



SPRING LUNCH 2019

RESTAURANT

## STARTERS

### NEW ENGLAND SALMON CHOWDER

Smoked Paprika Croutons & Chives 7.<sup>95</sup>

### CHICKEN NOODLE SOUP

Lo Mein Noodles, Scallions, Cilantro 7.<sup>95</sup>

### SHRIMP SPRING ROLLS

Lime Miso & Sweet Chili Aioli Dipping Sauces 13.<sup>95</sup>

### CRISPY FRIED BURATTA

Kale, Melted Grape Tomatoes, Sherry Vinaigrette 13.<sup>95</sup>

### SOURDOUGH AVOCADO TOAST

Grape Tomato Pico, Feta, Cilantro, Lime, Red Chili Flakes 13.<sup>95</sup>

### TUNA TARTARE

Avocado, Crispy Wontons, Ponzu & Wasabi 15.<sup>95</sup>

### DIP DUO

Hummus & Olives/Guacamole/Crisps 11.<sup>95</sup>

### BBQ CHICKEN WINGS

Hickory BBQ, Ranch 11.<sup>95</sup>

## 3 WEST LUNCH TRIO

YOUR CHOICE OF  
SOUP | SALAD | SANDWICH | OR SALMON  
14.95

ASIAN CHICKEN NOODLE SOUP  
NEW ENGLAND SALMON CHOWDER



CAESAR SALAD

BABY WEDGE SALAD



VEGGIE BURGER SLIDER

FRIED CHICKEN SLIDER

3W BURGER SLIDER

PAN SEARED SALMON

## SALADS

### CAESAR SALAD

Romaine, Parmesan, Sourdough Croutons 9.<sup>95</sup>

### WEDGE OF LITTLE GEM LETTUCE

Tomato, Bacon, Pickled Red Onion, Toasted Baguette, Creamy Blue Cheese Dressing 10.<sup>95</sup>

### STEAK AND THAI NOODLE SALAD

Marinated Filet Mignon, Mango, Avocado, Tomatoes, Crispy Wontons, Mint, Basil, Cilantro, Peanuts, Honey Lime Vinaigrette 15.<sup>95</sup>

### CRISPY CALAMARI SALAD

Frisée, Radicchio, Sesame Seeds & Thai Lime Chili Vinaigrette 15.<sup>95</sup>

### PAN SEARED SALMON SALAD

Tuscan Kale, Quinoa, Spiced Toasted Almonds, Grape Tomatoes, Poppy Seed Vinaigrette 16.<sup>95</sup>

### GRILLED CHICKEN 3 WEST SALAD

Crispy Goats Cheese, Shaved Pears, Baby Spinach, Smoked Bacon, Spiced Almonds, Sherry Vinaigrette 15.<sup>95</sup>

## BURGERS & SANDWICHES

### HOUSE MADE VEGGIE BURGER

Brioche, Lettuce, Tomatoes, Calkins Creamery "Udderly Hot" Havarti Cheese, Rosemary Aioli, Frites 14.<sup>95</sup>

### SLICED SHORT RIB SANDWICH

Horseradish Cream, Caramelized Onions, Slaw, Frites 16.<sup>95</sup>

### CRAB CAKE SANDWICH

Brioche, Beefsteak Tomato, Green Cabbage Slaw, Sweet Chili Aioli, Old Bay Frites 16.<sup>95</sup>

### CRISPY CHICKEN SANDWICH

Brioche, Pickles, Tomatoes, Swiss Cheese, Green Cabbage Slaw, Frites 15.<sup>95</sup>

### 3WEST CHEDDAR BURGER

Brioche, Harvest Rib Eye Blend, Lettuce, Tomato, Pickles, Rosemary Aioli, Frites 15.<sup>95</sup>

### CHICKEN QUESADILLA

Caramelized Onion, Kale, Four Cheeses, Pico de Gallo, Sour Cream, Avocado 12.<sup>95</sup>

## MAINS

LEMON HONEY CHICKEN BREAST Wild Rice Blend 18.<sup>95</sup>

GRILLED BABY BACKS RIBS ~ "Fall Off The Bone Tender"  
Harvest BBQ, Green Cabbage Slaw, Frites 25.<sup>95</sup>

PAN SEARED SALMON ~ Wild Rice Medley, Asparagus, Lemon Tarragon Butter 19.<sup>95</sup>

SEARED BARNEGAT SCALLOPS ~ Wild Rice Medley, Roasted Brussels, Bacon 19.<sup>95</sup>

NEW YORK PRIME STRIP STEAK ~ Frites, Tuscan Kale, Brandy Shallot Butter 29.<sup>95</sup>

FILET MIGNON ~ Frites, Roasted Brussels 34.<sup>95</sup>

PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES OR DIETARY RESTRICTIONS  
consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness