

LUNCH SELECTION

SOUPS -N- STARTERS

Gazpacho, Vichyssoise or Chilled Soup	\$4.95
Soup du Jour	\$4.95
French Onion Soup	\$7.50

FRESH FROM THE GARDEN

Medium \$11.95 Large \$16.95

Smoked Salmon Salad

Scottish smoked salmon, artisan baby lettuce, capers, Bermuda onions, radishes, creamy dill horseradish dressing and bagel chips

Miso Grilled Salmon, Grapefruit & Avocado Salad

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

Prosciutto Wrapped Melon Salad

prosciutto de parma wrapped honeydew and cataloupe, baby artisan greens, shaved pecorino, frangelico and mint infused figs with a roasted walnut vinaigrette

Gaucho Salad

marinated flank steak, black beans, grilled corn, cucumbers, crispy onions, kale and romaine greens with an avocado chimichurri dressing

FC SALADS YOU KNOW

Medium \$11.95 Large \$16.95

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

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

Smoked Salmon Club Sandwich \$11.95

smoked salmon, hardboiled egg, avocado, tomato, pickled purple onion and a caper cream cheese mayo on a toasted whole grain bread

Roasted Vegetable Farmers Salad \$11.95

herb roasted broccoli, carrots, corn, baby green beans and asparagus tossed with Napa cabbage, herbs, basil chive vinaigrette and crumbled queso fresco

Braised Beef Short Rib \$16.95

on golden mashed potatoes and polento with a roasted vegetable demi and topped with southern vegetable slaw

Pork Osso Bucco **GF** \$19.95

slowly braised pork shank Osso Bucco on roasted vegetable polenta with pork demi

Crab Cakes **GF** \$21.95

crab cakes made of blue crab meat, chive, and roasted green and red peppers on pan fried fingerling potatoes with an avocado butter sauce

Spicy Thai Crispy Chicken **GF** \$10.50

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

Wicked Tuna **GF** \$13.95

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

HAND HELD DELIGHTS

B.L.T **\$8.25**

bacon, lettuce, tomato and mayo, on white toast

Caribbean Barbequed Mahi **\$12.95**

coconut milk barbequed Mahi fillet
with black bean fries and mango salsa

“Our” Club **\$8.95**

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

Sandwich Classic **\$7.95**

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

Rueben **\$10.95**

traditional reuben with swiss cheese, sauerkraut,
corn beef and thousand island dressing

Cajun Shrimp Po’Boy **\$13.95**

fried shrimp on red cabbage slaw with a lime tartar

Quesadillas **\$9.95**

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

Burger **\$10.50**

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

Chicken Caprese Burger **\$10.95**

grilled chicken burger with fresh mozzarella, tomato,
pickled purple onion and pesto mayo

Roasted Vegetable Empanadas **\$9.95**

pan roasted corn, squash, spinach, mushrooms, sweet
potato and goat cheese empanadas on cabbage broccoli
stir fry with a roasted red pepper sauce

Cup and a Half **\$9.95**

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

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

BRUNCH

Omelet of the Day **\$10.25**

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

Eggs Benedict **\$10.25**

poached egg, Canadian bacon, English muffin
and hollandaise sauce

Tropical French Toast **\$10.25**

banana bread french toast with sunny-side up fried egg
served with coconut milk maple syrup

Field Club Trio Fruit Salad **\$12.75**

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

DAILY TREATS

Bistro **\$13.25**

daily creation of a traditional comfort food

Bonne Femme Deli **\$11.95**

combination of delicious sandwiches or salads paired
with homemade soup created by our talented pantry
chefs

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.*