

Three Belles



★ HOURS ★

WEDNESDAY – SUNDAY
BREAKFAST 8AM – 12PM
LUNCH 12PM – 4PM

★
FRIDAY & SATURDAY
DINNER 5PM – 8PM

Café

N I A N T I C , C T

Because Life Is Better On The Water



★ BREAKFAST PLATES ★

CAPTAIN'S CHAIR \$15
Three eggs any style, choice of
bacon or sausage
and two buttermilk pancakes.

★
JUNIOR MATE \$12

Two eggs any style, choice of
bacon or sausage.
Served with home fries & toast.

★
MARINA MEAT LOVER \$18

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

★
SMITH COVE SLIM \$14

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

⚓ ADD AN UPGRADE ⚓

Add an extra egg any style • \$2
Add avocado • \$2

★ BREAKFAST FAVORITES ★

**CAPTAIN'S CALL
WAKE UP WRAP** \$7
Two fried eggs and cheddar
in a tortilla wrap.
Add bacon or sausage \$2

★
FIRST MATE \$6
Classic egg and cheese sandwich.
Add bacon or sausage + \$2

★
**BY THE BAY
BREAKFAST BURRITO** \$16
Scrambled eggs, pico de gallo,
sausage and shredded cheddar jack
in a tortilla served with home fries.

★
HARBOR SUNRISE \$12
Two sunny side up eggs served over
avocado and tomato on sourdough toast.

★ P.W.C. PANCAKES ★

SHORT STACK (2) \$7
LARGE STACK (3) \$10

★
Add Strawberries • \$2
Add Blueberries • \$2

★ WATERFRONT WAFFLES ★

BELGIAN OR VEGAN \$8

★
Add Strawberries • \$2
Add Blueberries • \$2

★ COFFEE & TEA ★

COFFEE (HOT) \$3.00

★
HOT TEA \$2.50

★
ICED COFFEE \$5.00

★
ICED TEA \$4.50

★ DRINKS ★

COKE PRODUCTS \$4.00

Coke • Diet Coke • Sprite
Dr Pepper • Iced Tea • Lemonade

★
VITAMIN WATER \$4.00



**ASK ABOUT OUR
DAILY SPECIALS!**

★ *Because Life Is Better On The Water* ★

THREE BELLES



Café



★ NIAHTIC, CT ★

Because Life Is Better On The Water

★ APPETIZERS & SIDES ★

DOCKSIDE FRIES\$5

Galley fresh french fries.

Upgrade to Truffle Fries

(truffle oil + parmesan)\$8

Upgrade to Sweet Potato Fries\$8



BAYSIDE BRUSSELS\$9

Fried Brussels sprouts

served with garlic aioli.

Add Bacon + Parmesan + \$3



MARINA MOZZARELLA\$9

Fried mozzarella sticks

served with galley marinara.



NAUTICAL NACHOS\$10

Tri-color tortilla chips topped
with galley cheese sauce.

Add Seasoned Beef + \$4

★ FRESH SALADS ★

SLIP SIDE SALAD\$5

Mixed greens, cucumbers,
tomato and red onion.

EAST COAST CAESAR\$12

GALLEY GREEK\$12

Romaine, tomato, red onion,
kalamata olives and feta.

SOUTHWEST SALAD\$14

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

⚓ **ADD PROTEIN** ⚓

Grilled Chicken + \$4

Fried Chicken + \$4

★ PIZZA ★

CHEESE PIZZA\$18

Add Pepperoni + \$4

Add Sausage + \$4



PHILLY CHEESESTEAK PIZZA\$28

Steak, peppers, onions,
mushrooms and mozzarella.



HAWAIIAN PIZZA\$26

Ham, pineapple, mozzarella
and marinara sauce.



MARGHERITA PIZZA\$26

Fresh mozzarella, tomato,
basil and marinara sauce.

SOFT SERVED ICE CREAM



VANILLA
CHOCOLATE
TWIST

*Add Rainbow or
Chocolate Sprinkles + \$.75*



★ BURGERS & WRAPS ★

*Choice of Side Salad, Fries,
Sweet Potato Fries or Tator Tots*

SEAFARER SMASH\$14

Fresh beef patty, American cheese,
pickles & chipotle aioli on a brioche roll.



BAY HONEY BLUE\$15

Honey blue cheese, caramelized
onions and crispy bacon.



WEST COASTER\$15

Avocado, sliced tomato
and over-easy egg.

CAPTAIN'S CHAIR BURGER\$14

Lettuce, tomato and mayo.



B.L.T. WRAP\$12

Bacon, lettuce, tomato and mayo
in a warm tortilla.

CHICKEN BACON RANCH WRAP\$15

Grilled chicken, romaine, cheddar jack,
tomato and ranch.

TUNA SALAD WRAP\$14

Galley-made tuna salad, romaine,
Swiss and tomato.

TURKEY CLUB WRAP\$15

Turkey, bacon, lettuce,
tomato and mayo.



DRINKS



\$4 EACH

VITAMIN WATER • BOTTLED WATER

COKE PRODUCTS

Coke • Diet Coke • Sprite • Dr Pepper

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HOURS

Friday & Saturday
5:00 PM - 8:00 PM

Three Belles



— Café —

NIANTIC, CT

DINNER



APPETIZERS & SIDES



DOCKSIDE FRIES \$5

Galley fresh french fries

Upgrade to sweet fries \$8

BAYSIDE BRUSSELS \$9

Fried brussels served w/garlic aioli.

Add bacon + parm \$3

MARINA MOZZARELLA \$9

Fried mozz sticks served w/

Galley fresh Marinara

NAUTICAL NACHOS \$10

Tri Color tortilla chips served fresh and
topped with Galley made cheese sauce

Add Seasoned beef \$4

New!

STORM WARNING

CAULIFLOWER BITES \$10

Cauliflower tossed in Buffalo seasoning.

Served with celery and
blue cheese.



TOWLINE TENDERS \$12

3 chicken tenders with your choice
of plain, honey BBQ, Buffalo or
lemon pepper seasoning.



ANCHOR DOWN

TRUFFLE TOTS \$9

Crispy tater tots tossed in truffle oil
and parmesan cheese. Served with
garlic aioli.



PIZZA



CHEESE PIZZA \$18

Add pepperoni +\$4

Add sausage +\$4

PHILLY CHEESESTEAK \$28

Steak, peppers, onions,
mushrooms, mozzarella



HAWAIIAN \$26

Ham, pineapple, mozzarella,
marinara sauce

MARGHERITA \$26

Fresh mozzarella, tomato,
basil, marinara sauce



DRINKS \$4



VITAMIN WATER ★ BOTTLED WATER ★ COKE PRODUCTS



COFFEE & TEA



SYRUPS

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

HOT OR ICED LATTE \$6

ICED OR HOT COFFEE & TEA \$4



DESSERT



Check Out Our Dessert Case

Soft Serve Ice Cream ★ Rainbow or Chocolate Sprinkles Available



Because Life Is Better on the Water



Three Belles



— Café —

NIANTIC, CT

DINNER ENTRÉES



DRIFTWOOD MAC \$18

Fresh galley made cheese sauce, shells topped with crispy fried chicken. Served with starter salad and garlic bread.



FRESH CATCH FISH N CHIPS \$18

Hand battered cod, fried to perfection. Served over house galley cut fries and side of coleslaw.



RAISE THE SAIL RIBEYE \$26

10 oz grilled ribeye to order with sautéed onions & mushrooms, seasonal veggie and whipped mashed potatoes.



OSWEGATCHIE CHICKEN PARM \$21

Marinated chicken breast hand battered, served with fresh pasta and galley fresh marinara topped with mozzarella. Served with starter salad & garlic bread.

New!

THE GALLEY LASAGNA \$22

Layered cheese (ricotta, mozzarella) lasagna served with starter salad and garlic bread.

★ MARINA MELTS ★

SERVED WITH FRIES OR SIDE SALAD



CHEESY MUSHROOM MELT \$18

American, cheddar and swiss cheese, marinated and sautéed mushrooms, onion, avocado and pickle.



CLASSIC PATTY MELT \$18

100% Angus beef patty with American cheese, sautéed onions and mayo.



TOMATO MOZZARELLA MELT \$18

Fresh sliced tomato, baby spinach, fresh mozzarella cheese, olive oil, salt, pepper and a drizzle of balsamic vinegar.



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Three Belles



— Café —

NIANTIC, CT

SUNDAY BRUNCH ★ at the Marina ★

Served Sundays

8:00 AM — 3:00 PM

⚓ BREAKFAST ⚓

⚓ 3 Belles Breakfast \$14

3 eggs any style, 2 pieces of bacon or sausage patty, home fries, and toast.

⚓ Lighthouse French Toast \$15

2 thick-cut brioche "Texas Style" French toast served with two pieces of bacon or sausage patty. House honey whipped butter, fresh-cut strawberries, and powdered sugar.

⚓ Dockside Benedict \$18

Traditional Canadian bacon, poached eggs, hollandaise sauce on a toasted English muffin with home fries.

⚓ Starboard Salmon Benedict \$20

Smoked salmon, chive cream cheese, poached eggs, hollandaise sauce on a toasted English muffin with home fries.

⚓ WAFFLES ⚓

⚓ Classic Waffle \$14

Belgian waffle, powdered sugar, whipped butter, and maple syrup.

⚓ Vegan Waffle (V) \$15

Belgian waffle topped with mixed berries, maple syrup, and toasted pecans.

⚓ BOWLS ⚓

⚓ Greek Yogurt Bowl \$12

Vanilla Greek yogurt, served with galley made granola.

Add Banana, blueberry, strawberry + \$1

⚓ Maple Chia Pudding \$8

Delicious galley made chia oat pudding
Vegan & Vegetarian Friendly

⚓ SAVORY FAVORITES ⚓

⚓ Portside Pancakes \$15

2 buttermilk pancakes, 2 pieces of bacon, honey whipped butter, and syrup.

⚓ Knot Your Diet \$10

2 toasted sourdough, fresh avocado, sliced tomato, and sea salt flakes.

Add Egg + \$2

⚓ First Mate \$8

2 fried eggs, cheddar cheese, and bacon on a toasted Brioche Roll.



BEVERAGES ⚓

COFFEE & TEA

Regular or Decaf Coffee	\$3
Hot Tea (Assorted)	\$3
Iced Coffee	\$3
Iced Tea	\$3

COKE BEVERAGES

Coke	\$3
Diet Coke	\$3
Sprite	\$3
Ginger Ale	\$3

★ SWEET TREATS ★

Check out our
dessert case!



★ ASK YOUR SERVER ★

for our beverage
selections!



BECAUSE LIFE IS BETTER ON THE WATER™



Three Belles



— Café —

NIANTIC, CT

LITTLE MARINERS

(our Jr. Boaters)

— Rise N Shine —
It's Breakfast Time.

— For Children 12 & Under —

⚓ BREAKFAST ⚓

Lil' Mates Silver Dollar Pancakes \$8

Buttermilk pancakes served with
applewood smoked bacon or sausage patty.

Add:

Strawberries • Blueberries • Bananas \$2

Chocolate Chips • Rainbow Sprinkles \$.50

Surfin' Scramble \$8

Scrambled eggs served with bacon
and choice of toast.

Dockside Dippers \$7

Cinnamon French toast sticks (4) served
with maple syrup.

⚓ LUNCH ⚓

Krabby Patties \$10

Two slider-sized Angus beef
patties on brioche slider buns. + **Chips**

U.S.C. Grilled Cheese \$8

Classic American cheese on your choice
of sourdough or whole wheat bread.

+ **Chips**

Chicken Tenders at Sea \$8

Three crispy chicken tenders
served with your choice of
dipping sauce. + **Chips**

Marina Mac \$10

Kid-tested,
mother-approved mac & cheese.

⚓ SWEET TREATS ⚓

*Check out our
dessert case!*

⚓ ASK YOUR SERVER ⚓

*for our beverage
selections!*

BECAUSE LIFE IS BETTER ON THE WATER™