

# LUNCH SELECTION

## SOUPS

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Gazpacho, Vichyssoise or Chilled Soup <b>GF</b>	\$4.95
Soup du Jour	\$4.95
French Onion Soup	\$7.95

## FRESH FROM THE GARDEN

Medium \$12.95    Large \$16.95

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### CARIBBEAN SHRIMP SALAD **GF**

marinated shrimp with jicama slaw  
garnished with roasted pumpkin seeds  
tossed with a honey lime vinaigrette  
served over assorted greens  
topped with roasted corn salsa and fried plantain

### MISO GRILLED SALMON,

### GRAPEFRUIT AND AVOCADO SALAD **GF**

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

### MAUI FLANK STEAK SALAD **GF**

soy and brown sugar marinated flank steak  
with roasted potatoes, cured purple onion,  
and baby field greens with a ginger citrus  
dressing

## CULINARY CREATIONS

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### HALIBUT & SHRIMP CEVICHE **GF** \$12.95

marinated in lime juice,  
laced with tomato, avocado and cilantro  
served over a bed of garden greens

### BUFFALO FRIED OYSTER CAESAR SALAD \$15.95

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

### CREOLE ROASTED EGGPLANT \$9.25

### AND HUMMUS

traditional Israeli hummus, with a roasted  
eggplant compote and fried chick peas  
served with parmesan flatbread

### SPICY THAI CRISPY CHICKEN **GF** \$12.95

greens, mandarin orange and almond salad  
with crisp rice flour fried chicken  
with a spicy peanut dipping sauce

### WICKED TUNA **GF** \$15.25

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


## FC SALADS YOU KNOW

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- Martha's Vineyard
- Southern Fried
- Caprese
- Salmon Platter
- Crab Avocado
- Shrimp Louis
- Cobb

## HAND HELD DELIGHTS

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- B.L.T \$8.95  
bacon, lettuce, tomato and mayo on white toast
- SMOKED BRISKET SANDWICH \$13.75  
Applewood smoked Black Angus brisket, laced with a jalapeno brown sugar bbq sauce on grilled sour dough bread accompanied with southern potato salad
- 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
- HOPPIN JOHN VEGGIE BURGER  \$10.95  
a veggie patty consisting of oats, pumpkin seeds, baby kale, sweet potato, brown rice and black eyed peas on a pretzel kaiser bun accompanied with a smoked corn aioli
- REUBEN \$11.75  
traditional reuben with swiss cheese, sauerkraut, corned beef 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

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- OMELET OF THE DAY **GF** \$10.95  
create your own omelet or choose today's special (egg whites and “egg beaters” are also available)
- EGGS BENEDICT \$10.95  
poached egg, 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
- FIELD CLUB TRIO FRUIT SALAD \$13.50  
sliced melon, strawberries and grapes with banana bread, paired with chicken and tuna salads, garnished with a hardboiled egg and your choice of cottage cheese or flavored yogurt

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.