

Three Belles



Café

NIANTIC, CT

Because Life Is Better On The Water



★ HOURS ★

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

★
FRIDAY & SATURDAY
DINNER 5PM – 8PM

★ 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

★ NIAN TIC, 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

★ *Because Life Is Better On The Water* ★



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 truffle (truffle oil + parm) \$8
- upgrade to sweet potato 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



DRINKS \$4



VITAMIN WATER



BOTTLED WATER



COKE PRODUCTS

Check Out Our
Dessert Case

Soft Serve Ice Cream



Rainbow or Chocolate
Sprinkles Available



COFFEE & TEA



SYRUPS

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



DINNER ENTRÉES



- DRIFTWOOD MAC \$18
Fresh galley made cheese sauce, shells topped
with crispy fried chicken. Served with starter
salad and garlic bread.

- BAY SIDE BAKE \$17
Fresh galley made marinara tossed with ziti, loads of
shredded mozzarella and baked to perfection. Served
with garlic bread and starter salad.

- FRESH CATCH FISH N CHIPS \$18
Hand battered cod, fried to perfection. Served over
house galley cut fries.

- RAISE THE SAIL RIBEYE \$26
10 oz grilled ribeye to order with sautéed onions &
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.



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



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



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Three Belles



— Café —

NIANTIC, CT

SUNDAY BRUNCH

★ at the Marina ★

Served Sundays

8:00 AM – 4:00 PM

⚓ 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, and hollandaise sauce on a toasted English muffin.

⚓ Starboard Salmon Benedict \$20

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

⚓ Portside Pancakes \$12

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

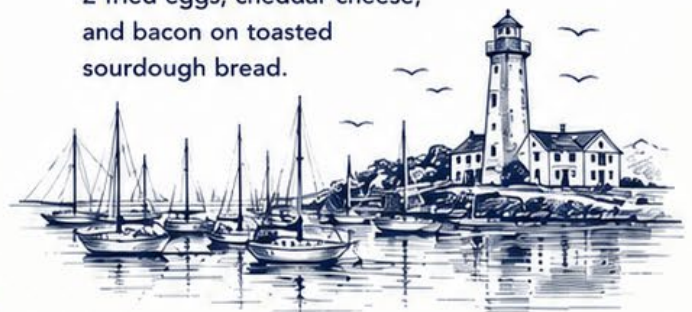
⚓ Knot Your Diet \$10

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 toasted sourdough bread.



★ 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!*

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