

LUNCH SELECTION

SOUPS

Gazpacho, Vichyssoise or Chilled Soup GF	\$4.95
Soup du Jour	\$4.95
French Onion Soup	\$7.95

FRESH FROM THE GARDEN

Medium \$12.95 Large \$16.95

Vermont Farmers Salad **GF**

smoked duck breast, hearts of romaine, baby arugula, blueberries, pear, raisins, goat cheese crumbles, spiced pecans, carrots, purple cabbage and a bacon maple vinaigrette (*add shrimp \$3.75*)

Miso Grilled Salmon, Grapefruit and Avocado Salad

red grapefruit tossed with toasted almonds, baby arugula, spring mix, avocado and a citrus vinaigrette topped with miso and soy marinated salmon fillet

Fried Heirloom Tomato Salad **GF**

pumpkin seed fried heirloom tomatoes, baby spinach, arugula greens, organic smoked blue cheese dressing, julienne root vegetables and a mango chutney

CULINARY CREATIONS

Coconut Curry Chicken Sliders \$10.95

with cucumber and cabbage slaw
served on naan with a cilantro raita dipping sauce

Buffalo Fried Oyster Caesar Salad **GF** \$15.95

traditional caesar salad
topped with buffalo style fried oysters
and blue cheese crumbles

Fried Soft Shell Crabs **GF** \$9.50

on a citrus fennel napa cabbage salad
with a remoulade vinaigrette

Chopped Cobb Salad **GF** \$12.95

your choice of chicken or shrimp, iceberg, cheddar cheese, bacon, green onion, avocado, hard boiled egg, tomato and your choice of dressing
topped with fried onions

Wicked Tuna **GF** \$15.50

seared Ahi Tuna, salad greens, seaweed salad, ginger, carrots, cucumbers, wasabi peas
and a chili garlic dressing

FC SALADS YOU KNOW

- Martha's Vineyard	- Southern Fried	- Caprese	- Salmon Platter
- Crab Avocado	- Shrimp Louis	- Cobb	- Maui Flank Steak
			- Thai Crispy Chicken

HAND HELD DELIGHTS

B.L.T \$8.95

bacon, lettuce, tomato and mayo on white toast

Chicken Baja Wrap \$12.50

grilled chicken, lettuce, tomato, purple onion, lemon Sriracha aioli and cajun spice in a sundried tomato tortilla wrap

Bison Burger \$14.95

house ground bison burger, lettuce, tomato and cured red onion with whole grain dijonaise

“Our Club” \$10.25

turkey, havarti, bacon, lettuce, cucumbers, and tomato on toasted grain bread with lingonberry mayo

Sandwich Classic \$8.50

sliced turkey or ham, tuna, shrimp or chicken salad on your choice of bread

Garden Vegetable Vegan Burger **GF** \$10.95

Quinoa, lentils, black beans, butternut squash, beets and portobello mushrooms on a gluten free potato bun

Reuben \$11.75

traditional corned beef or roasted turkey breast with swiss cheese, sauerkraut, and thousand island dressing

Quesadilla \$10.75

chicken, beef or vegetarian with sour cream, guacamole and salsa (shrimp additional \$3.75)

Burger \$11.95

fresh angus beef grilled to your liking with lettuce, tomato, onion and pickle (add cheese \$.50)

Cup and a Half \$10.25

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

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

BRUNCH

Omelet of the Day **GF** \$10.95

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

Traditional Eggs Benedict \$10.95

poached eggs, Canadian bacon, English muffin and hollandaise sauce

Corn Beef Hash **GF** \$11.50

homemade corn beef hash with tomato slices, poached eggs and fresh fruit

Smoked Salmon Eggs Benedict \$13.50

poached eggs, sliced smoked salmon, English muffin and a whole grain mustard hollandaise sauce

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.