



LUNCH

BETWEEN THE BREAD

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

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

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

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

12 and under. Add a drink for 3

GRILLED CHEESE	5
PB&J	5
TURKEY & CHEDDAR	6.50
CHEESE QUESADILLA	5
GRILLED CHICKEN TENDERS with side of broccoli	7
TORTELLINI with butter and parmesan	6

EXTRA SIDES:

BROCCOLI WITH BUTTER	3
FRUIT CUP	3