



3 Sister's Cafe' - Delivery Menu

Indianapolis, IN

Order online at <https://www.total-takeout.com/3sisterscafe-indianapolis-in>

Or call (317) 709-7924

Breakfast Items

Don	\$8.25
<i>2 eggs any way, choice of potatoes, and toast.</i>	
Granola	\$3.30
<i>Toasted oats with honey and maple syrup. Add organic Greek yogurt for extra.</i>	
Marsha's Multigrain Porridge	\$4.40
<i>locally grown grains with almond milk, spices, dried fruit, and honey</i>	

Griddle

1 Pancake	\$6.05
<i>1 giant whole grain pancake.</i>	
2 Pancakes	\$7.70
<i>2 giant whole grain pancakes</i>	
French Toast ★	\$6.05
<i>Thick sliced, made with cream and spices. Served with locally produced and handcrafted 100% maple syrup. (Half or Full Order)</i>	
Waffle	\$9.90
<i>Our dark chocolate Belgian waffle, crispy and made to order, served with fresh whip cream and strawberries!</i>	

Breakfast Special Plates

Beer Biscuit	\$9.35
<i>A homemade chicken sausage patty served open-faced on a huge beer biscuit, with 2 over easy eggs and smoked gouda cheese, served with a side of chili mayo.</i>	
Bert's Big Breakfast	\$13.20
<i>2 pieces of French toast, 2 eggs, choice of meat, and a cup of fruit.</i>	
Biscuits and Gravy	\$8.25
<i>house made chicken sausage gravy over a huge split beer biscuit (Half or Full Order)</i>	
Gretchen ★	\$9.08
<i>Our yummy breakfast sandwich features 2 eggs, bacon, cheddar and mozzarella on grilled multigrain bread, served with a side of tomatoes.</i>	
Lemon Corncakes with Fresh Seasonal Berries ★	\$6.05
<i>Served with lemon curd and berry sauce. (Single cake or Full Order)</i>	
Mona ★	\$8.25
<i>Our yummy breakfast sandwich with grilled tofu in place of the bacon.</i>	
Mr. Bob's Breakfast	\$13.20
<i>(In honor of our beloved regular) 2 egg cheddar cheese omelet, choice of potatoes, toast and bacon or sausage.</i>	
Shakshuka	\$11.00
<i>A zesty tomato sauce served with 2 poached eggs, feta, and flatbread.</i>	

Eggs

Florentine ★	\$9.90
<i>3 egg scramble with spinach, tomato, fresh basil, mozzarella and parmesan. Served with your choice of toast.</i>	
Garden ★	\$10.45
<i>3 egg scramble with mixed squash, tomato, onion, sweet peppers, exotic mushrooms, fresh parsley and goat cheese. Served with your choice of toast.</i>	
MOM ★	\$9.90
<i>3 egg scramble with fresh avocado, exotic mushrooms, caramelized onion and swiss cheese, served with your choice of toast.</i>	
Omelet of the Day ★	\$12.10
<i>Call 3 sisters at 257-5556 for daily connection! Served with your choice of toast and fruit or potatoes.</i>	
SOB ★	\$9.90
<i>3 egg scramble with onions, sweet peppers, tomato, garlic, cilantro, cheddar and a side of salsa, served with your choice of toast.</i>	

Build Your Own

BYO 3 Egg Omelet ★	\$11.00
BYO 3 Egg Scramble ★	\$9.90
BYO Breakfast Burrito	\$12.10
<i>Served with green sauce, salsa, sour cream.</i>	
BYO Groovy Grains	\$9.90
BYO Tofu Scramble	\$9.35

Breakfast Sides

1 Egg Scrambled	\$1.65
Add Cheese	\$1.21
Bacon ★	\$3.30
Black Bean Patty 🌱	\$5.50
<i>Served with Salsa and Guacamole</i>	
Calico Homestlye Potatoes ★ 🌱	\$3.30
<i>Sweet and Idaho potatoes</i>	
Extra Syrup	\$1.65
Fresh Fruit ★	\$4.40
<i>pineapple, strawberries blueberries & clementines.</i>	
Grilled Tofu 🌱	\$3.30
<i>2 thick slices</i>	
Homemade Chicken Sausage	\$3.30
Just Berries	\$5.50
Mushroom Patty 🌱	\$6.05
<i>served with dijon/orange marmalade, and avocado</i>	
Powerhouse Potatoes	\$3.30
<i>With tofu, onions, garlic, parsley, cheddar, served with a side of salsa</i>	
Sausage	\$3.30
Toast	\$2.20
<i>Served buttered</i>	

Soups

Tomato Veggie	\$4.40
V 3 Bean Chili 🌱	\$4.40

Salads

Add Grilled Chicken	\$4.40
Barcelona Salad ★	\$13.20
<i>Chopped spinach, bacon, avocado, tomato, and red onion, tossed in a pesto vinaigrette and sprinkled with blue cheese.</i>	
Cobb	\$13.20
<i>Grilled chicken breast, strawberries, red onions, avocado and blue cheese on greens.</i>	
Extra Salad Dressing	\$1.21
House Salad 🌱	\$4.40
<i>Greens, tomato and cucumber</i>	
Kale Caesar	\$13.20
<i>Housemade dressing with chicken or tofu, toasted almonds, parmesan, and tomato.</i>	
Linda's Waldorf ★	\$12.10
<i>Cold edamame, grains, cranberries, apple and red onion, combined magically in our kitchen and served on a bed of greens and sprinkled with feta.</i>	

Mediterranean Grilled Chicken	\$14.30
<i>Pesto tossed grains, tomato, spinach, olives and chicken, served over concasse tossed arugula and topped with feta and parmesan.</i>	
Red Headed Stepchild	\$14.30
<i>Chopped spinach, grilled chicken, red onion, tomato, cucumber, and feta.</i>	
Salmon Salad	\$17.60
<i>Tomato, cucumber, avocado, goat cheese and a grilled salmon on arugula.</i>	

Meaty Sandwich

BLT	\$12.10
<i>A lot of bacon, lettuce and tomato on sourdough.</i>	
Cuban	\$14.30
<i>roasted pork, ham, swiss, yellow mustard, pickle and onions.</i>	
D'Nai ★	\$13.20
<i>Slow-roasted fresh ham with low-country braised kale and pepper jack cheese on a brioche bun. (Mercy!!!)</i>	
Mr. Crew's Grilled Chicken	\$14.30
<i>With bbq sauce, ham, bacon and pepper jack on a brioche bun. (try it with a side of calico hashbrowns!)</i>	
Mr. Kincaid's Rueben	\$13.20
<i>shaved, grilled roast pork on rye, with swiss, spicy 1000 island and creamy slaw</i>	
Salmon BLT	\$16.50
<i>with avocado, arugula, tomato and mayo</i>	
Tammy's Green Grilled Turkey	\$12.10
<i>Turkey, pesto, avocado, red onion and swiss on rye.</i>	

NOT Meaty Sandwich

3 Sisters ★	\$11.00
<i>Brie, berries and apples on multigrain wheat.</i>	
Black Bean Burger 🌱	\$9.90
<i>Grilled and served with salsa, guacamole, and arugula.</i>	
Grilled Eggplant ★	\$11.00
<i>With grilled spinach, tomato concasse and goat cheese on torta.</i>	
Grilled Veggie	\$9.90
<i>Tomatoes, mixed squash, exotic mushrooms, sweet peppers, red onion, spinach and garlic, topped with feta on flatbread rubbed with pesto</i>	
Veggie Club 🌱	\$11.00
<i>Hummus, cucumbers, spinach, tomato, red onion, avocado and pesto on toasted multigrain wheat.</i>	

Individual Sides

Add Arugula	\$1.21
Add Avocado	\$2.00
Add Jalapeno	\$1.21
Add Pickles	\$1.21
Apple Sauce	\$3.30
Cup of Cooked Kale	\$4.40
<i>Prepared with bacon</i>	
Cup of Cooked Rice	\$4.40
Cup of Soup	\$4.40
Fruit Cup	\$4.40
German Potato Salad	\$3.30
Gluten Free Bread	\$2.66
Housemade Sauerkraut	\$3.30
Misc	\$0.31

internal use only

Potato Salad	\$3.30
Side of Peanut Butter	\$0.61

Kiddos

Butter Noodles	\$6.60
Carly <i>A banana bear-face pancake</i>	\$3.85
Grilled Cheese (Kiddos)	\$6.60
Grilled Chicken Strips <i>Served with Ranch dressing</i>	\$7.70
Ham and Cheddar	\$7.70
Ham and Cheddar	\$7.70
Kid's French Toast <i>1 piece, cut in half</i>	\$2.75
Little Eddie <i>2 eggs, bacon and toast</i>	\$5.50
PBJ <i>Served on multigrain wheat</i>	\$6.05
Turkey Breast <i>Served on whole wheat</i>	\$7.70

Drinks

Cafe' Latte <i>Hot or Iced</i>	\$3.85
Cafe' Mocha <i>Hot or Iced</i>	\$4.40
Housemade Organic Ginger Ale	\$3.30
Orange Juice	\$4.13

Smoothies

Banana-PeanutButter-Chocolate-Almond Milk	\$6.60
Berries-Yogurt-Vanilla	\$6.05
Mango-Kale-Banana-Orange Juice	\$6.60
Mango-Pineapple-Lime-Honey	\$7.26
Strawberry Smoothie	\$4.95
Strawberry-Banana	\$6.05

Specialties

Brie <i>Warm pear, walnut and dried cranberry compote, mixed greens, balsamic.</i>	\$13.20
Chips & Guac 🌿	\$7.70
Crustino ⭐ <i>Grilled tomato with goat cheese, pesto, and caramelized balsamic vinegar, served with crusty bread.</i>	\$6.60
Eggplant Scalapini <i>Eggplant, sliced thin and grilled, topped with tomato concasse, feta, fresh basil and served with crusty bread.</i>	\$7.70
Fish Taco <i>Yellow fin tuna, corn tortillas, fresh cabbage, guac, chili mayo, served with cilantro coconut lime rice.</i>	\$15.40

Harvest Rice Bowl	\$13.20
<i>Roasted beets, brocedi, butternut squash, shitakke mushrooms, brown and wild rice, arugula. Tofu, chicken, salmon or tuna.</i>	
Hummus Platter	\$11.00
<i>Housemade and served with fresh veggies, feta cheese, kalamata olives and flat bread.</i>	
Kathy	\$17.60
<i>Grilled salmon filet, fresh fruit, 1/2 avocado.</i>	
The Fab Five Pu Pu Platter ★	\$12.10
<i>Our hummus, blue cheese spread, tomato concasse, pesto and cranberry-grain pilaf served with crustino and flat bread.</i>	
The Munroe	\$6.60
<i>Roasted Beet & Goat Cheese Canope with chopped baby arugula, balsamic reduction and horseradish cream.</i>	

Grilled Cheese

Build Your Own Grilled Cheese	\$8.80
<i>Choose Two Cheeses.</i>	
Kyle's Grilled Cheese	\$12.65
<i>Grilled Fontina on rye with avocado, spinach, and tomato.</i>	
Sara Jo's Grilled Cheese	\$9.90
<i>Smoked grilled gouda with parmesan crust, and arugula with lemon (WHOO!)</i>	

★ - Popular/Specialty 🌿 - Vegetarian