

### SPECIAL OF THE WEEK

Beef & Lamb Gyro, Greek potatoes, grilled pita bread, romaine lettuce, tomatoes, shaved red onion, kalamata olives, artichoke hearts, aged feta cheese, hummus & tzatziki sauce \$20

### WRAP OF THE WEEK

Black forest ham, cheddar cheese Wrap, pepperoncini, shaved red onion, roma tomato, baby spinach, champagne vinaigrette, spinach tortilla served with baby greens or French fries \$20

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

Monday – vegan tomato basil GF DF

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 DECEMBER 15, 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, 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, cheddar, pepper jack,

**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*