



# GRILLED FAVORITES

## BURGERS

### THE 1/3 POUNDER

1/3 pound of juicy black angus beef

**\$7.25 | 720 CALS**

**ADD CHEESE: \$7.75 | 830 CALS**

**ADD BACON + CHEESE: \$9.00 | 940 CALS**

### TURKEY BURGER

1/3 pound of juicy turkey patty

**\$6.75 | 490 CALS**

**ADD CHEESE: \$7.50 | 620 CALS**

**ADD BACON + CHEESE: \$8.75 | 720 CALS**

### IMPOSSIBLE BURGER <sup>VG</sup>

1/3 pound of juicy plant based meat

**\$8.25 | 490 CALS**

## INGREDIENTS

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

### CRISPY CHICKPEA WRAP <sup>VG DF</sup>

falafel, avocado, pickled red onion, slaw, green onion, cherry tomatoes, cilantro vinaigrette, spinach tortilla

**\$7.75 | 770 CALS**

### CHIPOTLE CHICKEN WRAP

crispy chicken, cheddar, pico de gallo, lettuce, chipotle avocado dressing, honey wheat wrap

**\$8.00 | 800 CALS**

### CHICKEN TENDERS

crispy fried chicken tenders made to order

**3PC | \$4.95 | 550 CALS**

**6PC | \$8.75 | 860 CALS**

## FEATURED

### FFT PATTY MELT

angus beef patty, swiss cheese, caramelized onions, FFT secret sauce, marble rye bread

**\$8.50 | 810 CALS**



**OFF TO THE RIGHT START**

### HOT HONEY CHICKEN BOWL <sup>GF CN</sup>

arugula, quinoa, grilled chicken, hot honey, goat cheese, sliced apples, chopped almonds, balsamic vinaigrette

**\$7.50 | 550 CALS**

POPULAR

### PHILLY

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

**\$8.00 | 620 CALS**

### FAJITA QUESADILLA <sup>V</sup>

adobo seasoned chihuahua, pepper jack & cheddar cheese on a flour tortilla with pico de gallo, sour cream, onions & green peppers

**\$7.50 | 870 CALS**

**+\$2.25 | ADD CHICKEN**

SIDES

**FRENCH FRIES <sup>VG GF DF</sup>**  
\$2.50

**SWEET POTATO FRIES <sup>VG GF DF</sup>**  
\$2.50

**ADD BACON (2) <sup>GF DF</sup>**  
\$2.00

**ADD AVOCADO <sup>VG GF DF</sup>**  
\$1.25

**ADD CHEESE <sup>V GF</sup>**  
\$1.00

### BREAD SUBSTITUTE

for any sandwich, bread can be substituted with gluten-free (GF) bread.



**V-VEGETARIAN** **VG-VEGAN** **GF-GLUTEN FREE** **DF-DAIRY FREE**

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.



**CN-CONTAINS NUTS**

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