

SANDWICHES, SALADS + SOUP

sandwiches served with French Fries

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| Soup of the Day | 13 |
| Chicken Noodle Soup | 14 |
| Wedge Salad <i>thick cut bacon</i> | 16 |
| Garden Salad + <i>green goddess with grilled chicken +3</i> | 14 |
| Grilled Cheese + Bowl of Soup | 18 |
| Bacon, Egg + Cheese Sandwich | 16 |
| Chicken BLT | 21 |
| HM3 Burger | 19 |
| Hot Chicken Sandwich | 19 |
| Turkey Club Sandwich | 18 |
| Veggie Burger | 18 |
| Tuna Salad on Whole Wheat | 18 |
| Tuna Melt on a Bagel | 19 |
| Quinoa & Fall Roots <i>maple syrup, soft herbs</i> | 14 |

ENTREES

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| Avocado Toast | 21 |
| Bacon, American + Scallion Omelet | 21 |
| BC Roast Chicken | 28 |
| Egg White, Broccoli + Avocado Omelet | 21 |
| French Toast Sticks | 21 |
| Fried Chicken | 26 |
| Grilled Salmon <i>red wine sauce</i> | 26 |
| Ham Steak + Eggs | 24 |
| Hanger Steak + Eggs <i>au poivre</i> | 29 |
| Shakshuka | 21 |
| Three Eggs Any Style | 21 |
| Veal Meatballs <i>brown gravy, sunny side egg</i> | 26 |
| 5 Sides as an Entree | 26 |

HOT DOG DU JOUR

2 Hot Dogs Served with French Fries

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| Monday NYC Dogs <i>with street vendor onions</i> | 15 |
| Tuesday Southern Dogs <i>with cole slaw, cheese sauce, pickled okra</i> | 15 |
| Wednesday California Dogs <i>with avocado, cilantro, salsa, sour cream</i> | 15 |
| Thursday JG's Dogs <i>with chili, cole slaw, yellow mustard</i> | 15 |
| Friday German Dogs <i>sauerkraut, spicy mustard</i> | 15 |
| Saturday Chicago Dogs <i>with relish, mustard, onion, pickles, tomato</i> | 15 |
| Sunday Hotdog Johnny's <i>pickle wedge, chopped, yellow mustard</i> | 15 |

HM3 Market Bowl

Quinoa, Japanese Rice or Spinach + Three Toppings 21
 Broccolini, Cucumber Salad, Japanese Sweet Potato, Mixed Greens, Sliced Tomato, Spinach, Bacon, Egg, Grilled Salmon, Hamburger Patty, Smoked Salmon, Turkey, Avocado +3.00, Extra Protein +2.00

HM3 BREAKFAST SPECIAL

2 eggs any style, grilled ham steak, home fries, bacon, french toast sticks, grits, spinach, melon
28 per person

SIDES choose three

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|---------------------------------|--------------------------------------|
| French Fries | Quinoa |
| Grits | Cole Slaw |
| Home Fries | Cucumber Salad |
| Japanese Sweet Potatoes | Herb Salad |
| Macaroni + Cheese | Sautéed Spinach |
| Lemon Grilled Broccolini | Sliced Avocado |
| Potato Puree | Sliced Melon |
| Simple Japanese Rice | Warm Biscuit + Whipped Butter |

UPGRADES

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|-----------------------------|---------------------------------------|
| Put An Egg On It + 1 | Extra Avocado + 4 |
| Thick Cut Bacon + 6 | Overnight Oats + 4 |
| | Matcha Chia Seed Pudding + 4.5 |

Harold's Meat + Three kindly accepts credit cards and room charges only.

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.