

# LUNCH MENU

## SALADS

### 310 CAESAR 7

classic Caesar wrapped in a parmesan crisp.

### BABY SPINACH 9

baby spinach, dried cranberries, goat cheese, apples, candied walnuts.

### ALL AMERICAN COBB 11

chopped romaine lettuce, grilled chicken, diced ham, bacon, blue cheese, tomatoes, egg, avocado, Maytag bleu cheese dressing.

### WARM LENTIL SALAD 11

grilled naan, warm lentil pilaf, curry spices, ginger, carrots, celery, leeks, red onion, zucchini, squash, tomato, spinach, cilantro, cucumber raitta

### NIÇOISE 14

ahi tuna seared rare, mixed greens, olives, capers, green beans, tomatoes, Yukon potato, hardboiled egg, roasted shallot vinaigrette.

### GREEK SALAD 10

romaine lettuce, tomatoes, cucumbers, olives, red onion, feta cheese, oregano vinaigrette

### GRILLED EGGPLANT 12

baba ganoush, spring greens, Japanese eggplant, feta, cucumber, roasted peppers, lemon citronette

### CURRY CHICKEN SALAD 10

chicken salad, curry spices, mixed greens, oranges, apples, grapes, toasted almonds

## ADDITIONS

...make your salad or pasta a meal...

grilled chicken 3	crispy salmon 6
grilled shrimp 8	grilled steak 8
seared ahi 9	

#### Cheeses:

Maytag Blue; Gruyere; Capriole Goat; White Cheddar; Parmesan – Add \$1.00  
Bacon, Roasted Wild Mushrooms, Avocado – Add \$1.00

#### Dressings:

Shallot Vinaigrette; Bleu Cheese, Honey Dijon; Buttermilk Ranch;  
Oregano Vinaigrette; Lemon Citronette; Low Fat Italian



## EXPRESS MENU!

*In a hurry?...*

The following dishes have the quickest preparation times... *without* substitutions! Please let your server know your ordering from the *Express Menu!*  
*check will arrive with your meal*

### SOUP AND SALAD 7

Green salad with choice of dressing paired with our daily soup

### BABY SPINACH 9

baby spinach, dried cranberries, goat cheese, apples, candied walnuts, roasted shallot vinaigrette

### “QUICHE” 310 10

“Omelette en Croute” herbed omelets wrapped in puff pastry crust with three cheeses, smoked ham and roasted red peppers, Dijon sauce.

### CURRY CHICKEN SALAD 10

chicken salad, curry spices, over mixed greens with oranges, apples, grapes, and toasted almonds

### GREEK SALAD 10

romaine lettuce, tomatoes, cucumbers, olives, pickled red onion, feta cheese

### WARM LENTIL SALAD 11

grilled naan, warm lentil pilaf, curry spices, ginger, carrots, tomato, spinach, cilantro, cucumber raitta

### ULTIMATE CHICKEN SANDWICH 9

Grilled chicken breast slices; bacon, tomato, avocado, white cheddar, Dijon mustard, basil pesto, toasted ciabatta roll



## APPETIZERS

**THAI CURRY MUSSELS** 8  
PEI mussels, red Thai curry broth,  
grilled crostini, Sriracha aioli

**TRIO OF HUMMUS** 9  
basil, roasted pepper, & traditional  
hummus, rosemary crackers, naan,  
feta, olives, tomatoes

**GRILLED ARTICHOKE** 8  
grilled artichoke, 310 artichoke-  
parmesan dip, toast points

**CHEESE BOARD** 9  
Chefs' selection of cheeses, apples,  
grapes, dried cranberries, crackers

## SANDWICHES

*Price includes small side salad with choice of dressing or 310 fries*

**310 PUB BURGER** 8  
fresh ground beef burger, lettuce, tomato, pickle, caramelized red onion  
Make it your burger:  
*White Cheddar; Cheddar; Gruyere; Goat; Maytag Bleu; Parmesan – Add \$1.00*  
*Bacon, Roasted Wild Mushrooms, Avocado – Add \$1.00*

**VEGETABLE NAAN** 9  
grilled naan flatbread, hummus, roasted red pepper, grilled zucchini, squash,  
roasted mushroom, fresh tomato, spinach, spicy Sriracha-curry yogurt

**THE FLATBREAD “BLT”** 8  
grilled flatbread, bacon, sliced tomato, arugula, fresh goat cheese, basil mayo

**THE CUBAN** 9  
pulled pork with salsa verde, ham, gruyere cheese, pickles, red pepper mayo

**STEAK SANDWICH** 12  
toasted baguette, artichoke spread, grilled 8 oz. steak, roasted mushrooms

**310 RUEBEN** 9  
corned beef, 1000 island, braised red cabbage, white cheddar, gruyere.

**ULTIMATE CHICKEN SANDWICH** 9  
grilled marinated chicken breast slices; apple wood smoked bacon, tomato,  
avocado, aged white cheddar, Dijon mustard, basil pesto, toasted ciabatta roll

**ULTIMATE GRILLED CHEESE** 9  
French brie, goat cheese, white cheddar, smoked bacon, Dijon,  
toasted on sourdough with tomato and watercress

## ENTREES

*Price includes house salad with choice of dressing, substitute Caesar for \$1.95*

**“QUICHE” 310** 10  
“Omelette en Croute” herbed omelets wrapped in puff pastry crust with three  
cheeses, smoked ham and roasted red peppers, served warm with Dijon sauce.

**PENNE PASTA** 12  
grilled chicken, tomatoes, olives, pesto, goat cheese, roasted garlic cream

**MAC AND CHEESE** 9 / 11  
**310 style:** cheddar sauce, bacon, scallion, elbow macaroni, baked until golden  
**Vegetarian style:** cheddar sauce, roasted mushrooms, fresh herbs, goat cheese

**CRISPY SALMON** 15  
crispy salmon, roasted potatoes, sautéed greens, herb oil, Dijon vinaigrette

**STEAK FRITES** 16  
grilled 10oz steak, sautéed chard, cabernet demi glace, seasoned garlic fries.

We are pleased to provide a non-smoking establishment.  
20% gratuity will be added to all parties of 6 or more.  
Chef Proprietor: Jeff Maiani Dining Room Manager: Liz Bohall