



GRILLED LUNCH

BURGERS

THE 1/3 POUNDER

1/3 pound of juicy black angus beef
\$8.00 720 CALS | **CHEESE: \$8.75** 840 CALS
BACON + CHEESE: \$10.00 930 CALS

CHICKEN SANDWICH

classic chicken sandwich
\$8.00 600 CALS | **CHEESE: \$8.75** 700 CALS
BACON + CHEESE: \$10.00 810 CALS

TURKEY BURGER

1/3 pound of juicy turkey patty
\$7.75 550 CALS | **CHEESE: \$8.25** 670 CALS
BACON + CHEESE: \$9.75 760 CALS

IMPOSSIBLE BURGER VG DF

1/3 pound of juicy plant based meat
\$8.50 450 CALS

INGREDIENTS

choice of griddled onion, tomato, lettuce on a toasted bun with choice of secret sauce, onion aioli or chipotle aioli

CHIPOTLE CHICKEN WRAP

crispy chicken, cheddar, pico de gallo, lettuce, chipotle dressing, wheat tortilla
\$8.25 800 CALS

BUFFALO CHICKEN WRAP

crispy chicken, chopped romaine, cucumber, tomato, cheddar, buttermilk ranch, buffalo sauce, wheat tortilla
\$8.25 970 CALS

SESAME GARLIC BIBIMBAP VG GF

carrots, kimchi, scallions, quinoa, sesame ginger vinaigrette topped with a fried egg
\$7.00 380 CALS

PHILLY

griddled chopped chicken or steak, bell peppers & onions topped with provolone & pepper jack cheese on a french roll
\$8.75 620 CALS

CHICKEN TENDERS

crispy fried chicken tenders made to order
3 PC **\$6.50** 550 CALS | 6 PC **\$10.00** 790 CALS

FEATURED

FFT PATTY MELT

beef patty, swiss cheese, caramelized onions, FFT secret sauce, marble rye
\$9.00 810 CALS

OFF TO THE RIGHT START

CUBAN MOJO PORK BOWL GF

plantains, black beans, mojo shredded pork, pineapple salsa, tomato, pickled red onion, mojo sauce
\$8.50 520 CALS

CHEESE QUESADILLA V

adobo seasoned chihuahua, pepper jack & cheddar cheese on a flour tortilla topped with pico de gallo, sour cream, onions & green pepper
\$8.50 870 CALS | **+\$3.50** CHICKEN / STEAK

OPTIONS

FRENCH FRIES VG GF DF
\$2.50 220 CALS

SWEET POTATO FRIES VG GF DF
\$3.25 280 CALS

HOUSEMADE CHIPS VG GF DF
\$2.00 140 CALS

BACON (2) GF DF
\$2.25 130 CALS

AVOCADO VG GF DF
\$1.25 60 CALS

CHEESE V GF
\$1.25 110 CALS

BREAD SUBSTITUTE

for any sandwich, bread can be substituted with gluten-free bread



V-VEGETARIAN **VG-VEGAN** **GF-GLUTEN FREE** **DF-DAIRY FREE** **CN-CONTAINS NUTS**

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.