



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 8.50 15

basil-kale 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 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 7.50 13

tomato, artisan greens, red onion, beet hummus, 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

CHICKEN FETA BURGER 8.50 15

artisan greens, tomatoes, onions, tzatziki spread

NEW PAN SEARED PORK LOIN 8.50 15

chipotle bleu cheese spread, pickled red onions, tomatoes, spinach

All sandwiches may be made Gluten Free.

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



Please inform server of any dietary restrictions.

GF (gluten free) V (vegan) V (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.

RUFFAGE

with choice of dressing: balsamic roasted garlic, sweet basil & honey, avocado ranch, white balsamic vinaigrette, lemon maple vinaigrette (GF V)

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

NEW CITRUS KALE SALAD GF V 8 14

strawberries, blueberries, tri colored quinoa, feta

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 7

with side of broccoli

TORTELLINI 6

with butter and parmesan

EXTRA SIDES:

BROCCOLI WITH BUTTER 3

FRUIT CUP 3