

starts

rice fritters corn-fried tomatoes/onion salsa	7.95
spanish horns spiced ground lamb/black olives/jack cheese/salsa/yogurt	8.95
bruschetta sundried tomato/roasted garlic/herbs	9.95
grilled chili shrimp & bbq wing blue cheese for dipping	9.95
pita flat breads	
• tomato/red onion/black olive/ jack cheese	7.95
• goat cheese/black olives/roasted garlic	8.95
• shrimp/hummus/artichoke/mushroom	9.95
• chicken/roasted peppers/sundried tomato	10.95
pei mussels chardonnay/garlic	13.95
coconut shrimp rice vinegar/chilies	13.95
crab cakes banana puree/cranberry yogurt	13.95
calamari tandoori flour/soya sesame seed sauce	13.95

soups

	CUP	BOWL
vegetable barley soup	4.25	6.25
pumpkin & sweet potato soup	4.25	6.25

salads

	SMALL	LARGE
the kitchen mixed greens/honey poppy-seed dressing	5.95	7.95
the wedge iceberg/tomato/cucumber/blue cheese dressing	5.95	7.95
grilled vegetable mixed greens/vegetable/balsamic vinegar		11.95
caesar fresh parmesan/classic dressing	6.25	8.75
baby spinach mushrooms/cranberries/strawberries/pecans	8.95	10.95
ADD ANY OF THESE OPTIONS TO YOUR SALAD		
• lamb		7.95
• chicken		5.75
• shrimp		6.75
• scallops		8.95
• pei mussels		3.25
• peameal bacon		3.75
• sausage		5.95
• feta or goat cheese		2.95

stews

vegetable stew	11.95
chicken stew	14.95
beef stew	16.95
seafood stew scallop/shrimp/mussels	18.95
add dumplings	1.95
casseroles	
baked beans & bbq pork	14.95
macaroni & cheese	11.95
lamb meatball couscous/raisins/peaches/cucumber yogurt	15.95

pasta & rice

All of our rice and pasta dishes are prepared as vegetarian entrées

bow tie pasta vegetables/garlic/olive oil	12.95
penné tomatoes/white beans/vegetables/chilies/feta cheese	13.95
pasta shells ricotta cheese/tomato sauce/walnuts	15.95
spaghetti vegetables/cream sauce *as a specialty add stuffed shrimp with Louisiana sauce	17.45 7.00
“hoppin’ john” rice black-eyed peas/vegetables/salsa	13.95
mediterranean rice black olives/vegetables/feta cheese	16.45
curry rice pineapple/vegetables/chutney/yogurt	16.45
mushroom risotto button mushrooms/shiitake	14.95
barley risotto black beans/vegetables/cranberries/parmesan/pecans	17.95
ADD TO ANY PASTA OR RICE DISH	
• lamb	7.95
• chicken	5.75
• shrimp	6.75
• scallops	8.95
• pei mussels	3.25
• peameal bacon	3.75
• sausage	5.95

fish

All items served with rice and vegetables

carolina catfish tandoori/vegetables/beans/cucumber yogurt	21.95
bay of fundy salmon coconut milk/honey/lime	21.95
yellow fin tuna blackened/goat cheese/mushroom	31.95
baked halibut roasted peppers/sesame seed glaze	29.45

simply grilled

beef burger lettuce/tomato/onion/pickle	9.25
veggie burger tofu/banana ketchup	8.95
ADD ANY OF THESE OPTIONS TO YOUR BURGER	
• jack cheese, cheddar cheese, salsa or garlic	1.00/ea.
• mushrooms	2.50
• roasted peppers	2.50
• peameal bacon	3.75
stuffed chicken breast ricotta/cranberry sauce	19.95
slow roasted lamb shank red pepper jelly/mustard seed	24.95
top sirloin steak peppercorn sauce - OR - blackened - OR - horseradish/onion	30.95
rack of pork ribs bbq sauce	30.95
beef tenderloin peppercorn sauce - OR - blackened - OR - horseradish/onion	36.95

desserts

ice cream cherry, vanilla, chocolate, or mix 'n' match	3.95
frozen yogurt strawberry or vanilla	3.95
fresh strawberries	4.95
hot chocolate fudge cake	7.95
daily dessert special ask your server for today's special	7.95
cream puffs ice cream/coconut/raisins/hot caramel sauce	8.95
apple pear tart almonds/frozen yogurt/syrup	8.95
chocolate tart hot-dipped chocolate ice cream/amaretto fudge glaze	8.95
baked nut tart ice cream/maple syrup	8.95
white chocolate cheesecake warmed in phyllo pastry/fresh strawberries	9.95

beverages

coffee regular/decaf	1.95
cappuccino regular/decaf	4.95
espresso	3.95
latté	4.95
tea (DOUBLE SIZED POT) earl grey, earl grey decaffeinated, chocolate chai, chamomile mint herbal, lemon green, lovers leap, orange pekoe, vanilla cream, black & berry berry herbal	2.95
hot chocolate	3.95
pop cola, diet cola, ginger ale, 7-up, orange, soda & tonic	SMALL 1.45 LARGE 1.95
milk	1.95 2.95
juice orange, apple, cranberry, pineapple, grapefruit, tomato, clamato iced tea or lemonade	1.95 2.95
san pellegrino spring water	500 ML 5.29 1 LITRE 7.95
bottled water (1L)	2.95
surfer dude kiddie cocktail	1.25

3 GUYS AND A STOVE

A restaurant for people with great taste!

For large parties/corporate groups contact us at
info@3guysandastove.com

www.3guysandastove.com

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white wine

JEFF'S Wine
Chardonnay (vinified on site) 12% alcohol content
6oz. GLASS - 6.99 • 1/2 LITRE - 17.25 • 1 LITRE - 34.25

	6oz. GLASS
BERINGER WHITE ZINFANDEL, California, Beringer Vineyards	9.50
PELEE ISLAND GEWURZTRAMINER, Ontario, Pelee Island	10.50
JACKSON-TRIGGS SAUVIGNON BLANC, Ontario, Cartier Wines	7.99
LINDEMANS CAWARRA SEMILLON/CHARDONNAY, Australia, Southcorp Wines	9.50
FOLONARI PINOT GRIGIO, Italy, Folonari	11.99

red wine

JEFF'S Wine
Côte du Rhône (vinified on site)
6oz. GLASS - 6.99 • 1/2 LITRE - 17.25 • 1 LITRE 34.25

	6oz. GLASS
PELEE ISLAND MERLOT, Ontario	11.75
LINDEMANS CAWARRA SHIRAZ CABERNET Australia, Southcorp Wines	9.75

beer

Draught Beer	10oz. 5.99	14oz. 7.29
Okanagan Pale Ale, Okanagan Lager		