

LUNCH SELECTION

SOUPS -N- STARTERS

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

FRESH FROM THE GARDEN

Medium \$11.95 Large \$16.95

House Cured Salmon Gravlax

Scottish gravlax salmon with baby lettuce, capers, Bermuda onions, creamy dill horseradish dressing and bagel chips

Grilled Shrimp Salad GF

marinated grilled shrimp with sugar snap peas, marinated carrots, wasabi peas and grilled summer squash with baby artisan greens laced with a anisette vinaigrette

Miso Grilled Salmon, Grapefruit & 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

Maui Flank Steak Salad

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

FC SALADS YOU KNOW

Medium \$11.95 Large \$16.95


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

CULINARY CREATIONS

Shrimp & Blue Crab Salad GF \$12.95
herb seared shrimp and blue crab meat salad with tomato, baby arugula, parmesan & pesto vinaigrette

Fig & Brie Cheese Flatbread Salad \$9.95
with baby arugula, caramelized onions, candied walnuts and a balsamic citrus glaze

Roasted Turkey & Avocado BLT \$12.50
roasted turkey breast, avocado, bacon, swiss cheese, red leaf lettuce, tomato, and roasted garlic mayonnaise on whole grain bread

Tabbouleh Tofu Salad  \$12.95
Farro, bulgur wheat, tofu, tomatoes, mint, olive oil and lemon zest with artisan baby lettuces garnished with parmesan sea salt lavash

Buffalo Style Wings \$17.95
10 piece buffalo style wings
your choice of mild, medium, or hot

Grouper Cacciatore \$19.95
roasted garlic seared grouper with mushrooms, onions, tomatoes and basil with seafood broth and angel hair pasta

Citrus Braised Pork Arepas \$10.25
Slow braised shredded pork arepas with cilantro cured purple onions, pico de gallo and a watermelon mango salad

Spicy Thai Crispy Chicken GF \$10.95
greens, mandarin orange and almond salad with crisp rice flour fried chicken with a spicy peanut dipping sauce

Wicked Tuna GF \$14.50
seared Ahi Tuna, salad greens, seaweed salad, ginger, carrots, cucumbers, wasabi peas and a chili garlic dressing

HAND HELD DELIGHTS

<i>B.L.T</i>	\$8.95
bacon, lettuce, tomato and mayo on white toast	
<i>Hot Pastrami & Brie Sandwich</i>	\$11.50
pastrami and brie with Dijon mayo and garlic dill marinated tomatoes on a crisp French baguette	
<i>"Our" Club</i>	\$9.95
turkey, havarti, bacon, lettuce, cucumbers, and tomato on toasted grain bread with lingonberry mayo	
<i>Sandwich Classic</i>	\$8.50
sliced turkey or ham, tuna, shrimp or chicken salad on your choice of bread	
<i>Reuben</i>	\$11.50
traditional reuben with swiss cheese, sauerkraut, corn beef and thousand island dressing	
<i>Fried Grouper Salad Wrap</i>	\$15.25
fried grouper tenders tossed with crisp romaine, cole slaw, wasabi aioli, cheddar cheese and cured bermuda onions wrapped in a sun dried tomato wrap	
<i>Quesadilla</i>	\$10.50
chicken, beef or vegetarian with sour cream, guacamole and salsa (shrimp additional \$3.75)	
<i>Burger</i>	\$11.25
fresh angus beef grilled to your liking with lettuce, tomato, onion and pickle (add cheese \$.50)	
<i>Turkey Black Bean Burger</i>	\$10.95
homemade turkey black bean burger on a whole wheat kaiser bun with malt vinegar molasses mayo and fried green beans	
<i>Scallop -n- Shrimp Tacos</i>	\$19.50
scallop and shrimp soft shell tacos with queso fresco, marinated shredded cabbage Spanish rice and black beans	

<i>Cup and a Half</i>	\$9.95
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

<i>Omelet of the Day</i>	\$10.95
create your own omelet or choose today's special (egg whites and "egg beaters" are also available)	
<i>Eggs Benedict</i>	\$10.95
poached egg, Canadian bacon, English muffin and hollandaise sauce	
<i>Corn Beef Hash</i> GF	\$10.95
homemade corn beef hash with tomato slices, poached eggs and fresh fruit	
<i>Field Club Trio Fruit Salad</i>	\$12.95
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.