

Serving Great Food For Over 30 Years!



Menu

Menu

STEAK & RIB HOUSE

Est. 1978



Beer Buddies

The 3Mile offers a wide assortment of appetizers, teasers and pleasers that go great with an ice cold Moosehead beer. Don't forget to see our insert for our all New Famous Chicken Wing Menu with **23 Sensational Sauces** from which to choose!



The Sampler

3MILE SAMPLER 13.49

A basket of a combo of 3Mile Famous Chicken Wings with your choice of one of our 23 Sensational Sauces, mozza sticks, deep-fried vegetables, crunchy chicken fingers, onion rings, celery and carrot sticks and dipping sauces. (Sorry, no substitutions).

Mozza Sticks (8) 8.99

Crunchy Chicken Fingers (5) 8.99

Deep Fried Brothers' Spicy Pepperoni (Honey Mustard) 8.49

Salt 'n Peppa Riblets 9.49

Try these crispy little Pork Riblet treats! Deep fried and sprinkled with coarse pepper, salt and garlic. Yummy!
Serving: ½ Pound (12)

Basket of Deep Fried Vegetables 6.99

Basket of Onion Rings 5.99

Basket of Chipolte Onion Rings 6.99

Basket of French Fries 4.99

Mucho Nachos Supreme 11.99

Crisp tortilla chips topped with your choice of our home made meat sauce or chicken. We smother the chips with Pepper Jack and Mozza cheese and top it all with tomatoes, green pepper, onions and Jalapeno peppers. Served with a side of salsa and sour cream.

Uno Nachos (Single Serving) 6.99

A personal-sized serving as above.

Poutine (Fries, Gravy & Melted Cheese) 5.99

Add real bacon 6.50

Chili Fries 7.15

Our own meat chili topped with shredded cheese smothered over a basket of French Fries.

Thai Chicken 9.99

Spicy morsels of our Boneless Breaded Chicken Wings tossed in a sweet Thai sauce and garnished with green onions and carrots. You'll come back for these time and time again.

Quesadilla 9.25

Chicken strips, peppers, mushrooms, onions and cheese melted together in a grilled wrap garnished with salsa and sour cream.

Sunflower Onion 8.99

Just like its beautiful namesake, this onion is cut and ready to bloom! It's breaded and spiced for the deep fryer and then served up with our home made sauce. Yummy!

Cheesy Jalapeno Pepper Bites 5.99

6 bite sized nuggets filled with cream cheese, diced Jalapeno peppers and spices in a crispy golden breading. Served with sour cream.

Hot Spinach & Artichoke Dip 6.99

A hot serving of a delicious cheesy spinach and artichoke dip served with crisp corn chips. The most frequent question we get asked is: Is it okay to eat this dip with a spoon right out of the dish? The answer: YUP!

PARTY PAK 16.49

A tree of 3 different Beer Buddies served for sharing in an Appetizer Tree with dipping sauces.

(5) Boneless Breaded Chicken Wings

(4) Crunchy Chicken Fingers

(6) Salt N Peppa Riblets



Great Greens

Wedge Salad 6.49

A wedge of iceberg lettuce garnished with green onions, carrots, tomato and bacon drizzled with your favorite salad dressing. A visual and tantalizing taste-bud treat served with a side of garlic toast.

Salad Dressings:

French, Italian, Ranch, Zesty Italian, Lite Italian, Lite French, Thousand Island, 3Mile Ultimate Caesar and Blu Cheese



Classic Caesar Salad 6.99

Crisp romaine lettuce freshly tossed in 3Mile's Ultimate Caesar dressing and topped with grated Parmesan cheese and house-made spiced croutons. Served with garlic toast.

Add a 5 ounce Chicken Breast Julienne to any salad for just **3.49**

Burgers & Sandwiches

All of the 3Mile's hamburgers are made in-house from lean 100% chuck meat using no fillers. They are served on a toasted burger bun garnished with a pickle. Condiments are served table-side so you can dress up your burger as you please.

All burgers and sandwiches come served as a platter with coleslaw and one other side dish.

3Mile Char-Grilled Cheeseburger 6.99

A classic 6 ounce burger topped with shredded lettuce, tomato, and your choice of melted Pepper Jack or Cheddar cheese.

Without cheese . . . 6.75 Add bacon . . . 7.49

Mile High Double Decker! 11.99

3/4 of a pound consisting of two of our house-made 100% ground beef burgers topped with bacon, shredded lettuce, tomato, onions, pickles, and two slices of your choice of Pepper Jack or Cheddar on a toasted bun.

Toasted Western (Eastern) 6.25

A 3Mile favorite! Scrambled egg, onion and ham served between toasted bread. (Eastern is made with no onions)

BLT 6.49

Bacon, lettuce & tomato – toasted and smothered with mayo. With cheese \$6.99



Mile Reuben 7.99

A classic Montreal Smoked Meat sandwich loaded with sauerkraut, Swiss cheese and a layer of Thousand Island dressing on toasted rye. Yummy.

Hot Jobs! 7.75

That's the traditional pub hot sandwich! Each sandwich is served with slaw and your choice of one side dish.

Your choice: Hot Turkey or Hot Hamburger (6 ounce)

Spicy Chicken Wrap 8.99

BBQ sauce on our crunchy chicken tenders, topped with onions, tomatoes and shredded lettuce in a giant soft wrap.

This dish is served with coleslaw and a choice of one side dish.

Zesty Orange Chicken Grille 8.99

Boneless strips of grilled chicken topped with our in-house Zesty Orange Ginger Sauce on a toasted Ciabatta bun topped with shredded lettuce, and tomato. It has a bite! Served with a side Caesar Salad.

Montreal Smoked Meat 7.49

Authentic Montreal-style warmed smoked meat piled high on toasted rye bread and topped with regular or spicy mustard and served with a dill pickle.

Philly Beef or Chicken 8.99

Select your choice of beef or chicken strips loaded up with sautéed mushrooms, onions, green peppers and a melted mix of Cheddar and Mozza cheese on a toasted steak bun.



The Legend

The Legend 7.99

Our adjoining sports bar & gaming centre – Legends Bar & Grille has made this burger so famous we just had to borrow the recipe and bring it next door due to demand from our customers. How about this signature 100% beef burger piled high with cheddar cheese, bacon, tomato, shredded lettuce, pickles and onions rings.

Devil's Breath Burger 8.49

This cow is Hell-Fired! Our classic 6 ounce burger slathered with the 3Mile's in-house Devil's Breath Hot Sauce topped with Pepper-Jack cheese and Jalapeno peppers and Cajun-spiced pickles, shredded lettuce and tomato. You'll think you've gone to hell!

Italian Sausage Burger 7.99

Spicy Italian sausage custom-made into a 6 ounce patty char-grilled and served on a toasted burger bun. You can top it with your choice of regular or spicy mustard, onions and saurkraut.

Club 3Mile 8.99

You'll love our clubhouse! Made from fresh roasted all-white meat turkey, our sandwich is piled high with double the amount of bacon, shredded lettuce and tomato and loaded with mayonnaise and a dash of cranberry salsa which gives our Clubhouse its uniqueness.

Club 3Mile



The Chicken Coop

Crunchy Chicken Fingers & Fries 9.25

(4) of our large crunchy breaded real all-white meat chicken pieces served with Sweet & Sour dipping sauce and French fries.

Char-Grilled Chicken 9.49

A boneless, skinless 5 ounce breast of chicken char-grilled With OR without BBQ sauce (your choice). We serve this with our in-house slaw and your choice of two Side Dishes.

Cranberry Apricot Chicken 11.49

A delicious cranberry salsa infused with Apricot Brandy lights up your taste buds over a char-grilled boneless breast of chicken served with rice pilaf and side Caesar Salad.

'Simply for Life' Chicken 12.99

Stay on course with your dietary requirements with this char-grilled 5 ounce breast of chicken (no BBQ sauce) which comes with our all new Wedge Salad with a low cal dressing and steamed California vegetables.

Monterey Chicken 10.99

A 3Mile favorite! Grilled chicken breast with our in-house Sweet Sensation BBQ sauce and bacon smothered with melted Monterey Jack cheese. We serve this meal with our coleslaw and your choice of two Side Dishes.

Rotisserie-Style 1/4 Barbecue Chicken

Slow-roasted, rotisserie-style 1/4 BBQ quarter chicken seasoned with a delectable blend of spices seared into the skin. We offer this in a basket with coleslaw and your choice of any two Side Dishes.

All White Meat (Breast/Wing) 10.99

Dark Meat (Thigh/Drum Stick) 8.99

Chicken Stir Fry - 3Mile Style \$11.49

How about a new twist on a Chicken Stir Fry. Enjoy our tender slices of grilled chicken atop a blend of Japanese-style steamed vegetables over rice pilaf all served on a sizzling skillet. Enjoy it plain or tossed with one of the following sumptuous sauces:

Orange Ginger
Szechwan
Pineapple Curry
Teriyaki



Side Dishes

Meals may come with a choice of one or more of the following side dishes already included in the menu prices. Enjoy any additional one for **2.49**

Red Skin Smashed Potato

Red-skin mashed potatoes mixed with milk, butter and a tiny hint of garlic.

Creamy Coleslaw

A zesty slaw that's chock full of carrot and cabbage with a hint of red cabbage.

Famous Fries

Crispy-fried straight-cut PEI russet potatoes.

Sweet Potato Fries

Deep fried thick-cut sweet potato fries.

Zesty Mac & Cheese

Macaroni and a blend of mixed cheeses with a hint of Cajun kick! (Okay, so we gave Kraft Dinner a Cajun taste!)

Baked Potato

New Brunswick-grown baker topped with sour cream and chives.

Bacon & Pork Beans

Baked beans and pork in molasses topped with real bacon.

Medley of Vegetables

A mix of carrots, green and yellow beans.

Rice Pilaf

Made fresh in-house. A mellow seasoned rice with fried noodles and fresh vegetables.

Home Fries

Deep fried spiced potato wedges.

Garlic Cheese Toast

2 slices of garlic toast topped with melted Pepper Jack and Cheddar cheeses.

A Wedge Salad or Caesar Salad may be substituted instead of two side dish choices for an additional 2.75
You will receive our full size servings.



The Steak Pit

Where the Steak Is KING

Our goal is to provide our customers with a great steak quickly, at a price that's well below those of high-end steakhouses. We start by purchasing only the very best Canadian Grade "A" or higher beef and season each cut individually.

All of our steaks are flame-kissed on our char-broiler that pumps out an awesome 160,000 BTUs of steak grilling heat.

Just so you and our skilled broiler Chefs are on the same page, please check our 'Cooking guide' before placing your order. We're happy to cook any steak to well done with no guarantees, but caution you that it can take up to 25 minutes from the time it hits the grill.

Each of our steak dinners are served with coleslaw and your selection of two side dishes to round out your meal.



The Big Porter

MacGregor Striploin {8 oz} \$12.99

A great steak for the smaller appetite or mid-day meal. Very popular and crowd-pleasing

Sirloin Steak {12 ounce} \$14.99

A new larger cut! Sirloin lovers know this steak for its higher fat content and flavour profile than our other cuts. A great pub steak

Alberta Rib-Eye {10 ounce} \$13.99

As Canadian as they come! Western grade-A rib-eye – a juicy cut sold here by the thousands each year

Big Porter {14 ounce} \$21.99

Our biggest and some say best steak! Fourteen ounces of on-the-bone Porterhouse goodness!



3Mile Signature Steak 18.99

MacGregor Meats are purveyors to some of Canada's finest Steakhouses and we're pleased to offer its largest seller – a 10 ounce AA New York Strip Loin. Our 3Mile Signature Steak is cooked to order and garnished with onion rings. Consider making this steak extra special with a side dish of our home-made Green Peppercorn Sauce or try a garnish of sautéed mushrooms and onions. We serve this steak with coleslaw and your choice of two side dishes.

HOW TO ORDER YOUR STEAK FROM OUR STEAK PIT

- Blue Rare:** Seared on the outside, completely red throughout.
- Rare:** Seared and still red 75% through the centre.
- Medium Rare:** Seared with 50% red centre. Juices flowing.
- Medium:** Seared with approximately 25% pink showing inside.
- Medium Well:** Done throughout the centre with only the slightest hint of pink inside.
- Well:** 100% brown inside. Some say it's a waste of a good quality steak. For others it's perfect.

To make your steak dinner even more succulent, consider splurging on one or more of our add-ons.

Sautéed Mushrooms	1.50
Sautéed Onions	1.50
Sautéed Green Peppers	2.00
Combo of Any Two	2.50
Combo of All Three	3.99

Other Add-ons:

Green Peppercorn Sauce	2.75
3 Bacon-wrapped Scallops	4.50
5 Chicken Wings	3.99

Load Up Your Baker:

Select a baked potato with your meal from our Side Dishes and load it up with sour cream, chives, bacon and melted cheddar cheese **1.75 extra**

3Mile Favorites!

Now That's Eatin'!!



Prime Rib Tips

Triple A Western Prime Rib cut into tips and sautéed to order with a rich beef and red wine-infused au jus that's chock full of mushrooms, onions and green peppers. Pick any two side dishes to make your meal and enjoy! **12.99**



3Mile's World Famous Tenderloin Tips 9.99

It's pub food at its best! A big helping of our succulent pork Tenderloin Tips in a rich brown gravy and topped with sautéed onions, green peppers and mushrooms. Served with coleslaw and your choice of two side dishes. (Thousands of orders sold each year)

Liver, Bacon & Onions 8.99

It's an old English Pub tradition. Our meal is served with coleslaw, a medley of vegetables and your choice of one side dish.



Haddock Fish & Chips 2 pc 9.49 3 pc 12.25

Two pieces of pub-style deep-fried real Haddock served with crispy French fries, tartar sauce and coleslaw. Vinegar available.



Broiled Haddock 10.49

A filet of haddock broiled with a squeeze of fresh lemon and served with coleslaw, lemon wedge and your choice of two side dishes.

BBQ PORK CHOPS 9.49

Sample these centre-cut pork chops that have been Char-grilled with your choice of our 3 signature BBQ sauces and served up with coleslaw and your choice of two side dishes. Sauce it up with:
Sweet Sensations – Brown Sugar BBQ
Just Jack – Jack Daniels-Infused BBQ
Candy Apple – Brown Sugar Apple Sauce

Bacon Wrapped Scallops 13.99

Seven (7) bacon-wrapped scallops served with rice pilaf and a small Caesar salad.



SOON TO BE FAMOUS

3Mile's Chicken Parmesan 11.50

We're guarding our recipe to keep the Italian restaurants in the dark! You'll love our battered deep-fried and chicken breast smothered in a meaty sauce and topped with a blend of melted cheeses. This dish is served with a large portion of spaghetti and meat sauce along with garlic toast.

Cedar Plank Salmon 13.99

Farm-raised Atlantic Salmon filet lightly smoked with cedar and served on a Cedar Plank.

Our meal comes with rice pilaf and a side Caesar Salad, but you're welcome to substitute any two Side Dishes.

Try this dish with the following toppings:

- Naturally Cedar Smoked (no sauce)
- Maple Syrup
- Cajun BBQ
- Orange Ginger



Prices DO NOT include HST or Gratuity!

3Mile Steak & Rib House, 5 Golden Grove Road, Saint John NB E2L 3X1

We Love Wings!

Our all new 3Mile Famous Chicken Wings are larger and meatier. They are cooked naked with no spices or breading and are deep-fried to a golden brown in a trans-fat-free oil. You pick the size serving and we'll toss 'em in your choice of 23 Sensational Sauces!

You'll want to try all **23** of our sumptuous sauces!

Buy Our Wings By The Pound

Single - 1 Pound Serving 9.49
Double - 2 Pound Serving 18.49
Triple - 3 Pound Serving 26.99

One pound represents a portion of 9 wings. We cannot guarantee equal amounts of drums and flats on any order of wings. Wings are served with a garnish of celery and carrot sticks with Ranch or Blu Cheese dressing.

Sauce is automatically tossed with the wings unless requested to be served on the side. While we will only toss 1 Pound of Wings in one sauce, and provide one side sauce per 9 wings, you may order as many side sauces as you'd like for .50 each.



Oodles of Sauces

3MILE SIGNATURE SAUCES

These sauces are made in-house and you'll find them repeated in lots of our pork, beef and chicken dishes. They are our favorite picks.

Sweet Sensation {Brown Sugar BBQ}
Candy Apple {Sweet BBQ Apple}
Just Jack {Jack Daniels Infused}

SAUCES STRAIGHT UP

Dave's Mild **Dave's Medium**
Frank's Extra Hot **Honey Garlic**
Honey mustard

MORE SINFUL SAUCES!

Honey Awesome (Honey, Garlic & Mustard)	Red Dragon 🌶️ (Red Thai)	Summer Nights (Sweet Pineapple)
Citrus Zingers 🌶️ (Zesty Orange Ginger)	Margaritaville 🌶️ (Chili Lime)	Gold Rush 🌶️ (Hot BBQ Mustard)
Atomic Wing 🌶️🌶️ (Tequila Habanera)	Island Jammin' (Taste of the Caribbean)	Devil's Breath 🌶️🌶️🌶️ (You've Gone to Hell!)
Dragon Wings (Sweet Szechwan)	Ginger Bee (Honey Ginger)	Exotic Thai 🌶️ (Sweet Chili)
Maple Leaf (Honey Maple)	Smokin' Louisiana 🌶️🌶️ (Hot Cajun)	Sweet Fire 🌶️🌶️ (Hot Honey BBQ)

All New Boneless Breaded Wings!

You'll love these 100% all-white real chicken pieces. Bite-size pieces of boneless, deep-fried breaded wings. They can be sauced and tossed in all 23 Wing Sauce flavours. (See other side of this menu for choice of wing sauces).



9.99 for 1 Pound
 (1 Pound represents 10 pieces of boneless wings)

Try 6 of our Sensational Wing Sauces At Once With Our All New



You'll get **36** naked Famous Chicken Wings and your choice of 6 different sauces, along with a garnish of carrot and celery sticks with Ranch or Blu Cheese dressingand lots of wet naps!
34.99

It's why the Chicken Crossed the Street!

Sorry not available for Take Out at this price.

Hot 'N Spicy Wings

These tasty wings have the hot sauce injected right into the meat of the chicken wing itself. Great with or without sauce. (Only moderately hot). Sold as 12 for 11.99

Have A Melt Down!

3Mile Island Smokin' Hot Hot Hot Sauce!

This sauce is **NOT** for the faint of heart. In fact, this sauce could cause the heart to flutter. ... (that's why we ask you to sign a legal waiver before we serve it to you). Really.

This sauce is made from the **Bhut Jolokia Pepper** (A.K.A. Ghost Pepper)

Ghost Peppers top the Scoville Heat Scale at **1,000,000 Scoville units**

- By comparison the common Habanero Pepper registers at **300,000 units**.

Only 0.5% of our customers will try this sauce.

It Will Bring Sweat Beads To Your Brow!

Prices **DO NOT** include HST or Gratuity!

Bar-B-Que Ribs!

The 3Mile's always been known for its great steaks but wait until you try one of our Soon-To-Be-Famous Killer Rib dishes!

We slow cook our pork and beef ribs for hours using a secret blend of spices and sauces. Once you decide on a sauce topping, we'll caramelize the sauce on both the top and bottom to send your taste buds in a tizzy!

Like your ribs plain? Order 'em naked (it's nothing your kids haven't seen already) Go ahead - Pig Out on our Ribs!

Pick your choice of one lip-smackin', finger-lickin', chin-drippin' and Rib-stickin' BBQ sauce:

Try the 3Mile's house-made Signature BBQ sauces:

- Candy Apple - {Sweet BBQ Apple}
- Sweet Sensations - {Brown Sugar BBQ}
- Just Jack - {"Jack Daniels" Infused BBQ}

Or try our ribs with one of our more adventurous flavored BBQ sauces:

- | | |
|------------------------------------|--|
| Smokin' Louisiana
{Sweet Cajun} | Gold Rush
{Honey Mustard BBQ} |
| Maple Leaf
{Honey Maple} | Citrus Zinger
{Zesty Orange Ginger (Spicy)} |
| Margaritaville
{Chili Lime} | Summer Nights
{Sweet Pineapple} |

Full Rack



Baby Back Ribs

You'll love our fall-off-the-bone Baby Back Ribs served St. Louis-style dripping with your choice of one of nine great BBQ sauces.



13.99



18.99



23.99

Each meal comes with a cornmeal muffin and coleslaw and your pick of two of our great Side Dishes. We guarantee you'll return for this time and again.

Our Baby Back Ribs travel well for Carry Out and re-heat nicely. Just \$1 for Carry Out.

Brontosaurus Ribs

Try our large beef ribs cut from a Prime Rib Roast, braised in a sweet brown sugar sauce to tender.

Choose your own finish flavour of 9 "to-die-for" BBQ rib sauces!

Feel like a Cave Man as you roll up your sleeves and pick these ribs up with your hands. Go ahead! The paper towels are on the table!

Each meal comes with a cornmeal muffin, coleslaw and any two sides dishes you fancy!

Pick your choice of one lip-smackin', finger-lickin', chin-drippin' and rib-stickin' BBQ sauce:



Try the 3Mile's House-Made Signature BBQ sauces:

- Candy Apple - {Sweet BBQ Apple}
- Sweet Sensations - {Brown Sugar BBQ}
- Just Jack - {"Jack Daniels" Infused BBQ}

Or try our ribs with one of our more adventurous flavored BBQ sauces:

- Smokin' Louisiana - {Sweet Cajun}
- Gold Rush - {Honey Mustard BBQ}
- Maple Leaf - {Honey Maple}
- Citrus Zinger - {Zesty Orange Ginger} (Spicy)
- Margaritaville - {Chili Lime}
- Summer Nights - {Sweet Pineapple}

Bar-B-Que Combo

Don't just stick to your ribs -

add to them with a Quarter Chicken & Rib Combo.

It's a meal and a half! Our 1/2 Rack of Baby Backs with a Rotisserie-style 1/4 BBQ chicken served with a cornmeal muffin, slaw, Baked Pork & Bacon Beans, and Red Skin Smashed Potatoes on the side.

(white meat chicken extra 1.75)

19.99

Rib & Wings Combo

You choose your size of Baby Back or Beef Ribs and add 5 Famous Chicken Wings with a choice of any of our 23 Sensational Sauces for just an additional 3.99

Prices DO NOT include HST or Gratuity!