

SPECIAL OF THE WEEK

Chicken linguine, organic broccoli, toy box tomatoes, sauteed heirloom baby spinach, shaved parmesan cheese, tomato-basil cream sauce, garlic bread \$22

SALAD OF THE WEEK

Organic baby spinach, wild arugula, red endive, crispy prosciutto, summer blueberries, sweet strawberries, kiwis, toasted almonds, crumbled aged feta cheese, raspberry vinaigrette \$18/20

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 August 5, 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