



**Open 7 Days**

**Eat In – Take Out**

**3 Dogs Café 230-0955**

## Breakfast

**FRESH SEASONAL FRUIT SALAD**.....\$6.25  
with low fat greek yogurt \$6.75  
With low fat greek yogurt & house made granola..\$7.25

**BREAKFAST SANDWICHES** served on an English muffin, wheat toast or a butter croissant (LG. butter croissant +\$1)  
Egg-\$4.00.Egg & Cheese-\$4.50  
Egg,Cheese & Meat (ham, bacon, sausage)-\$6.00  
Egg White, cheddar, tomato, spinach & avocado - \$6.50  
\*Always Free Coffee or Tea with Breakfast sandwiches!

**BOWL OF OATMEAL** served with milk, brown sugar & raisins & a cup of coffee.....\$5.25

## Soups

Served with our homemade biscuit  
Daily Soup.....Lg. Cup \$5.50.....Lg. Bowl \$6.75  
Daily Chowder..... Lg. Cup \$6.75.....Lg. Bowl \$8.25  
Quart of Soup To Go – Soup - \$12.00. Chowder - \$14.00

**Combo – CHOOSE TWO!** bowl of soup, quiche, half a sandwich, fruit bowl or Small House/Caesar salad..\$11.25 (Pick any other small salad - Add \$2.00)

## Signature Sandwiches

All served with chips, fresh fruit & a pickle.  
**All Sandwiches come with your choice of bread:**  
Three Seed Wheat Bread.....German Rye  
(The above breads are made by Big Sky Bread in Portland, ME!)  
White Bread.....Spinach Wrap.....Butter Croissant  
Gluten Free White Bread

**ONE TREE ISLAND** Roast turkey, apple sage stuffing, lettuce, cranberry mayonnaise .....\$9.75  
½ sandwich.....\$7.50

**MATINICUS** Black forest ham, aged mild cheddar, lettuce, tomato with whole grain pub style mustard.....\$9.75  
½ sandwich...\$7.50

**ISLESBORO** Lean roast beef, boursin cheese, lettuce, tomato, sweet red onion .....\$10.25  
½ sandwich...\$7.50

**NORTH HAVEN** Roast chicken tossed with cranberries, walnuts, celery, mayonnaise, lettuce, tomato on a butter croissant.....\$9.75  
½ sandwich...\$7.50

**VINAL HAVEN** Apple wood smoked bacon served with lettuce, tomato, mayonnaise.....\$9.75  
½ sandwich...\$7.50

**CURTIS ISLAND** Reuben. Angus corned beef brisket, Morses sauerkraut, imported Swiss cheese and 1000 island dressing, grilled on German rye bread.....\$10.25  
½ sandwich..... \$7.50

**HURRICANE ISLAND** Smoked Ducktrap Salmon (Lincolnton). boursin cheese, capers, red onion, lettuce, tomato.....\$10.25  
½ sandwich...\$7.50

## Signature Wraps

**700 ACRE** \*Vegetarian Choice\* Roasted garlic hummus, lettuce, tomato, cucumbers, sweet red onion, shredded carrots, havarti cheese in a spinach wrap.....\$9.75  
½ sandwich...\$7.50

**LITTLE HEN** Grilled chicken, fresh parmesan, lettuce blend and Caesar dressing in a spinach wrap.....\$9.75  
½ sandwich...\$7.50

**CRIE HAVEN** Curried chicken salad with cashews, raisins, scallions, celery topped with green leaf on a spinach wrap.....\$9.75  
½ sandwich..... \$7.50

## Lite Entrees

**CHEESE QUESADILLA** Spinach tortilla, Mexican cheese blend, served with sour cream, salsa, guacamole.....\$8.95  
.....with mildly spiced chicken \$9.75

**CHICKEN POT PIE** (Real Maine Classic) Chicken, mixed vegetables baked together in a flaky puff pastry crust serve with cranberry relish.....\$9.25

**SHEPARD'S PIE** Ground sirloin, mixed vegetables topped with Maine mashed potatoes. Served with a biscuit.....\$9.25

**MAC N' CHEESE** Creamy and bursting with extra sharp cheese blends. A true comfort food! Served with a biscuit.....\$8.95

**QUICHE SLICE OF THE DAY** .....\$6.95  
Make it a combo.....\$11.25

## Plated Salads

**Our salads come in two sizes, small or large!**  
**Served with your choice of dressing & our house made Focaccia**

**CLASSIC CAESAR** Romaine lettuce, shaved parmesan, garlic and herb flavored croutons..... Small \$8.50 Large \$10.50  
Add Chicken +\$2.00

**3 DOGS HOUSE SALAD** Mixed greens, tomato, cucumber, carrot & sweet red onion..... Small \$8.50 Large \$10.50  
Add Chicken +\$2.00

**COBB SALAD** Grilled chicken, applewood bacon, hardboiled egg, crumbled bleu cheese, avocado, tomato, sweet red onion on mixed greens.....Small \$10.95 Large \$12.95

**MARINATED FLANK STEAK SALAD** Grilled flank steak, romaine, dried cranberries, kalamata olives, tomato, cucumber, goat cheese crumbles, sweet red onion.....Small \$10.95 Large \$12.95

**ALBACORE TUNA SALAD NICOISE** Tuna piled high on romaine, kalamata olives, avocado, cherry tomatoes, roasted red peppers, green beans & a hard boiled egg.....Small \$10.95 Large \$12.95

## Kids (or Adults!) Menu

With chips, fresh fruit & a pickle. \$7.50

**SQUIRREL ISLAND** Peanut butter & raspberry jelly  
**MOUSE ISLAND** Grilled cheddar cheese  
**LITTLE GREEN ISLAND** Peanut Butter & Fluff  
**MOSQUITO ISLAND** Tuna salad with lettuce

This food is or may be served raw or undercooked or may contain raw or undercooked foods. Consumption of this food may increase the risk of food borne illness. Please check with your physician if you have any questions about consuming raw or undercooked foods