

### SPECIAL OF THE WEEK

Chicken Quesadilla, grilled chicken breast, Monterey jack cheese, pico de gallo and sour cream served with refried beans and Spanish rice \$18

### PANINI OF THE WEEK

Chipotle Chicken Panini, organic roma tomatoes, shaved red onions, pepperoncini, provolone cheese on toasted baguette served with baby greens or french fries \$16

### SOUP OF THE DAY \$7/\$8

Monday – vegan tomato basil GF DF  
Tuesday – free range turkey chili GF  
Wednesday – chicken dumpling  
Thursday- Vegetable Minestrone DF  
Friday – new england clam chowder

### SALADS

**Grilled Salmon Niçoise Salad** – roma tomato, farm egg, green beans, yukon gold potato, kalamata olives & citrus vinaigrette \$20

**Santa Fe Chicken Salad** –free- range chicken breast, hearts of romaine, cherry tomatoes, roasted corn, black beans, avocado, queso fresco, crispy corn tortillas strips & chipotle ranch \$16/18

**Caesar Salad** – hearts of romaine, focaccia croutons, parmesan cheese & house made dressing \$13/15

**Quinoa and Roasted Corn salad** – wild arugula, black beans, cherry tomatoes and avocado with a lemon dressing GF \$14/16

**Spinach Salad** – free range chicken breast, cranberries, strawberries, asian pears, candied pecans, blue cheese & balsamic vinaigrette GF \$16/18

**Thai Chicken Crunch** – free range chicken breast, hearts of romaine, red cabbage, carrots, roasted peanuts, wontons, edamame & asian dressing \$16/18

**Cobb Salad** – oven roasted turkey breast, cherry tomatoes, farm egg, applewood smoked bacon, blue cheese & red wine vinaigrette GF \$16/18

*for any salad add – chicken \$4 / tuna salad \$4 / chicken salad \$4 / grilled salmon \$9*

## SUMMER MENU WEEK OF JULY 22, 2024

### SPECIALTY SANDWICHES

**Poblano Grilled Cheese** – applewood smoked bacon, roasted poblano peppers, caramelized apples, wild arugula, aged sharp white cheddar cheese, toasted ciabatta \$16

**Market Vegetable Sandwich** – grilled garden squash, charred peppers, roma tomatoes, avocado, baby greens, spicy aioli, toasted rosemary focaccia bread \$16

**Smoked Salmon Reuben** horseradish crème, cabbage slaw, pickled red onions, capers, acme sourdough \$20

**Tuna Melt** – avocado, roma tomatoes, aged white sharp cheddar cheese, champagne vinaigrette, toasted Acme sourdough bread \$18

**The Argentine** deli style roast beef, roma tomatoes, shaved red onion, sharp yellow cheddar cheese, spicy aioli, toasted baguette \$18

**BLT Wrap** – applewood smoked bacon, oven roasted turkey breast, avocado, red leaf lettuce, roma tomatoes, housemade buttermilk ranch, spinach tortilla \$16

**Chicken Pesto Panini** – grilled free-range chicken breast, wild arugula, roma tomatoes, basil pesto, provolone cheese, toasted rustic baguette \$16

*Served with Choice of: French Fries, Sweet Potato Fries  
Onion Rings or Baby Greens*

### **Build Your Own Sandwich \$11**

add cheese \$1 / avocado \$3 / small salad \$5 /  
side fries \$5

**Bread options:** seeded whole wheat roll, ciabatta,  
rustic baguette, herb focaccia,  
acme sourdough, gluten free bread +\$1

**Meat options:** smoked turkey, chicken breast,  
black forest ham, deli roast beef  
applewood smoked bacon,  
egg salad, tuna salad, chicken salad

**Condiments:** cucumbers, lettuce, sprouts, tomato,  
red onion, jalapenos, pepperoncini, black olives,  
mayonnaise, Dijon mustard, champagne  
vinaigrette, bbq sauce, pesto aioli, spicy aioli

### FROM THE GRILL

**Grilled Blackened Pacific Salmon** – heirloom baby spinach, local green asparagus, organic mixed quinoa & roasted red pepper coulis \$25

**Grass Fed Burger** – lettuce, tomatoes, pickle spear, toasted bun \$17

**BBQ Bacon Burger** –applewood smoked bacon, sharp yellow cheddar cheese, tomatoes, crispy onion rings, hickory bbq sauce, toasted bun \$18

**Chipotle Turkey Burger** - lettuce, tomatoes, pickled jalapeños, scallions, chipotle ranch, toasted bun \$17

**Chicken Breast Burger** –lettuce, tomatoes, pickle spear, pesto aioli, toasted bun \$16

**Vegetarian Black Bean Burger** –lettuce, tomatoes, pickle spear, spicy aioli, toasted bun \$15

Burger Add Ons – add cheese \$1 / avocado \$3 / bacon \$3  
*Served with choice of: French Fries, Sweet Potato Fries,  
Onion Rins or Babv Greens*

### PIZZA

**Margherita** – fresh basil, mozzarella, tomato sauce \$14

**Pepperoni** – pepperoni, mozzarella, tomato sauce \$15

**Garden Vegetable** – charred peppers, grilled zucchini, roasted tomato, mozzarella, tomato sauce \$15

**Meat Lover's** – italian sausage, pepperoni, salami, applewood smoked bacon, mozzarella cheese, tomato sauce \$15



**Order by 10am joel@restaurant3000.com**

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness especially if you have certain medical conditions*