

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

Fried Oyster Salad **GF** \$16.50
baby kale, field greens, julienne carrots, purple cabbage, cucumber, tomato, pickled Bermuda onion and a horseradish dill vinaigrette

Vera Cruz Shrimp Salad **GF** \$13.95
chopped greens, black beans, queso fresco, pico de gallo, roasted corn, fried tortillas, and guacamole topped with Vera Cruz shrimp salad

Beef Tenderloin Salad **GF** \$14.75
sautéed beef tenderloin, roasted fingerling potatoes, tomatoes, julienne garden vegetables, baby red hearts of romaine, balsamic vinaigrette and truffle rye croutons

CULINARY CREATIONS

Gingered Shrimp and Crab Rolls **GF** \$13.25
poached shrimp, jumbo lump crab salad, cured ginger, brown rice noodles and marinated greens wrapped in rice paper with a Vietnamese dipping sauce

Crab and Citrus Salad **GF** \$16.95
lemon lump crab salad with Florida citrus, baby arugula and a Spanish sherry vinaigrette

Beef Short Rib and Manchego Cheese Empanadas \$12.50
empanadas filled with tender short rib beef and manchego cheese on red pepper tortilla fried confetti with chimichurri sauce

Roasted Garden Vegetable and Pecorino Tarts **GF** \$14.95
grilled garden vegetables, eggplant and pecorino cheese on a basil romesco reduction with fresh mozzarella and a walnut pesto

Wicked Tuna **GF** \$15.75
seared Ahi Tuna, salad greens, seaweed salad, ginger, carrots, cucumbers, wasabi peas and a chili garlic dressing

FC SALADS YOU KNOW

Medium \$12.95 Large \$16.95

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|---------------------|------------------|------------------|-----------------------|
| - Martha's Vineyard | - Southern Fried | - Salmon Platter | - Miso Grilled Salmon |
| - Caprese | - Crab Avocado | - Shrimp Louis | - Thai Crispy Chicken |

HAND HELD DELIGHTS

B.L.T \$9.25

bacon, lettuce, tomato and mayo on white toast

Chicken Lemon Basil Burger \$14.95

grilled chicken burger

with baby arugula, marinated heirloom tomato

and a caramelized bermuda onion salad

on grilled kaiser bun with a sage roasted leek mayo

Jumbo Lump Crab Sliders \$15.25

two lump crab sliders with fried sweet potato hay

and roasted tomato remoulade

“Our Club” \$10.50

turkey, havarti, bacon, lettuce, cucumbers,

and tomato on toasted grain bread

with lingonberry mayo

Sandwich Classic \$8.75

sliced turkey or ham, tuna, shrimp or chicken salad

on your choice of bread

Veg-Out Vegan Burger  \$11.95

brown rice, red quinoa, black calypso beans,

porcini mushrooms, pumpkin seeds, roasted garlic,

bermuda onion, acorn squash, and sunflowers seeds

on honey whole grain sprouted bread

with chick pea black bean fries

and curried mustard sauce

Reuben \$11.95

traditional corned beef or roasted turkey breast

with swiss cheese, sauerkraut,

and thousand island dressing

Quesadilla \$10.95

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 \$10.50

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  \$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

Vegetable Frittata \$8.75

roasted potatoes, leeks, mushrooms, peppers,

spinach and swiss cheese

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

 - 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.