDS

Chicken Caprese Sandwich 18

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

■ Pulled Pork Sandwich 18

Korean BBQ Sauce | pear slaw | pickled red onions | sesame seed bun | garlic sesame seed fries | choice of side

The 3 Burger* 18

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

Salmon Burger* 19

Boston bibb lettuce | cucumbers | plum tomatoes | dill crème fraîche | gluten free bun | choice of side

Fig & Prosciutto Flatbread 19

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

Bacon Cheeseburger Flatbread 18

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

■ Fall Flatbread (v) 18

Shaved brussels | butternut squash | fresh pesto | gouda cheese

SIDES

Grilled Asparagus 6 Baked Potato 4

Mashed Potatoes 6 Sautéed Spinach 6

Green Beans 6 Loaded Baked Potato 6

Brussels Sprouts 8 Parmesan Risotto 6

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. 09272021