Salads

**SALMON**
tomato, cucumber, avocado, goat cheese, grilled salmon, on arugula $16

**MEDITERRANEAN GRILLED CHICKEN**
pesto tossed grains, tomato, spinach, olives, chicken, concasse, greens, feta, parmesan $13

**KALE CAESAR**
homemade dressing with chicken or tofu, toasted almonds, parmesan, tomato $13

**COBB**
grilled chicken breast, strawberries, red onion, avocado, blue cheese on greens $13

**LINDA’S WALDORF**
cold edamame, grapes, cranberry, apple, red onion, feta, on greens $11

**BARCELONA**
baby spinach, bacon, avocado, tomato and red onion, pesto vinaigrette, blue cheese $12

**RED HEADED STEPCHILD**
baby spinach, grilled chicken, red onion, tomato, cucumber, feta $13

**HOUSE**
green, tomato, cucumber $4/$6
Add $8 for salmon. $6 for feta or chicken. $4 for tofu

**BRIE SALAD**
Grilled pear, dried cranberry, carmelized walnuts, mixed greens, crackers $12

Please choose one of our homemade dressings, served on the side: Lemon balsamic, herb vinaigrette, ceasar, roasted red pepper vinaigrette, or buttermilk ranch.

Meaty

**SALMON BLT**
with avocado, arugula, bacon, tomato, mayo on sourdough $15

**BLT**
a lot of bacon, lettuce, tomato, on sourdough $11

**MR. KINCAID’S RUBEEN**
roast pork on rye, with Fontina, spicy 1000 Island and housemade sauerkraut $12

**CUBAN**
roasted pork, ham, Fontina, yellow mustard, pickle and onions $13

**TAMMY’S GREEN GRILLED TURKEY**
turkey, pesto, avocado, red onion, Fontina on rye $12

**MR CREWS GRILLED CHICKEN**
bbq sauce, ham, bacon, pepper jack on club roll $14

*Try it with a side of calico home style potatoes!!*

**D’NAI**
slow roasted fresh ham with low-country braised kale and pepper jack cheese on club roll $12

(Mercy!!!)

Make it Keke style, tossed in BBQ $13

Not Meaty

**GRILLED VEGGIE**
tomato, mixed squash, exotic mushrooms, sweet peppers, red onions, spinach, garlic, feta on flatbread rubbed with pesto $9

**VEGGIE CLUB**
hummus, cucumbers, spinach, tomato, red onion, avocado, and pesto on toasted multigrain wheat $10

**BLACK BEAN BURGER**
grilled and served with salsa, guacamole, and arugula $10

**3 SISTERS**
brie, berries, and apples on multigrain wheat $10

**GRILLED EGGPLANT**
with grilled spinach, tomato concasse, with goat cheese on club roll $10

**GRILLED BEETS**
with arugula, goat cheese, apples and balsamic syrup on club roll $11

**ORIGINAL SPINACH MELT**
sourdough bread, blue cheese spread, white cheddar, fresh spinach tomato $10

Kiddas Menu

**KIDS FRENCH TOAST**
1 piece, cut in half $2.50

**CARLY**
a banana bear-faced pancake 3.50

**LITTLE EDDIE**
2 eggs, bacon, and choice of toast $5

**BUTTER NOODLES**
$6

Please choose applesauce or a fruit cup as a side for the following:

**PB&J**
served on multigrain wheat $5

**GRILLED CHICKEN STRIPS**
served with ranch dressing $7

**GRILLED CHEESE**
$6

**TURKEY BREAST**
$7

**HAM AND CHEDDAR**
$7

Grilled Cheese

“try a couple we are known for”

**KYLE’S GRILLED CHEESE**
grilled Fontina on rye with avocado, spinach, and tomato $11.50

**SARA JO’S GRILLED CHEESE**
smoked gouda with parmesan crust, and arugula with lemon (WHOOO!) $9

Menu Key

- V = Vegan food options
- GF = Gluten free
- 3 Sisters Signature Item
- &= as featured on Food Network’s Diners, Drive-ins, & Dives
- No substitution or changes
- Sugar-free syrup available upon request
- Additional Dressing $0.50

Our Full Menu is Served All Day

Note: Consumption of uncooked foods (i.e. eggs, fish, meat and/or poultry) can be hazardous to your health.

18% gratuity for parties of 8 or more
**Breakfast**

**MARSHA'S MULTIGRAIN PORRIDGE**
locally grown grains, almond milk, spices, dried fruit, and honey $4/6

**GRANOLA**
toasted oats, honey, and maple syrup. $3.50 Add organic Greek yogurt $2.50

**DON**
2 eggs any way, choice of potatoes, toast $7.50

**Griddle**
Served with locally produced and handcrafted 100% maple syrup. Additional 3 oz. portions are $1.50

**FRENCH TOAST**
thick sliced, made with cream and spices $7 | 1/2 order $5.50

**PANCAKES**
2 giant whole grain pancakes $7
1/2 order $5.50
add bacon bits, bananas, blueberries, strawberries, curants, cranberries, walnuts, almonds, chocolate chips $1 per pancake, per add-in.

**WAFFLES**
Dark Chocolate Belgian waffle, whipped cream, strawberries $9

**Build Your Own**

3 EGG SCRAMBLE $9
3 EGG OMELET $10
TOFU SCRAMBLE $8.50
GOUGERES GRAINS $9
BREAKFAST BURRITO $11

Served with real salsa and sour cream.

**Pick 5 of These Ingredients**


cilantro
tomato
mixed squash
caramelized onion
tofu
tomatillo
feta
carrots
onion
jalapeno
parsley
parsnips

**Specialties**

**HUMMUS PLATTER**
housemade with fresh veggies, feta cheese, Kalamata olives, flat bread $10

**THE FAB FIVE**
PU PU PLATTER
our hummus, tomato concasse, pesto, cranberry-grain pilaf, bleu cheese spread, crusty and flat bread $11

**CRUSTINO**
grilled tomato with goat cheese, pesto, and caramelized balsamic vinegar, crusty bread $6

**EGGPLANT SCALLOPINI**
eggplant, tomato concasse, feta, fresh basil, crusty bread $7

**CHIPS & GUACAMOLE** $7

**FISH TACO**
tilapia, corn tortillas, fresh cabbage, guac, chili mayo, served with cilantro coconut lime rice $14

**HARVEST RICE BOWL**
Roasted beets, broccoli, butternut squash, shitake mushrooms, brown and wild rice, arugula, tofu or chicken $12 | tilapia $14 | salmon $16

**KATHY**
Grilled salmon filet, fresh fruit, 1/2 avocado $16

**PASTA OF THE DAY**
Ask your server, market price

**SHAKSHUKA**
A zesty tomato sauce served with 2 poached eggs, feta and flatbread $10

**BAGEL & LOX PLATE**
scottish smoked salmon, soft cream cheese, tomato, hard boiled egg, capers, red onion, micro greens $13

**Soops**

**3 BEAN CHILI** $4/5
**TOMATO VEGGIE** $4/5

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Sugars-free sour available upon request.

Additional Dressing 50¢

18% gratuity for parties of 8 or more