




LUNCH



BETWEEN THE BREAD

Served on your choice of multigrain, sourdough, rye, baguette, spinach tortilla, croissant (+ .75 half/ + \$1.50 whole) or gluten free bread

half / whole

MARINATED CHICKEN basil-kale 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 	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 tomato, artisan greens, red onion, beet hummus, 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   goat cheese, roasted beets, candied walnuts, carrots	8	13.50
CHILLED SMOKED SALMON*  artisan greens, roasted corn, grilled green onions, capers	10	18
SPINACH SALAD   marinated artichoke hearts, feta, tomatoes, garbanzo beans, cucumber	8	14
EGGPLANT FRITTERS  artisan greens, grilled asparagus, goat cheese	8	14
FLC CAESAR* artisan greens, warm three cheese tortellini, parmesan, croutons	7.50	13
CHICKEN COBB  artisan greens, diced chilled chicken, avocado, smoked bacon, blue cheese, eggs, tomatoes	9	15.50
NEW CITRUS KALE SALAD   blackberries, blueberries, strawberries, feta, red onions, pecans	8	14

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

FRUIT COMES WITH EACH ORDER

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

Please inform server of any dietary restrictions.

 (gluten free)  (vegan)  (vegetarian)

*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.