

# LUNCH SELECTION

## STARTERS & APPETIZERS

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Gazpacho, Vichyssoise or Chilled Soup **GF** \$4.95  
Soup du Jour \$4.95  
French Onion Soup \$7.95  
Garden Salad \$4.95  
Caesar Salad \$4.95

**Beef or Chicken Nachos** \$10.25  
fried flour tortilla chips, white cheddar chili con queso, pico de gallo, sour cream and guacamole with your choice of beef, chicken or combo

**Oriental Fried Chicken Wings** **GF** \$14.50  
rice flour fried chicken wings tossed in an orange ginger sauce with cilantro soy dipping sauce and greens

**Roasted Red Pepper Hummus** **GF** \$9.95  
with broccoli florets, celery, carrots and cauliflower florets

**Bang Bang Shrimp Appetizer** **GF** \$13.95  
fried shrimp tossed in our sweet Thai chili sauce served with spring roll chips

## FC SALADS YOU KNOW

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Medium \$13.95      Large \$17.95

- Martha's Vineyard - Miso Grilled Salmon - Cobb  
- Shrimp Louis - Crab Avocado - Southern Fried

## FC CULINARY CREATIONS

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**Wicked Tuna** **GF** \$16.00  
seared Ahi Tuna, salad greens, seaweed salad, ginger, carrots, cucumbers, wasabi peas and a chili garlic dressing

**Fried Oyster Salad** **GF** \$17.00  
baby kale, field greens, julienne carrots, purple cabbage, cucumber, tomato, pickled Bermuda onion with a horseradish dill vinaigrette

**Beef Tenderloin Salad** \$15.00  
sautéed beef tenderloin, roasted fingerling potatoes, tomatoes, julienne garden vegetables, baby red hearts of romaine, balsamic vinaigrette and truffle rye croutons

**Thai Chicken Salad** **GF** \$15.00  
crisp rice flour fried chicken breast on baby greens tossed with a citrus vinaigrette laced with honey toasted almonds, shredded heirloom carrots and mandarin oranges accompanied by a Thai peanut dipping sauce

**Italian Caprese Salad** **GF** \$12.00  
fresh sliced mozzarella cheese, rosemary brined purple onions and greens laced with a roasted garlic lemon dressing, fresh basil and balsamic glaze

## HAND HELD DELIGHTS

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- Reuben** \$12.00  
shaved corned beef or turkey breast  
with swiss cheese and sauerkraut  
on grilled marble rye with thousand island dressing
- Market Street Chicken Sandwich** \$15.00  
grilled chicken breast with crisp prosciutto de parma,  
sliced provolone and olive tapenade  
on a ciabatta bun with a cajun mayonnaise
- Cuban Sliders** \$10.95  
roasted sliced pork loin, swiss cheese, sliced black  
forest ham, dijon aioli and dill pickle planks  
on grilled potato slider buns
- Black Angus Burger** \$12.00  
grilled to your liking with lettuce, tomato, shaved  
purple onion and a pickle spear *(add cheese \$.50)*
- B.L.T** \$9.50  
crisp bacon, red leaf lettuce, tomato and mayo  
on your choice of toasted bread
- “Our Club”** \$10.75  
turkey, havarti, bacon, lettuce, cucumbers, and tomato  
on toasted grain bread with lingonberry mayo
- Vegan Plant Based Burger**  \$11.00  
soy protein, coconut oil, sunflower oil and potato  
protein burger served with lettuce, tomato, shaved  
purple onion, pickle spear, and pico de gallo
- Quesadilla** \$10.95  
chicken, beef or vegetarian  
with sour cream, guacamole and salsa  
*(shrimp add \$3.75)*

*Burgers and sandwiches are served with chips,  
fries, sweet potato fries, onion rings,  
potato salad, cole slaw or fruit.*

## DAILY SPECIALS

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*Please ask your server about our daily specials!*

### Cup -N- Half

a cup of soup or side house salad  
served with half of a BLT, turkey, ham,  
tuna, shrimp or chicken salad sandwich

### Bistro

hot food item created by our talented culinary team

### Bon Femme

a cold salad preparation combined with your choice  
of a chilled or hot soup of the day

### Omelette of the Day

create your own omelette or choose today's special  
(egg whites and “egg beaters” are also available)

## BRUNCH

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**Traditional Eggs Benedict** \$10.95  
poached eggs, Canadian bacon,  
grilled English muffin and hollandaise sauce

**Fruit Plate** \$8.75  
red seedless grapes, cantaloupe, honeydew,  
golden pineapple, strawberries and cottage cheese

**Smoked Salmon** \$8.75  
sliced smoked salmon, toasted English muffin,  
cream cheese, diced purple onion, capers  
and garden greens

Menu items may be modified to be  
vegetarian or gluten free. Please inquire with  
your server.

**GF** - Gluten Free

 - Vegetarian

Consuming raw or undercooked meats, poultry, seafood,  
shellfish, or eggs may increase your risk of food-borne  
illness, especially if you have a medical condition.