



# GRILLED LUNCH

## BURGERS

### THE 1/3 POUNDER

1/3 pound of juicy black angus beef

**\$6.75** 720 CALS

**ADD CHEESE: \$7.75** 840 CALS

**ADD BACON + CHEESE: \$8.75** 930 CALS

### TURKEY BURGER

1/3 pound of juicy turkey patty

**\$6.75** 550 CALS

**ADD CHEESE: \$7.75** 670 CALS

**ADD BACON + CHEESE: \$8.75** 760 CALS

### IMPOSSIBLE BURGER VG DF

1/3 pound of juicy plant based meat

**\$8.00** 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

**\$7.75** 800 CALS

### SESAME GARLIC BIBIMBAP V GF

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

**\$6.75** 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

**\$7.75** 870 CALS | **+\$2.50** ADD CHICKEN

### PHILLY

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

**\$8.25** 620 CALS

## FEATURED

### BEER BATTERED COD TACOS

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

**\$7.75** 580 CALS



### BURGER BOWL GF

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

**\$7.50** 590 CALS

### CHICKEN TENDERS

crispy fried chicken tenders made to order

3 PC **\$5.00** 550 CALS | 6 PC **\$8.75** 790 CALS

## OPTIONS

**FRENCH FRIES** VG GF DF  
**\$2.25** 220 CALS

**SWEET POTATO FRIES** VG GF DF  
**\$2.50** 280 CALS

**HOUSEMADE CHIPS** VG GF DF  
**\$1.50** 140 CALS

**BACON (2)** GF DF  
**\$1.75** 130 CALS

**AVOCADO** VG GF DF  
**\$1.25** 60 CALS

**CHEESE** V GF  
**\$1.00** 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**  
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.