



LUNCH

BETWEEN THE BREAD

Served on your choice of multigrain, sourdough, rye, baguette, spinach tortilla, croissant or gluten free bread

	half	whole
MARINATED CHICKEN basil pistou, mozzarella, artisan greens, tomatoes, red onions	8.50	15
HOT HAM & BRIE green tomato jam, mustard vinegar slaw	8.50	15
PEPPERCORN & CORIANDER RARE ROAST BEEF* horseradish mayonnaise, honey grain mustard, smoked provolone, artisan greens, tomatoes, onions	9	16
PORTOBELLO GOAT CHEESE BURGER (V) baby spinach, tomatoes, sweet basil mayonnaise, onions	7.50	13
ROASTED TURKEY cranberry spread, herb cream cheese, artisan greens, tomatoes, onions	8.50	15
CHICKEN SALAD CLUB avocado, smoked bacon, red grapes, artisan greens, tomatoes, onions	8.50	15
OLIVE OIL MARINATED TOFU (vegan) olive oil marinated tofu, tomato, artisan greens, red onion, eggplant marmalade, cucumber	7.50	13
REUBEN turkey pastrami, 1000 island dressing, sauerkraut, melted provolone, served on rye bread	8	14
ULTIMATE BLT smoked bacon, sharp cheddar, sweet basil mayonnaise, artisan greens, tomatoes, onions	8.50	15

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

SOUPS

Check our specials board for the list of daily house made 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, bacon mustard vinaigrette

	half	whole
ARUGULA (GF, V) goat cheese, roasted beets, candied walnuts, carrots	8	13.50
CHILLED SMOKED SALMON* (GF) artisan greens, roasted corn, grilled green onions, capers	10	18
SPINACH SALAD (GF, V) marinated artichoke hearts, feta, tomatoes, garbanzo beans, cucumber	8	14
EGGPLANT FRITTERS (V) artisan greens, grilled asparagus, goat cheese	8	14
FLC CAESAR* artisan greens, warm three cheese tortellini, parmesan, croutons	7.50	13
CHICKEN COBB (GF) artisan greens, diced chilled chicken, avocado, smoked bacon, blue cheese, eggs, tomatoes	9	15.50

ADD PROTEIN TO ANY SALAD

- sautéed shrimp 7.50
- all natural chicken 6.50
- pan fried tofu 5.50
- north Atlantic salmon* 8.50

KIDS MENU

GRILLED CHEESE	5.00
PB&J	5.00
TURKEY & CHEDDAR	6.50
CHEESE QUESADILLA	5.00
GRILLED CHICKEN TENDERS with side of broccoli	7.00
TORTELLINI with butter and parmesan	6.00
EXTRA SIDES:	
BROCCOLI WITH BUTTER	3.00
FRUIT CUP	3.00