



SUMMER LUNCH 2019

RESTAURANT

STARTERS

- NEW ENGLAND CLAM CHOWDER**
Smoked Paprika Croutons & Chives 7.⁹⁵
- ASIAN CHICKEN NOODLE SOUP**
Lo Mein Noodles, Ginger, 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
- ROTISSERIE CHICKEN WINGS**
Hickory BBQ, Ranch 11.⁹⁵

SALADS

- CAESAR SALAD**
Romaine, Parmesan, Sourdough Croutons 9.⁹⁵
- WEDGE OF BABY ICEBURG 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, Sherry Vinaigrette 16.⁹⁵
- ROTISSERIE CHICKEN 3 WEST SALAD**
Crispy Goat Cheese, Blueberries, 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
- CRAB CAKE SANDWICH**
Brioche, Beefsteak Tomato, Green Cabbage Slaw, Old Bay Remoulade, 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 16
- 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 CLAM CHOWDER



CEASAR SALAD
BABY WEDGE SALAD



VEGGIE BURGER SLIDER
FRIED CHICKEN SLIDER
3W BURGER SLIDER

PAN SEARED SALMON

MAINS

- DUTCH COUNTRY ROTISSERIE CHICKEN** ~ Wild Rice Medley: Fresh Corn, Dried Blueberries, Red Onion, Peanuts, and Almonds. Grilled Asparagus, Lemon Honey Glaze 18.⁹⁵
- BLACK PEPPER CRUSTED SALMON** ~ Wild Rice Medley, Summer Vegetable Sauté, Lemon Tarragon Butter 19.⁹⁵
- SEARED BARNEGAT SCALLOPS** ~ Summer Salad with Asparagus, Red Pickled Red Onion, Cherry Tomatoes, Red Pepper and Corn 19.⁹⁵
- NEW YORK PRIME STRIP STEAK** ~ Frites, Brandy Shallot Butter 29.⁹⁵
- FILET MIGNON** ~ Frites, Roasted Brussels 34.⁹⁵
- GRILLED BABY BACK 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