

SPECIAL OF THE WEEK

Pecan & Maple Glazed Grilled Pacific Salmon, broccolini, caramelized pearl onions, sauteed spinach served with sweet mashed potatoes \$25

SANDWICH OF THE WEEK

Reuben Sandwich, deli corned beef, sauerkraut, Swiss cheese, 1000 island dressing, marble rye served with baby greens or French fries \$18

SOUP OF THE DAY \$7/\$8

Monday – tomato basil

Tuesday – free range turkey chili GF

Wednesday – chicken dumpling

Thursday- chicken noodle soup

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

MENU WEEK OF NOVEMBER 3, 2025

SPECIALTY SANDWICHES

Vegetable Falafel Wrap – roasted red peppers, English cucumbers, roma tomatoes, shaved red onions, alfalfa sprouts, hummus, tzatziki sauce, warm pita \$16

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

Chicken Caprese Sandwich – grilled free-range chicken breast, organic cherry tomatoes, marinated sun-dried tomatoes, fresh mozzarella, basil pesto, toasted baguette \$16

Italian Melt – genoa salami, ham sliced pepperoni, pepperoncini peppers, shaved red onions, organic roma tomatoes, provolone cheese, red wine vinaigrette, toasted rosemary focaccia bread \$16

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

Build Your Own Sandwich \$11

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

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

Meat options: smoked turkey, black forest ham, applewood smoked bacon, egg salad, tuna salad, chicken salad
Cheese options: swiss, aged white cheddar, pepper jack, provolone

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

ENTREES

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

Pasta Rotini – grilled free-range chicken breast, sauteed shallots, organic baby spinach, green peas, shaved parmesan cheese, white wine cream \$22

BURGERS

Grass Fed Burger – lettuce, tomatoes, pickle spear, 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 or Baby 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 9.30am 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