



LUNCH MENU

Between the Bread

Served on your choice of multigrain, sourdough, rye, baguette, spinach tortilla, croissant or Gluten Free Bread

HOT HAM & BRIE 6.50 half • 11.50 whole
green tomato jam, mustard vinegar slaw

PEPPERCORN & CORIANDER RARE ROAST BEEF* 7.50 half • 12.50 whole
horseradish mayo, honey grain mustard, smoked provolone, artisan greens, tomatoes, onions

PORTOBELLO GOAT CHEESE BURGER 5.50 half • 10 whole (vegetarian)
baby spinach, tomatoes, sweet basil, mayonnaise, onions

ROASTED TURKEY 6.50 half • 12 whole
cranberry spread, herb cream cheese, artisan greens, tomatoes, onions

CHICKEN SALAD CLUB 6.50 half • 12 whole
avocado, smoked bacon, red grapes, artisan greens, tomatoes, onions

BLACK BEAN BURGER 5.50 half • 9.50 whole (vegan)
artisan greens, tomatoes, onion, red pepper jam

REUBEN 5.50 half • 9.50 whole
turkey pastrami, 1000 island dressing, sauerkraut, melted provolone, served on rye bread

ULTIMATE BLT 5.50 half • 9.50 whole
smoked bacon, sharp cheddar, sweet basil mayonnaise, artisan greens, tomatoes, onions

all sandwiches may be made Gluten Free (except Portobello Burger)

Soups

Please check specials board for our list of homemade soups.

8oz cup • 12oz bowl • soup sampler of
3 pours • to-go quart

Ruffage

with choice of dressing: balsamic roasted garlic, sweet basil & honey, avocado ranch, white balsamic vinaigrette, creamy blue cheese

ARUGULA 6.50 half • 11.00 whole (GF, vegetarian)
goat cheese, roasted beets, candied walnuts, carrots

CHILLED SMOKED SALMON* 8.50 half • 15.00 whole (GF)
artisan greens, roasted corn, grilled green onions, capers

SPINACH SALAD 6.50 half • 11.00 whole (GF, vegetarian)
strawberries, blueberries, goat cheese, pecans

EGGPLANT FRITTERS 6.50 half • 11.00 whole
artisan greens, grilled asparagus, goat cheese

TOMATO & FRESH MOZZARELLA 6.50 half • 11.00 whole (GF, vegetarian)
artisan greens, roasted sweet peppers, fresh mozzarella, asparagus, tomatoes

FLC CAESAR* 5.50 half • 9.00 whole
artisan greens, warm three cheese tortellini, parmesan, croutons

CHICKEN COBB 7.50 half • 13.00 whole (GF)
artisan greens, diced chilled chicken, avocado, smoked bacon, blue cheese, eggs, tomatoes

ADD PROTEIN TO SAUTÉED SHRIMP 6.50 • ALL NATURAL CHICKEN 5.50
PAN FRIED TOFU 4.50 • NORTH ATLANTIC SALMON* 5.50

Kids Menu

GRILLED CHEESE 4.75

PB&J 4.75

TURKEY & CHEDDAR 5.25

CHEESE QUESADILLA 4.50

GRILLED CHICKEN TENDERS WITH SIDE OF BROCCOLI 6.50

TORTELLINI WITH BUTTER AND PARMESAN 5.50

EXTRA SIDES:

BROCCOLI WITH BUTTER AND LEMON 2

FRUIT CUP 2

*could contain undercooked meat, eggs, or seafood. Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness especially if you have certain medical conditions.