

Lunch

Prices include tax

Salads

Made fresh & tossed to order

Dressings: Amazing blue cheese, spicy pecan vinaigrette, green goddess, Greek,

Caesar, Cobb, in your face spicy ranch, & our house sherry vinaigrette

Chopped vegetable salad 6.00

A seasonal assortment of veggies including asparagus, artichokes, cucumbers,

green beans, tomatoes, carrots & squash with baby greens

Black & Blue Salad 8.00

Grilled rare steak, bacon, egg, blue cheese, cucumbers, tomatoes & olives chopped & tossed with romaine

The T3 Cobb Salad 7.00

Diced chicken, bacon, egg, blue cheese, tomatoes with shredded iceberg lettuce

Grilled Salmon Salad 8.00

Served on top of baby greens with crumbled egg, cucumbers & a green goddess dressing

Mediterranean Shrimp Salad 8.00

Shrimp, olives, feta, cucumbers & tomatoes tossed with romaine & Greek dressing

Classic Caesar Salad 5.50

Crisp romaine with parmesan cheese, flatbread & Caesar dressing w/shrimp 8.00 w/chicken 7.00

Chicken or Tuna Salad 7.00

Served on top of your choice of greens with tomatoes, cucumbers & egg

Sandwiches

Served with your choice of one of our sides & Low Country Produce Pickles

Our Oven Roasted Turkey Club 7.00

With avocado, bacon, lettuce tomato with basil mayonnaise on white

Warm Black Forest Ham & Brie 6.50

With Zatarain's spicy creole mustard served warm on crunchy bread

Sliced Steak Sandwich 8.00

Medium rare only, Jarlesburg cheese, lettuce, tomatoes & a very bold chipotle horseradish sauce

Herb Marinated Chicken Breast 6.50

Sliced & served with tomatoes, olives, cucumbers & lettuce on crunchy bread

Very Slow Roasted Pulled Pork 6.50

With our own wacky barbecue sauce on a soft bun

Marinated & Grilled Tofu 6.00

With portabello, mango chutney & lettuce on crunchy bread

Crab Cake Sandwich 8.50

With wasabi tartar sauce, lettuce & tomato on a soft bun

Chicken or Tuna Salad 7.00

Served with lettuce & tomato on white or wheat

Daily Specials

Soup of the day 3.95