



SPRING LUNCH 2019

RESTAURANT

STARTERS

- NEW ENGLAND SALMON CHOWDER**
Smoked Paprika Croutons & Chives 7.⁹⁵
- CHICKEN NOODLE SOUP**
Lo Mein Noodles, Scallions, Cilantro 7.⁹⁵
- SHRIMP SPRING ROLLS**
Lime Miso & Sweet Chili Aioli Dipping Sauces 13.⁹⁵
- CRISPY FRIED BURATTA**
Kale, Melted Grape Tomatoes, Sherry Vinaigrette 13.⁹⁵
- SOURDOUGH AVOCADO TOAST**
Grape Tomato Pico, Feta, Cilantro, Lime, Red Chili Flakes 13.⁹⁵
- TUNA TARTARE**
Avocado, Crispy Wontons, Ponzu & Wasabi 15.⁹⁵
- DIP DUO**
Hummus & Olives/Feta/Guacamole/Crisps 11.⁹⁵
- BBQ CHICKEN WINGS**
Hickory BBQ, Ranch 11.⁹⁵

SALADS

- CAESAR SALAD**
Romaine, Parmesan, Sourdough Croutons 9.⁹⁵
- WEDGE OF LITTLE GEM LETTUCE**
Tomato, Bacon, Pickled Red Onion, Toasted Baguette, Creamy Blue Cheese Dressing 10.⁹⁵
- STEAK AND THAI NOODLE SALAD**
Marinated Filet Mignon, Mango, Avocado, Tomatoes, Crispy Wontons, Mint, Basil, Cilantro, Peanuts, Honey Lime Vinaigrette 15.⁹⁵
- CRISPY CALAMARI SALAD**
Frisée, Radicchio, Sesame Seeds & Thai Lime Chili Vinaigrette 15.⁹⁵
- PAN SEARED SALMON SALAD**
Tuscan Kale, Quinoa, Spiced Toasted Almonds, Grape Tomatoes, Poppy Seed Vinaigrette 16.⁹⁵
- GRILLED CHICKEN 3 WEST SALAD**
Crispy Goats Cheese, Shaved Pears, Baby Spinach, Smoked Bacon, Spiced Almonds, Sherry Vinaigrette 15.⁹⁵

BURGERS & SANDWICHES

- HOUSE MADE VEGGIE BURGER**
Brioche, Lettuce, Tomatoes, Cheddar Cheese, Rosemary Aioli, Frites 14.⁹⁵
- SLICED SHORT RIB SANDWICH**
Horseradish Cream, Caramelized Onions, Slaw, Frites 16.⁹⁵
- CRAB CAKE SANDWICH**
Brioche, Beefsteak Tomato, Green Cabbage Slaw, Sweet Chili Aioli, Old Bay Frites 16.⁹⁵
- CRISPY CHICKEN SANDWICH**
Brioche, Pickles, Tomatoes, Swiss Cheese, Green Cabbage Slaw, Frites 15.⁹⁵
- 3WEST CHEDDAR BURGER**
Brioche, Harvest Rib Eye Blend, Lettuce, Tomato, Pickles, Rosemary Aioli, Frites 15.⁹⁵
- CHICKEN QUESADILLA**
Caramelized Onion, Kale, Four Cheeses, Pico de Gallo, Sour Cream, Avocado 12.⁹⁵

3 WEST LUNCH TRIO

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

ASIAN CHICKEN NOODLE SOUP
NEW ENGLAND SALMON CHOWDER



CEASAR SALAD

BABY WEDGE SALAD



VEGGIE BURGER SLIDER
FRIED CHICKEN SLIDER

3W BURGER SLIDER

PAN SEARED SALMON

MAINS

- LEMON HONEY CHICKEN BREAST** Wild Rice Blend 18.⁹⁵
- PAN SEARED SALMON** ~ Wild Rice Medley, Asparagus, Lemon Tarragon Butter 19.⁹⁵
- SEARED BARNEGAT SCALLOPS** ~ Wild Rice Medley, Roasted Brussels, Bacon 19.⁹⁵
- NEW YORK PRIME STRIP STEAK** ~ Frites, Tuscan Kale, Brandy Shallot Butter 29.⁹⁵
- FILET MIGNON** ~ Frites, Roasted Brussels 34.⁹⁵
- GRILLED BABY BACKS RIBS** ~ "Fall Off The Bone Tender" Harvest BBQ, Green Cabbage Slaw, Frites 25.⁹⁵

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