

LUNCH SELECTION

SOUPS

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

FRESH FROM THE GARDEN

Medium \$12.95 Large \$16.95

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 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
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

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

CULINARY CREATIONS

PULLED BBQ PORK CORN CAKE \$8.95
roasted leek corn cake topped with
barbequed pulled pork
and blood orange cabbage slaw

BUFFALO FRIED OYSTER CAESAR SALAD \$15.95
traditional caesar salad
topped with buffalo style fried oysters
and blue cheese crumbles

AHI TUNA AND LUMP CRAB
TAKO SALAD **GF** \$16.95
soba noodles, julienne garden vegetables,
green onion, avocado, rice vinegar,
gluten-free soy, sesame oil, and salad greens,
topped with marinated ahi tuna and lump crab

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

HAND HELD DELIGHTS


B.L.T \$8.95
bacon, lettuce, tomato and mayo on white toast

CAPRESE PANINI \$12.95
fresh mozzarella, grilled heirloom tomatoes, pesto mayo, purple cabbage and walnuts on whole grain bread

BISON BURGER \$14.95
house ground bison burger, lettuce, tomato and cured red onion with whole grain dijonnaise

“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

BLACK BEAN TOFU
BARLEY BURGER  \$12.95
homemade black bean, tofu and barley burger with caper mayo, organic greens and fried green beans

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

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  \$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  \$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.

 - 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.