



SPRING 2021  
LUNCH MENU

## STARTERS

NEW ENGLAND CLAM CHOWDER 7.95  
Smoked Paprika Croutons & Fresh Chives

CHICKEN, KALE & CHICKPEA SOUP 7.95  
Tomato, Vegetables, Parmesan

CRISPY RHODE ISLAND CALAMARI 15.95  
Hot Cherry Peppers, Marinara Sauce

OSAKA STYLE SUSHI 14.95  
Spicy Tuna, Avocado, Wasabi, Pickled Ginger \*Limited\*

NJ BURATTA 14.95  
Arugula, Blistered Tomato, Ciabatta, Sherry Vinaigrette, EVOO

CRAB CAKE 20.95 MP  
Rainbow Slaw, Lemon Tahini Dressing, Cilantro Aioli

SHRIMP SPRING ROLLS 13.95  
Lime Miso & Sweet Chili Aioli Dipping Sauces

TUNA TARTARE 15.95  
Avocado, Crispy Wontons, Ponzu & Wasabi

ROTISSERIE CHICKEN WINGS 13.95  
Sweet Heat Glaze, Ranch Dressing

AVOCADO TOAST 14.95  
Smashed Avocado, Fresh Corn and Tomato, Pickled Red Onion  
& Smoked Paprika

## POWER LUNCH 14.95

YOUR CHOICE OF A  
SOUP | SALAD | & SLIDER OR SALMON

NEW ENGLAND CLAM CHOWDER

ROTISSERIE CHICKEN, KALE & CHICK PEA SOUP



CASEAR SALAD

HOUSE SALAD



FRIED CHICKEN SLIDER

3W BURGER SLIDER

PAN SEARED SALMON

VEGGIE BURGER SLIDER

## SIDES

3WEST MAC & CHEESE 8.95

ANGRY KALE 7.95

Bacon, Sambal Chili

BLISTERED SHISHITO PEPPERS 7.95

w/ Roasted Garlic Aioli

FRESH FLORIDA CORN 7.95

Basil, Tomato, Shallot

POMME FRITES 7.95

Add Truffle Oil & Parmesan Cheese 8.95

## SALADS

CAESAR 9.95  
Romaine, Parmesan, Sourdough Croutons

WEDGE OF BABY ICEBERG LETTUCE 10.95  
Tomato, Bacon, Pickled Red Onion, Sourdough Croutons, Creamy  
Blue Cheese Dressing

ROTISSERIE PULLED CHICKEN 18.95  
Tuscan Kale, Green Cabbage, Quinoa, Peanuts, Parsley, Cilantro,  
Parmesan, Roasted Peanut Vinaigrette

3WFARMERS 12.95  
Baby Greens, Radicchio, Carrot Ribbons, Cucumber,  
Cherry Tomato, Cauliflower Florets, Pickled Onion, Goat Cheese,  
Sherry Vinaigrette

PAN SEARED SALMON 16.95  
Tuscan Kale, Quinoa, Spiced Toasted Almonds, Grape Tomatoes,  
Sherry Vinaigrette

## SANDWICHES

3 WEST CHEDDAR BURGER (DOUBLE PATTY) 16.95  
Harvest Ribeye Blend, Lettuce, Tomato, Pickles, Garlic Aioli,  
Brioche Bun, Frites

EAST COAST HALIBUT TACOS 21.95  
Flour Tortillas, Rainbow Slaw, Sriracha Aioli, Corn Chips, Pico

CRISPY CHICKEN SANDWICH 15.95  
Pickles, Tomatoes, Swiss Cheese, Green Cabbage Slaw,  
Brioche Bun, Frites

HOUSE MADE VEGGIE BURGER 14.95  
Brioche, Lettuce, Tomatoes, Cheddar Cheese, Rosemary Aioli, Frites

ROTISSERIE CHICKEN QUESADILLA 12.95  
Caramelized Onion, Cheese, Kale, Sour Cream, Pico de Gallo

CRAB LOUIE B.L.T 20.95 MP  
Bacon, Lettuce, Tomato, Brioche, Old Bay Frites

## MAINS

ROTISSERIE CHICKEN GRAIN BOWL 21.95  
Peanuts, Red Pepper, Carrots, Cabbage, Miso, Cilantro

FILET MIGNON 34.95  
Broccolini w/ Parmesan Crumb, Roasted Garlic Butter & Frites

LO RÉ CAVATELLI PASTA 21.95  
Roasted Pepper, Broccolini, Cremini Mushroom, Basil

\*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