

starts

rice fritters corn-fried tomatoes/onion salsa	8.35
spanish horns spiced ground lamb/black olives/jack cheese/salsa/yogurt	9.40
bruschetta sundried tomato/roasted garlic/herbs	10.45
grilled chili shrimp & bbq wing blue cheese for dipping	10.45
pita flat breads	
• tomato/red onion/black olive/ jack cheese	8.35
• goat cheese/black olives/roasted garlic	9.40
• shrimp/hummus/artichoke/mushroom	10.45
• chicken/roasted peppers/sundried tomato	11.50
pei mussels chardonnay/garlic	14.65
coconut shrimp rice vinegar/chilies	14.65
calamari tandoori flour/soya sesame seed sauce	14.65

soups

	CUP	BOWL
vegetable barley soup	4.46	6.56
pumpkin & sweet potato soup	4.46	6.56

salads

	SMALL	LARGE
the kitchen mixed greens/honey poppy-seed dressing	6.25	8.35
the wedge iceberg/tomato/cucumber/blue cheese dressing		8.35
grilled vegetable mixed greens/vegetable/balsamic vinegar		12.55
caesar fresh parmesan/classic dressing	6.65	9.39
baby spinach mushrooms/cranberries/strawberries/pecans	9.39	11.50
ADD ANY OF THESE OPTIONS TO YOUR SALAD		
• lamb		8.35
• chicken		6.04
• shrimp		7.09
• scallops		9.40
• pei mussels		3.41
• peameal bacon		3.94
• sausage		6.25
• feta or goat cheese		3.10
• grilled salmon		11.95

cakes & cutlets

fish cakes w/tartar or chipotle seafood sauce served with roasted vegetables & black-eyed peas & rice	16.95
crab cakes w/tartar or chipotle seafood sauce served with roasted vegetables & black-eyed peas & rice	22.95
chicken cutlet w/louisiana sauce served with roasted vegetables & smashed red-skin potatoes	17.95
lamb cutlet w/curry, chutney & blueberry yogurt served with roasted vegetables & smashed red-skin potatoes	22.95
steak cutlet w/gravy served with roasted vegetables & smashed red-skin potatoes	18.95

pasta & rice

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

bow tie pasta vegetables/garlic/olive oil	13.60
penné tomatoes/white beans/vegetables/chilies/feta cheese	14.65
pasta shells ricotta cheese/tomato sauce/walnuts	16.75
spaghetti vegetables/cream sauce	18.32
“hoppin’ john” rice black-eyed peas/vegetables/salsa	14.65
mediterranean rice black olives/vegetables/feta cheese	17.27
curry rice pineapple/vegetables/chutney/yogurt	17.27
mushroom risotto button mushrooms/shiitake	15.70
barley risotto black beans/vegetables/cranberries/parmesan/pecans	18.75
ADD TO ANY PASTA OR RICE DISH	
• lamb	8.35
• chicken	6.04
• shrimp	7.09
• scallops	9.40
• pei mussels	3.41
• peameal bacon	3.94
• sausage	6.25

fish & seafood

All items served with rice and vegetables

carolina catfish tandoori/vegetables/beans/cucumber yogurt	23.05
bay of fundy salmon coconut milk/honey/lime	23.05
yellow fin tuna blackened/goat cheese/mushroom	33.55
baked halibut roasted peppers/sesame seed glaze	30.92
tiger shrimp stuffed w/crab meat and wrapped in peameal bacon, blackened w/Louisiana sauce	26.17

simply grilled

beef burger lettuce/tomato/onion/pickle	9.71
veggie burger tofu/banana ketchup	9.40
ADD ANY OF THESE OPTIONS TO YOUR BURGER	
• jack cheese, cheddar cheese, salsa or garlic	1.05/ea.
• mushrooms	2.63
• roasted peppers	2.63
• peameal bacon	3.94
lamb meatballs couscous/raisins/peaches/cucumber yogurt	16.75
stuffed chicken breast ricotta/cranberry sauce	20.95
slow roasted lamb shank red pepper jelly/mustard seed	26.20
top sirloin steak peppercorn sauce - OR - blackened - OR - horseradish/onion	32.50
rack of pork ribs bbq sauce	32.50
beef tenderloin peppercorn sauce - OR - blackened - OR - horseradish/onion	36.95

desserts

ice cream cherry, vanilla, chocolate, or mix 'n' match	4.15
frozen yogurt strawberry or vanilla	4.15
fresh strawberries	5.20
hot chocolate fudge cake	8.35
daily dessert special ask your server for today's special	8.35
cream puffs ice cream/coconut/raisins/hot caramel sauce	9.40
apple pear tart almonds/frozen yogurt/syrup	9.40
chocolate tart hot-dipped chocolate ice cream/amaretto fudge glaze	9.40
baked nut tart ice cream/maple syrup	9.40
white chocolate cheesecake warmed in phyllo pastry/fresh strawberries	10.45

beverages

coffee regular/decaf	2.05
cappuccino regular/decaf	5.20
espresso	4.15
latté	5.20
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	3.10
hot chocolate	4.15
pop cola, diet cola, ginger ale, 7-up, orange, soda & tonic	SMALL 1.55 LARGE 2.05
milk	2.05 3.10
juice orange, apple, cranberry, pineapple, grapefruit, tomato, clamato iced tea or lemonade	2.05 3.10
san pellegrino spring water	500 ML 5.55 1 LITRE 8.35
bottled water (1L)	3.10
surfer dude kiddie cocktail	1.31

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 - 7.34 • 1/2 LITRE - 18.11 • 1 LITRE 36.66

	6oz. GLASS
BERINGER WHITE ZINFANDEL, California	9.98
HILLEBRAND ARTIST SERIES GEWURZTRAMINER, Ontario	9.58
CHATEAU DES CHARMES UNOAKED CHARDONNAY, Niagara	7.61
LINDEMANS CAWARRA SEMILLON/CHARDONNAY, Australia	9.98
FOLONARI PINOT GRIGIO, Italy	12.59
TWO OCEANS SAUVIGNON BLANC, South Africa	9.98
PELLER ESTATES FAMILY SERIES RIESLING, Ontario	9.58

red wine

JEFF'S Wine
Côte du Rhône (vinified on site)
6oz. GLASS - 7.34 • 1/2 LITRE - 18.11 • 1 LITRE 36.66

	6oz. GLASS
CHATEAU DES CHARMES CABERNET, ESTATE, Niagara	7.61
LINDEMANS CAWARRA SHIRAZ CABERNET, Australia	10.23
TWO OCEANS CABERNET/MERLOT, South Africa	10.23
PELLER ESTATES FAMILY SERIES MERLOT, Ontario	9.99

beer

Draught Beer	10oz.	14oz.
Okanagan Pale Ale, Okanagan Lager	6.29	7.65