



## HOURS

Wednesday - Sunday

### Breakfast

8am - 12pm



### Lunch

12pm - 4pm

# Three Belles



## Café

NIANTIC, CT



# BREAKFAST & LUNCH



### BREAKFAST PLATES

**CAPTAIN'S CHAIR** ..... \$14

3 eggs any style, bacon, sausage and two buttermilk pancakes.

**JUNIOR MATE** ..... \$12

Two eggs, bacon or sausage.  
Served with home fries & toast.

**MARINA MEAT LOVER** ..... \$15

Three egg omelet loaded with cheddar, bacon, ham and sausage. Choice of cheese.  
Served with home fries & toast.

**SMITH COVE SLIM** ..... \$13

Egg white omelet with fresh spinach, tomato and feta.  
Side of toast.



### P.W.C. PANCAKES

**SHORT STACK** ..... \$7

(2) buttermilk pancakes

**LARGE STACK** ..... \$10

(3) buttermilk pancakes  
Add strawberry or blueberry +\$1

**LOOKOUT LIEGE WAFFLES** ..... \$12

2 Liege waffles served with strawberries & powdered sugar

**BY THE BAY BREAKFAST BURRITO** ..... \$16

Scrambled eggs, pico de gallo, sausage and shredded cheddar jack in a tortilla served with home fries  
Add Avocado +\$2

### SANDWICHES

**FIRST MATE** ..... \$6

Classic egg and cheese  
Add bacon or sausage +\$2



**CAPTAIN'S CALL  
WAKE UP WRAP** ..... \$7

Two fried eggs and cheddar in a tortilla wrap  
Add bacon or sausage +\$2



**HARBOR SUNRISE** ..... \$10

Two sunny side up eggs served over avocado and tomato on sourdough toast

### BOWLS ON THE BOW

**GREEK YOGURT,  
GALLEY GRANOLA** ..... \$8

Add fruit +\$2



**CHANNEL MARKER CHIA** ..... \$8

Chia pudding topped with Galley Granola with choice of blueberry or strawberry

### DRINKS \$4

VITAMIN WATER  
BOTTLED WATER  
COKE PRODUCTS



### CHECK OUT OUR DESSERT CASE

Soft Serve Ice Cream - \$5  
Rainbow or Chocolate  
Sprinkles Available

### LUNCH - FRESH SALADS

**THE GALLEY GREEK** ..... \$10

Romaine, tomato, red onion, kalamata olives and feta



**SOUTHWEST** ..... \$10

Romaine, black beans, corn, shredded jack, avocado and pico



**SLIP SIDE** ..... \$5

Mixed greens, cucumbers, tomato and red onion



**EAST COAST CAESAR** ..... \$10

Chopped romaine, garlic croutons, shaved parmesan and Caesar dressing



Add grilled chicken +\$4

Add fried chicken +\$4

### COFFEE & TEA

#### SYRUPS

Vanilla, Sugar Free Vanilla, Hazelnut, Caramel, Blueberry, Coconut, Cupcake



**HOT OR ICED LATTE** ..... \$6

**CAPPUCCINO** ..... \$6

**ICED OR HOT COFFEE & TEA** ..... \$4



#### ESPRESSO SHOTS

Single Shot ..... \$3

Double Shot ..... \$6



Please notify your server if you or someone in your party has a food allergy prior to placing an order.



Because Life Is Better On The Water



# Three Belles



## Café

NIANTIC, CT



### HOURS

Wednesday - Sunday

Lunch  
12pm - 4pm



Dinner  
Friday & Saturday  
5pm - 8pm

### APPETIZERS / SIDES

DOCKSIDE FRIES .....	\$5
<i>Galley fresh french fries</i>	
<i>upgrade to truffle (truffle oil + parm) .....</i>	\$8
<i>upgrade to sweet potato fries .....</i>	\$8
★	
BAYSIDE BRUSSELS .....	\$9
<i>Fried brussels served w/garlic aioli.</i>	
<i>add bacon + parm .....</i>	+\$3
★	
MARINA MOZZARELLA .....	\$9
<i>Fried mozzarella sticks served w/ Galley fresh Marinara</i>	
★	
NAUTICAL NACHOS .....	\$10
<i>Tri Color tortilla chips served fresh and topped with Galley made cheese sauce</i>	
<i>Add Seasoned beef .....</i>	+\$4

### BURGERS & WRAPS

SEAFARER SMASH .....	\$14
<i>Fresh beef patty, American cheese, pickles &amp; chipotle aioli on smashed brioche roll.</i>	
BAY HONEY BLUE .....	\$15
<i>Beef patty topped with honey blue cheese, caramelized onions and crispy bacon.</i>	
WEST COASTER .....	\$15
<i>Beef patty, sliced tomato, avocado and over-easy egg.</i>	
CAPTAINS CHAIR .....	\$14
<i>Beef patty, lettuce, tomato and mayo.</i>	
B.L.T. WRAP .....	\$10
<i>Classic bacon, lettuce, tomato and mayo in a warm tortilla.</i>	
CHICKEN BACON RANCH WRAP .....	\$10
<i>Grilled chicken, shredded romaine, cheddar jack, tomato and ranch in a warm tortilla.</i>	
TUNA SALAD WRAP .....	\$10
<i>Galley fresh tuna salad, shredded romaine, Swiss and tomato in a warm tortilla.</i>	
TURKEY CLUB WRAP .....	\$10
<i>Sliced turkey breast, bacon, lettuce, tomato and mayo in a warm tortilla.</i>	

### SOFT SERVED ICE CREAM



VANILLA  
CHOCOLATE  
TWIST

*Add Rainbow or  
Chocolate Sprinkles - \$5*



## PIZZA



CHEESE PIZZA .....	\$18
<i>Add pepperoni +\$4 • Add sausage +\$4</i>	
PHILLY CHEESESTEAK PIZZA .....	\$28
<i>Steak, peppers, onions, mushrooms and mozzarella.</i>	
HAWAIIAN PIZZA .....	\$26
<i>Ham, pineapple, mozzarella and marinara sauce.</i>	
MARGHERITA PIZZA .....	\$26
<i>Fresh mozzarella, tomato, basil and marinara sauce.</i>	

### DRINKS & COFFEE & TEA

<b>DRINKS \$4</b>	
VITAMIN WATER	
★ BOTTLED WATER	
★ COKE PRODUCTS	
★ ANCHOR	
<b>COFFEE &amp; TEA</b>	
<b>SYRUPS</b>	
<i>Vanilla, Sugar Free Vanilla, Hazelnut, Caramel, Blueberry, Coconut, Cupcake</i>	
★	
HOT OR ICED LATTE .....	\$6
CAPPUCCINO .....	\$6
ICED OR HOT COFFEE & TEA .....	\$4
★	
<b>ESPRESSO SHOTS</b>	
SINGLE SHOT .....	\$3
DOUBLE SHOT .....	\$6

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