



SUMMER 2021
LUNCH MENU

STARTERS

NEW ENGLAND CLAM CHOWDER 8.95

Smoked Paprika Croutons & Fresh Chives

CHICKEN, KALE & CHICKPEA SOUP 8.95

Tomato, Vegetables, Parmesan

BLISTERED SHISHITO PEPPERS 8.95

w/ Roasted Garlic Aioli

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

SHRIMP SPRING ROLLS 14.95

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 16.95

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

NEW ENGLAND CLAM CHOWDER

ROTISSERIE CHICKEN, KALE & CHICK PEAS SOUP



CAESAR SALAD

HOUSE SALAD



FRIED CHICKEN SLIDER

3W BURGER SLIDER

PAN SEARED SALMON

SIDES

3WEST MAC & CHEESE 8.95

ANGRY KALE 8.95

Bacon, Sambal Chili

SUMMER CORN 8.95

Basil, Tomato, Shallot

POMME FRITES 8.95

Add Truffle Oil & Parmesan Cheese 8.95

SALADS

CAESAR 11.95

Romaine, Parmesan, Sourdough Croutons

WEDGE OF BABY ICEBERG LETTUCE 10.95

Tomato, Bacon lardons, Pickled Red Onion, Sourdough Croutons,
Creamy Blue Cheese Dressing

ROTISSERIE PULLED CHICKEN 21.95

Tuscan Kale, Green Cabbage, Quinoa, Peanuts, Parsley, Cilantro,
Parmesan, Roasted Peanut Vinaigrette

3WFARMERS 12.95

Baby Greens, Radicchio, Carrot Ribbons, Cucumber,
Cherry Tomato, Corn, Pickled Onion, Feta Cheese,
Sherry Vinaigrette

PAN SEARED SALMON 21.95

Tuscan Kale, Quinoa, Spiced Toasted Almonds, Grape Tomatoes,
Sherry Vinaigrette

LOBSTER SALAD 22.95

Baby Greens, Tomato, Bacon lardons, Avocado, Grana Padano
Lemon Herb Vinaigrette *limited*

SANDWICHES

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

CRISPY CHICKEN SANDWICH 16.95

Pickles, Tomatoes, Swiss Cheese, Green Cabbage Slaw,
Brioche Bun, Frites

EAST COAST HALIBUT TACOS 21.95

Flour Tortillas, Rainbow Slaw, Sriracha Aioli, Corn Chips, Pico

ROTISSERIE CHICKEN QUESADILLA 12.95

Caramelized Onion, Cheese, Kale, Sour Cream, Pico de Gallo

MAINS

MAINE LOBSTER ROLL 24.95

Toasted Brioche Roll, Tomato, Old Bay Frites

Limited

ROTISSERIE CHICKEN GRAIN BOWL 21.95

Peanuts, Red Pepper, Carrots, Cabbage, Miso, Cilantro

12 OZ PRIME NY STRIP STEAK 36.95

Red Bliss Potatoes, Grilled Red Onion, Summer Corn,
Blistered Tomatoes, Zucchini, Cilantro Chimichurri

LO RÉ CAVATELLI PASTA 21.95

Roasted Pepper, Broccolini, Cremini Mushroom, Basil,
Parmesan Crumb

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