

Light Bites

- GF Grilled Avocado** \$10
Grilled Avocado, Corn Salsa, Cotija Cheese, Chipotle Drizzle, Flour Tortilla Chips
- GF Hummus and Vegetable Plate** \$7
Roasted Red Pepper Hummus, Cucumbers, Celery, Carrots, Red Peppers
- GF Chicken Lettuce Wraps** \$10
Baby Romaine Leaves, Ground Chicken, Water Chestnuts, Carrots, Asian Ginger Sauce
- Cheese and Cracker Plate** \$10
Four Artisan Cheeses, Crackers, Grapes

Appetizer

- Soup du Jour** \$3/\$5
Ask Your Server For Daily Selections
- GF Nacho Supreme** \$10
Tortilla Chips, Pepperjack Queso, Pico de Gallo, Jalapenos, Caramelized Onions, Sour Cream, Your Choice of Chicken or Ground Beef
- GF Chicken Wings** \$6/\$12/\$18
Bone-In or Boneless Quantity:
6/12/18
Your Choice of Buffalo, Apple Bourbon BBQ, House Rub, Sweet Chili Sauce, Sweet and Spicy Honey Sriracha
- Bang Bang Shrimp** \$10
Crispy Popcorn Shrimp, Sweet and Spicy Bang Bang Sauce
- Buffalo Cauliflower Bites** \$8
Blistered Cauliflower, Buffalo Sauce, Celery, Ranch Dressing
- Quesadilla** \$10
Flour Tortilla, Cheddar Jack Cheese, Caramelized Onions, Jalapenos, Pico de Gallo, Sour Cream, Guacamole, Your Choice of Chicken, Ground Beef, or Vegetable
- GF BBQ Jalapeno Bacon** \$10
Wrapped Shrimp
Bacon Wrapped Shrimp, Fresh Jalapeno, Apple Bourbon BBQ Sauce, Crispy Rice Noodles
- Raspberry Chipotle Meatballs** \$7
Jumbo Meatballs, Onion Rings, Raspberry Chipotle Glaze

Pizza and Flatbreads

Your Choice of Flatbread, 16" Pizza, or 12" Gluten Free Cauliflower Crust

- Margherita** \$10/\$14
Olive Oil, Tomatoes, Mozzarella, Pesto, Balsamic Drizzle
- Meat Lover's** \$12/\$16
Pizza Sauce, Pepperoni, Sausage, Ham, Bacon, Mozzarella-Provolone Blend
- Greek** \$12/\$16
Garlic and Olive Oil, Spinach, Artichokes, Black Olives, Tomatoes, Red Onions, Gyro Meat, Mozzarella-Provolone Blend, Goat Cheese, Tzatziki Sauce
- Hot Hawaiian** \$11/\$15
Pizza Sauce, Pineapple, Ham, Bacon, Red Onions, Jalapenos, Crushed Red Pepper, Mozzarella-Provolone Blend
- Supreme** \$12/\$16
Pizza Sauce, Red Onions, Bell Peppers, Black Olives, Mushrooms, Sausage, Pepperoni, Mozzarella-Provolone Blend
- Chicken, Bacon, Ranch** .. \$11/\$15
Ranch, Grilled Chicken, Bacon, Red Onions, Tomatoes, Mozzarella-Provolone Blend

12" Cauliflower Crust Veggie Pizza

Pizza Sauce, Red Onions, Tomatoes, Bell Peppers, Mushrooms, Spinach, Banana Peppers, Mozzarella-Provolone Blend

\$12

Salads

Protein Additions: Choice of Grilled or Blackened

Chicken \$5/\$11 Salmon \$7/\$12 Shrimp \$6/\$11

GF Soup and Salad \$8

Cup of Soup and Your Choice of Petite House or Caesar Salad

GF Caesar Salad \$5/\$7

Romaine, Shaved Parmesan Cheese, Croutons, Tossed in Caesar Dressing
+ Add Anchovies for \$1

GF Crispy Chicken \$10/\$13

Chopped Salad

Romaine, Crumbled Bacon, Grape Tomatoes, Red Onions, Hard Boiled Egg, Peas, Shredded Cheddar Cheese, Crispy Chicken, Tossed in Honey Mustard Dressing

GF House Salad \$5/\$7

Mixed Greens, Red Onions, Grape Tomatoes, Carrots, Cucumbers, Croutons, Your Choice of Dressing

GF Wild Berry Salad \$7/\$10

Mixed Greens, Seasonal Fresh Berries, Bleu Cheese Crumbles, Bacon, Red Onions, Candied Pecans, Honey Poppy Dressing

GF Asian Tuna Salad \$13/\$16

Mixed Greens, Carrots, Red Onions, Red Bell Peppers, Cucumbers, Toasted Peanuts, Seared Tuna Sashimi, Peanut Dressing

Sandwiches

All Sandwiches Come with Your Choice of One Side

Honey Sriracha Burger \$13

½ lb Black Angus Reserve Burger, Havarti, Honey Sriracha Sauce, Onion Rings, Sweet Slaw, Kaiser Bun

The Classic \$12

½ lb Black Angus Burger, Kaiser Bun, Lettuce, Tomato, Red Onion, Pickles, Choice of Cheese
+ Go Vegan and Order a Not-A-Burger

Fish Sandwich \$12

Wheat Bread, Tartar Sauce, Lettuce, Tomato, Haddock, Your Choice of Blackened, Grilled, or Fried

Club \$11

Choice of Bread, Turkey, Cheddar, Ham, Swiss, Bacon, Lettuce, Tomato, Mayonnaise, Honey Mustard

Chicken Salad Croissant \$10

Chicken Salad, Lettuce, Tomato, Buttery Croissant

Deli Sandwich \$10

Choice of One: Turkey & Cheddar, Ham & Swiss, Salami & Provolone
Choice of Toasted Bread, Lettuce, Tomato

Turkey and Brie Melt \$11

Toasted Wheat Bread, Turkey, Granny Smith Apples, Spinach, Brie

Blackened Chicken \$13

Blackened Chicken, Pepperjack, Chipotle Ranch, Kaiser Bun, Lettuce, Tomato, Red Onion, Pickles

Bacon Tomato Grilled Cheese \$9

Toasted White Bread, American Cheese, Crispy Bacon, Tomato

BLT \$10

Toasted White Bread, Bacon, Lettuce, Tomato, Mayonnaise

Ham and Havarti Monte Cristo \$10

Battered and Toasted White Bread, Ham, Havarti Cheese, Side of Melba Sauce

Italian Hoagie \$12

Ham, Pepperoni, Salami, Provolone, Lettuce, Tomato, Red Onion, Banana Peppers, Hoagie Roll, Red Wine Vinaigrette

Soup and Half Deli Sandwich

Cup of Soup and Choice of Half Turkey & Cheddar, Ham & Swiss, or Salami & Provolone
\$10

Entrées

All Entrées Served with Your Choice of Petite House or Caesar Salad

- GF Garlic Chicken Stir Fry** \$15
Red Peppers, Snow Peas, Carrots, Broccoli, Red Onions, Crispy Chicken, Garlic Stir Fry Glaze, White Rice
- GF Cajun Shrimp Pasta** \$18
Jumbo Shrimp, Penne, Grape Tomatoes, Red Onions, Bell Peppers, Broccoli, Cajun Cream Sauce
- Blackened Fish Tacos** \$15
Blackened Haddock, Pineapple-Cilantro Slaw, Fresh Jalapenos, White Rice
- Chicken Pot Pie** \$14
Creamy Chicken and Vegetables in a Flaky Pastry Crust
- GF FBCC Power Bowl** \$15
Quinoa, Butternut Squash, Roasted Brussels Sprouts, Mushrooms, Toasted Almonds, Salmon, Balsamic Drizzle
- GF Flat Iron** \$20
Grilled 8 oz Flat Iron Steak on a Potato Hash with Onions, Peppers, Tomatoes, Fresh Jalapenos, Topped with Chimichurri
- Chicken Cordon Bleu** \$18
Breaded Chicken Stuffed with Ham and Swiss Cheese, Whipped Potatoes, Broccolini, Topped with Dijonnaise
- Beef Tournedos** 6 oz/\$24 or 9 oz/\$32
Grilled Filets on Crispy Risotto Cakes with Tomato Confit and Sprinkled with Goat Cheese

Desserts

- Weekly Dessert Specials**
Ask Your Server for Weekly Features
- GF Chocolate Lava Cake** \$6
Warm Chocolate Cake with a Melted Truffle Center and Whipped Cream
- GF Scoop of Ice Cream** \$3
Your Choice of Chocolate or Vanilla
- GF Ice Cream Sundae** \$4.50
Your Choice of Chocolate or Vanilla Ice Cream, Chocolate and Caramel Sauce, Whipped Cream, Sprinkles, and a Cherry on Top!
- GF Seasonal Ice Cream** \$4
Strawberry

Sides

- GF Brussels Sprouts**
- GF Broccoli**
- GF Asparagus**
- GF Fruit Cup**
- GF Saratoga Chips**
- GF French Fries**
- GF Sweet Potato Fries**
- Onion Rings**
- GF Potato Chips**
- GF White Rice**