



DINNER

SOUP & SHARES

8oz CUP / 12oz BOWL / SOUP SAMPLER OF 3 POURS

Check our specials board for the list of daily house made soups.

GOAT CHEESE GNOCCHI (V)	10
creamy goat cheese sauce, golden raisins, balsamic reduction	
WHIPPED FETA TOAST	9
multigrain bread, beets tossed in warm bacon vinaigrette, spiced almonds, marinated arugula	
STEAMED MUSSELS	14
choose from basil pistou cream, white wine & thyme butter, OR thai coconut broth. served with grilled focaccia bread	
GLUTEN FREE CORNBREAD (GF, V)	6
gluten free cornbread, blueberry hot honey	
<i>\$1 from this item will go to The Green Heart Project, a local nonprofit organization that builds garden-based experiential learning projects and school garden programs to educate students, connect people and cultivate community through growing, eating, and celebrating food.</i>	
BALSAMIC BRUSSELS (GF, V)	9
balsamic and roasted garlic glazed brussels, parmesan cheese	

RUFFAGE

with choice of dressing: balsamic roasted garlic, sweet basil & honey, avocado ranch, white balsamic vinaigrette, bacon mustard vinaigrette

CHICKEN COBB (GF)	15.50
artisan greens, avocado, smoked bacon, blue cheese, eggs, tomatoes	
SMOKED SALMON* (GF)	18
artisan greens, roasted corn, grilled green onions, capers	
ARUGULA (GF, V)	13.50
goat cheese, roasted beets, candied walnuts, carrots	
SPINACH SALAD (GF, V)	14
marinated artichoke hearts, feta, tomatoes, garbanzo beans, cucumber	
FLC CAESAR*	13
artisan greens, warm three cheese tortellini, parmesan, croûtons	

ADD PROTEIN TO ANY SALAD
or VEGETARIAN ENTRÉE:

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

SIDES

MARINATED ROASTED ASPARAGUS	5
with white balsamic vinaigrette, shaved parmesan	
SAUTÉED SPINACH with kale, garlic, butter	5
SAUTÉED BROCCOLI with lemon, olive oil	5
ROASTED GARLIC WHIPPED POTATOES	5
SEASONAL VEGETABLES	5

ENTRÉES

CHICKEN OR EGGPLANT PARMESAN (V)	21/18
panko bread crumb crusted all natural chicken OR eggplant tomato basil sauce, fresh mozzarella, fettuccine	
TRI COLORED CHEESE TORTELLINI (V)	17
portobello mushrooms, baby spinach, sundried tomatoes, cracked pepper parmesan cream	
PORK TENDERLOIN* (GF)	22
sweet tea brined pork tenderloin, butternut squash hash, peppers, onions, bacon, kale, blueberry hot honey	
SHRIMP GNOCCHI	22
roasted garlic cream sauce, caramelized onions, roasted cherry tomatoes, golden raisins	
CHICKEN PAILLARD (GF)	19
prosciutto, parmesan, roasted garlic whipped potatoes, roasted beet and caramelized onion arugula salad, white balsamic vinaigrette, beet reduction	
FLC SIRLOIN* (GF)	29
7oz. CAB sirloin, roasted garlic whipped potatoes, grilled seasonal veggies, wild mushroom demi glaze	
CHICKEN MARSALA	20
mushrooms, tomatoes, marsala wine sauce, baby spinach, fettuccine	
SPICED SALMON* (GF)	24
spiced salmon, wild mushroom "rice-otto", cranberry mostarda	
THAI COCONUT HOT POT (vegan)	18
hand made alkaline noodles, cabbage, kale, shiitake mushrooms, broccoli, asparagus, peas, carrots, cilantro, spicy Thai coconut broth	
OLIVE OIL MARINATED TOFU (GF, vegan)	17
olive oil marinated tofu, carolina gold rice pomodoro, roasted cherry tomatoes, caramelized shallots, roasted garlic, arugula, basil pistou	
PAN FRIED FLOUNDER (GF)	24
pan fried flounder, dirty rice with chorizo, shallots, garlic, tomatoes, sauce gribiche	

BETWEEN THE BREAD

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

ROASTED TURKEY	15
cranberry spread, herb cream cheese, artisan greens, tomatoes, onions	
CHICKEN SALAD CLUB	15
avocado, smoked bacon, red grapes, artisan greens, tomatoes, onions	
PORTOBELLO GOAT CHEESE BURGER (V)	13
baby spinach, tomatoes, sweet basil mayonnaise, onions	
PEPPERCORN & CORIANDER	
RARE ROAST BEEF*	16
horseradish mayonnaise, honey grain mustard, smoked provolone, artisan greens, tomatoes, onions	
<i>All sandwiches may be made Gluten Free (except Portobello Burger)</i>	