



GFA—Gluten Free Available V—Vegetarian
GF—Gluten Free VG— Vegan

Small Plates

- Lemon Chicken Soup** spinach, orzo, chicken meatballs, parsley 10.⁹⁵ GFA
- New England Corn & Clam Chowder** roasted local sweet corn, garlic parmesan croutons, crispy bacon 11.⁹⁵ GFA
- Tuna Osaka** pressed sushi with spicy tuna, avocado, wasabi, pickled ginger, sriracha aioli, eel sauce 16.⁹⁵ GF
- Crispy Shrimp Spring Rolls** lime miso vinaigrette, sweet chili vinaigrette 16.⁹⁵
- Shrimp Casino** lemon garlic, beurre blanc, gruyere, bacon, & bread crumbs 18.⁹⁵
- General Tso’s Cauliflower** sweet & sour chili glaze, sesame seeds, scallions 15.⁹⁵
- Tuna Tartare Crisps** avocado smash, wasabi aioli, pickled ginger, sesame crisps 17.⁹⁵ GFA
- Local NJ Burrata** tomato chutney, little gem tomatoes, basil oil, grilled baguette 15.⁹⁵ GFA
- Chicken Parm Meatballs** NJ tomato sauce, basil pesto 15.⁹⁵
- Crispy Rhode Island Calamari** giardiniera vegetables, pickled jalapeño, lemon basil aioli 16.⁹⁵
- Colossal Lump Crab Cake** savoy & red cabbage slaw, remoulade sauce 21.⁹⁵ GF
- Stuffed Zucchini Blossoms** tempura fried, mascarpone and parmesan cheeses, tomato and peach gazpacho 17.⁹⁵ V

Salads

- Baby Iceberg Wedge** baby tomatoes, bacon, pickled red onion, parmesan croutons, blue cheese dressing 14.⁹⁵
- Harvest Salad** baby spinach, strawberries, almonds, pickled red onions, radish, goat cheese & cocoa fritters, rosé vinaigrette 15.⁹⁵ V
- Caesar Salad** romaine, parmesan croutons, shaved parmesan, Caesar dressing 13.⁹⁵ V
- Heirloom Tomato BLT Salad** plum puree, bacon lardons, arugula, sherry vinaigrette, grilled garlic toast 15.⁹⁵ (GFA)
- Chicken Katsu Salad** mango, cherry tomatoes, red peppers, carrots, Napa cabbage, arugula, asian cilantro dressing, peanuts, jalapeno 19.⁹⁵
- Salmon Salad** baby greens, tomato, bacon lardons, avocado, grana padano, sherry vinaigrette 23.⁹⁵ GF
- Thai Steak Noodle** marinated filet mignon, spinach, cabbage, orange, avocado, wontons, peanuts, miso vinaigrette 24.⁹⁵

Power Lunch 18.⁹⁵

SOUP, SALAD, & SLIDER OR SALMON

Choice of Creamy Clam Chowder or Lemon Chicken Soup

Choice of Caesar Salad or Baby Greens

Choice of Pan Seared Salmon, Fried Chicken Slider, or 3W Cheddar Slider

House Specialties

- Yellowfin Tuna Tacos** sesame crusted tuna, avocado cilantro, cabbage, shaved carrot, sriracha-lime aioli 23.⁹⁵
- Rotisserie Chicken Quesadilla** caramelized onion, cheese, kale, sour cream, pico de gallo 15.⁹⁵
- Warm Buttered Lobster Roll** Connecticut style, toasted brioche roll, chives, old bay seasoned fries 29.⁹⁵
- Zucchini Spaghetti & Chicken Ricotta Meatballs** charred tomato sauce, parmesan 24.⁹⁵ GF
- Crispy Chicken Sandwich** pickles, tomato, Swiss cheese, green cabbage slaw, brioche bun, frites 20.⁹⁵
- Warm Rotisserie Turkey & Brie Sandwich** sage mayo, arugula, cherry chutney, raisin-pecan bread, house made chips 15.⁹⁵
- Grain Bowl** wild rice medley, quinoa, avocado, roasted broccoli, heirloom cherry tomatoes, snow and snap peas 18.⁹⁵ V
- Vermont Cheddar Burger** double patty, Brandt ribeye blend, lettuce, tomato, pickles, garlic aioli, brioche bun, frites 20.⁹⁵

*Our menu may contain common allergens. Please inform our staff of any allergies or dietary restrictions before ordering,
as cross-contamination may occur in our kitchen. Consuming raw or undercooked meat, seafood, eggs may increase your risk of foodborne illness.*