



GRILLED LUNCH

BURGERS

THE 1/3 POUNDER

1/3 pound of juicy black angus beef

\$8.00 720 CALS

ADD CHEESE: \$8.75 840 CALS

ADD BACON + CHEESE: \$10.00 930 CALS

TURKEY BURGER

1/3 pound of juicy turkey patty

\$7.75 550 CALS

ADD CHEESE: \$8.25 670 CALS

ADD 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

SESAME GARLIC BIBIMBAP VG GF

carrots, kimchi, scallions, quinoa, sesame ginger vinaigrette topped with a fried egg

\$7.00 380 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 | **+\$2.25** ADD CHICKEN

PHILLY

griddled chopped steak, bell peppers & onions topped with provolone & pepper jack cheese on a french roll

\$8.75 620 CALS

FEATURED

BEER BATTERED COD TACOS

beer battered cod, shredded lettuce, pico de gallo, chipotle aioli, flour tortilla

\$8.75 580 CALS

OFF TO THE RIGHT START

BURGER BOWL GF

angus ground beef, leafy greens, tomato, cheddar cheese, bacon, avocado, FFT secret sauce

\$8.50 590 CALS

CHICKEN TENDERS

crispy fried chicken tenders made to order

3 PC **\$6.50** 550 CALS | 6 PC **\$10.00** 790 CALS

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.