

appetizers

french fries	7.95
[w/ red pepper aioli, cajun mayo & ketchup]	
buffalo chicken fingers [2]	9.95
plain chicken fingers [2]	8.95
three b's starter	6.95
[bibb lettuce, beets, & bleu cheese w/ lemon honey vinaigrette]	

soup

	<i>cup</i>	<i>bowl</i>	<i>quart</i>
chicken chili	6.95	7.95	15.95
gumbo [w/ shrimp, andouille sausage & chicken]	9.95	12.95	21.95
chicken noodle	6.95	7.95	15.95
chicken noodle w/ matzah balls	7.95	8.95	16.95
bob's tomato	6.95	7.95	15.95

salads

date night	14.95
[avocado, dates, corn, goat cheese, toasted almonds & corn bread croutons on mixed greens w/ lemon honey vinaigrette] <i>add chicken 4.00</i>	
apple harvest	16.95
[chicken breast, apples, jarlsberg & spicy pecans on mixed greens w/ maple vinaigrette]	
fall farro w/ salmon	16.95
[atlantic salmon, farro, grape tomatoes & radishes on arugula w/ mint, parsley & pistachios in lemon vinaigrette]	
sampler	14.95
[a scoop of fancy schmancy tuna, tarragon chicken & dilled egg salad on greens]	
tarragon chicken salad	12.95
[w/ grapes, pecans, & celery on greens]	
fancy schmancy tuna salad	12.95
[white albacore tuna w/ kalamata olives, red peppers & scallions on greens]	
dilled egg salad	11.95
[hard cooked eggs w/ celery, scallions & dill on greens]	

pasta

cajun chicken fettuccine	15.95
[blackened chicken w/ fettuccine & broccolini in creole sauce & topped w/ parmesan & chives served w/ garlic toast]	
mac & cheese	[small] 7.95 [large] 10.95
<i>add buffalo chicken</i>	[1] 4.95 [2] 8.95
mac & cheese - family style to go	29.95
[feeds 8-10, as a side]	

sandwiches

served w/ house made chips!

southwest chicken panini	15.95
[blackened chicken breast, avocado aioli, lettuce, tomato & mozzarella on jalapeño focaccia]	
grilled chicken club	15.95
[grilled chicken breast, lettuce, tomato, avocado, Jones Dairy Farm bacon & honey mustard aioli on toasted whole grain]	
rachel	15.95
[turkey, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	
reuben	16.95
[corned beef, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	
turkey focaccia	12.95
[house roasted turkey breast w/ red pepper aioli, shredded lettuce, tomato & shaved red onions on grilled focaccia bun] <i>add avocado 2.00</i>	
lto burger	15.95
[house ground burger w/ lettuce, tomato & onion] * <i>add cheese 1.00 add Jones Dairy Farm bacon 2.50</i>	
yum! burger	16.95
[house ground burger w/ crispy onion, cheddar & red pepper aioli] *	
steak sandwich	18.95
[grilled beef tenderloin, red pepper aioli & arugula on herb focaccia] *	
tuna melt	14.95
[house made english muffin, fancy schmancy tuna salad, sliced tomato & muenster cheese]	
open-faced runny egg club	14.95
[two over easy eggs, bacon, avocado, arugula, tomato & red pepper aioli on toasted whole grain] *	
breakfast sandwich	13.95
[choice of bacon, yum! sausage or chicken sausage, fried egg & cheddar cheese on english muffin] * <i>add avocado 2.00</i>	
yum! veggie	12.95
[avocado, cucumber, sprouts, tomato, spinach, cheddar & muenster w/ honey mustard aioli on toasted whole grain]	
grilled cheese	9.95
[muenster & cheddar on challah]	
fancy schmancy tuna salad	12.95
[white albacore tuna w/ kalamata olives, red peppers & scallions w/ lettuce & tomato on toasted challah]	
tarragon chicken salad	12.95
[w/ grapes, pecans & celery w/ lettuce & tomato on toasted challah]	
dilled egg salad	11.95
[hard cooked eggs w/ celery, scallions & dill w/ lettuce & tomato on toasted challah]	

bread

[sliced or whole]

caraway rye	5.95
challah	7.95
whole grain	5.95
english muffins [4]	12.95

family style

whole roasted chicken	18.95
1/2 pan macaroni & cheese [feeds 8-10]	29.95
chicken salad [1/2 pint, pint or quart]	9.95 18.95 29.95
tuna salad [1/2 pint, pint or quart]	9.95 18.95 29.95
egg salad [1/2 pint, pint or quart]	8.95 16.95 26.95

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entrees

lemon salmon w/ kale	19.95
[roasted atlantic salmon w/ maple whipped sweet potatoes & sauteed kale]	
szechuan salmon	19.95
[grilled salmon on jasmine rice w/ pistachios & szechuan green beans]	
amablu crusted filet	22.95
[beef tenderloin w/ mashed potatoes & simple green beans] *	
veggie stuffed acorn squash	15.95
[roasted squash w/ wild rice, pears, dates, dried cherries & kale topped w/ parmesan]	
cauliflower couscous vegan bowl	15.95
[pearl couscous infused w/ tumeric, red onion, red peppers, scallions, parsley & cilantro topped w/ harissa roasted cauliflower, tahini vinaigrette & pine nuts]	
fish & chips	16.95
[true alaskan cod & french fries w/ house tartar sauce]	
hugo's baja mahi tacos	16.95
[build your own! mahi-mahi on romaine w/ spicy baja sauce, pico de gallo, cotija cheese & corn tortillas]	
1/2 roasted chicken	18.95
[w/ mashed potatoes & green beans]	
lemon chicken	16.95
[seared chicken breast w/ fresh lemon & italian parsley, served w/ mashed potatoes & broccolini]	
turkey carver	16.95
[house roasted turkey, mashed potatoes & gravy open faced on toasted challah w/ crispy onions & side cranberry sauce]	

side dishes

harissa roasted cauliflower	7.25
crispy brussels sprouts	6.95
broccolini	6.95
simple green beans	6.95 9.25
szechuan green beans	7.25 9.95
mashed potatoes	6.25
maple whipped sweet potatoes	6.95

cakes

	slice	whole
patticake	7.50	59.95
baker's man	7.50	59.95
coconut	7.50	59.95

cupcakes

peanut butter blossom	4.50
yum!	4.50
chocolate	4.25
vanilla	4.25

pies, bars & cookies

mini pumpkin cheesecake	7.25
pumpkin bar	4.50
salted nut roll	4.25
nut goodley bar	4.25
special yum! bar	4.25
chocolate chip cookie	3.25
ranger cookie	3.25
peanut butter cookie	3.25
[dairy free & gluten friendly]	
minnesota maple cookie	3.25

breakfast

[served 8:00 -11:00 am daily]

old school corned beef hash	15.95
[shredded corned beef & roasted potatoes w/ over easy eggs, hollandaise & rye toast] *	
open-faced runny egg club	14.95
[two over easy eggs, bacon, avocado, arugula, tomato & red pepper aioli on toasted whole grain] *	
breakfast sandwich	13.95
[english muffin w/ choice of bacon, yum! sausage or chicken sausage, fried egg & cheddar cheese served w/ roasted potatoes] * add avocado 2.00	
california scramble	12.95
[scrambled eggs w/ tomato, avocado, fresh mozzarella, spinach & daikon sprouts served w/ greens & whole grain toast] add salmon 6.00	
yum!	12.95
[slow scrambled eggs w/ chives, yum! sausage patties, roasted potatoes & challah toast]	
steak & eggs	18.95
[beef tenderloin, over easy eggs & crispy onions served w/ roasted potatoes & grilled focaccia] *	
breakfast burrito	14.95
[scrambled eggs, yum! sausage, pepper jack cheese, avocado, roasted potatoes & sour cream wrapped in a flour tortilla served w/ pico de gallo & tortilla chips]	
oatmeal brulee	8.95
[oats & wheat berries slow cooked & topped w/ strawberries, almonds & brown sugar glaze]	
avocado toast	8.95
[whole grain, avocado, extra virgin olive oil, sea salt & red pepper flakes] add egg * 2.50 add greens 2.95 add salmon 6.00	
crunchy french toast	12.95
[thick slices of egg dipped challah w/ corn flake crunch served w/ whipped cream, blueberries & strawberries]	
breakfast sides	
one egg any style *	2.50
sausage patties [yum! pork or chicken]	5.95
Jones Dairy Farm bacon	6.95
sweet & spicy candied bacon	7.95
roasted potatoes	6.25
fresh fruit [the best of the season]	5.95
house baked english muffin	4.95
toast [challah, rye or whole grain]	3.95
cinnamon toast	4.95
[challah cinnamon toast w/ powdered sugar drizzle]	
yum!	
caramel pull-a-part	4.95
cinnamon pull-a-part	4.95
muffins	
pumpkin	3.95
blueberry	3.95
scones	
chai	3.75
mixed berry	3.75
plain	3.50
specialty	
fruit loopie bar	4.25
popcorn ball	4.25

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