

# LUNCH

## SMALL BITES

**1½ lbs FIELD CLUB WINGS *GFA*** 17

Served with Blue Cheese Dip, Carrot & Celery Sticks

GF Sauces: BBQ, Buffalo, Frank's Red Hot, Garlic Parmesan, Lemon Pepper, Orange-Ginger, Sweet Chili or Xtra Hot  
Non-GF Sauce: Teriyaki

**4 oz COLOSSAL CRAB MEAT *GF*** 24

Served with Louie Sauce & Lemon

**BANG BANG SHRIMP** 24

Scallions, Toasted Sesame Seeds & Wakame Salad

**BUTTERMILK CHICKEN STRIPS** 15

Served with Chili Crisp Honey Mustard

**FRIED BUFFALO CAULIFLOWER** 12

Served with Rogue Blue Cheese Dip

**LOBSTER SUMMER ROLLS *GFA*** 28

Avocado, Julienned Cucumber, Mango-Hoisin Dip & Pickled Carrots

**PRETZEL NUGGETS** 16

Your choice of Everything Seasoned or Truffle Parmesan served with Beer Cheese

**QUESADILLA *GFA*** 15

Your choice of Beef, Chicken or Julienned Vegetables served with Diced Tomatoes, Shredded Lettuce & Sour Cream

**SESAME CRUSTED TUNA *GF*** 20

Avocado Purée, Ginger Honey & Rice Cracker

**U8 JUMBO SHRIMP (4) COCKTAIL *GF*** 18

Served with House-Made Cocktail Sauce & Grilled Lemon

## SOUPS & SALADS

All salads can be made Gluten-Free or Vegetarian.

Your choice to add protein to any salad - Chicken +8, Salmon +10, Shrimp +12, or Tofu +4

**FRENCH ONION SOUP *GFA*** 10

**FRUIT CHILLER *GF V*** 7

**GAZPACHO *GF V*** 7

**HOT SOUP DU JOUR** 7

**VICHYSOISE *GF V*** 7

**BABY ROMAINE CAESAR SALAD *GFA*** 12

Black Pepper, Crispy Grana Padano, House-Made Focaccia Croutons, Lemon Zest & Anchovy Garlic Dressing

**FC MIXED GREENS SALAD *GF*** 8

Baby Lettuces, Cherry Tomatoes, Julienned Carrots & Shaved Red Onions with your choice of dressing

**FC WEDGE SALAD *GF*** 18

Pickled Red Onions, Quartered Heirloom Cherry Tomato, Warm Applewood Bacon Lardons & Buttermilk Blue Cheese Dressing

**MACADAMIA CHOPPED** 20

**CHICKEN SALAD *GFA***

Macadamia Nut-Crusted Chicken served with Avocado, Bacon, Carrots, Cherry Tomatoes, Hard Boiled Egg, Mixed Greens & Sweet & Spicy Honey Mustard Vinaigrette

(GF) GLUTEN-FREE (GFA) GLUTEN-FREE AVAILABLE (DF) DAIRY-FREE  
CONTAINS SHELLFISH V VEGAN VEGETARIAN

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have a medical condition.

## SOUPS & SALADS

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Your choice to add protein to any salad - Chicken +8, Salmon +10, Shrimp +12, or Tofu +4

<b>LOBSTER COBB</b>	<b>32</b>	<b>WARM CHICKEN SALAD GF</b>	<b>20</b>
<i>Baby Romaine, Bacon Bits, Candied Pineapple, Hard Boiled Egg, Heirloom Cherry Tomatoes, Poached Fingerlings &amp; Buttermilk Green Goddess Dressing</i>		<i>Herb-Marinated Chicken Breast served with Baby Artisan Lettuce, Candied Pecans &amp; Walnuts, Dried Cranberries, Goat Cheese &amp; Champagne Vinaigrette</i>	
<b>SUPERFOOD BERRY BOWL GF</b>	<b>18</b>	<b>WICKED TUNA</b>	<b>20</b>
<i>Blueberries, Candied Pecans, Chia Seeds, Chopped Baby Field Greens, Crumbled Feta Cheese, Raspberries &amp; Strawberries</i>		<i>Sesame-Crusted Ahi Tuna served with Brussels Sprouts, Grapefruit, Mandarins, Pickled Carrots, Shaved Red Cabbage, Sriracha Almonds &amp; Orange-Ginger Dressing</i>	

## BISTRO LUNCH

Bistro Lunch ends at 2:30 p.m. on the weekends.

<b>AVOCADO &amp; CRAB TOAST</b>	<b>24</b>	<b>EGGS BENEDICT</b>	<b>20</b>
<i>Colossal Crab Salad, Guacamole, Heirloom Tomatoes, Micro Flowers, Poached Egg &amp; Toasted Multigrain Bread</i>		<i>Butter-Griddled English Muffin, Canadian Bacon, Fingerling Potato Hash, Hollandaise Sauce &amp; Poached Eggs</i>	
<b>BANANA WALNUT PANCAKES</b>	<b>14</b>	<b>MEDITERRANEAN SALMON</b>	<b>22</b>
<i>Served with Warm Maple Syrup &amp; Whipped House-Made Butter</i>		<b>GRAIN BOWL GF</b>	
<b>COTTAGE CHEESE &amp; FRUIT PLATE</b>	<b>14</b>	<i>Herb-Grilled Salmon served with Cucumber-Tomato Salad, Feta Cheese, Pickled Red Onion, Sliced Avocado &amp; Warm Preserved Lemon Farro</i>	
<i>Served with Seasonal Sliced Fruit &amp; Tico's Toasted Banana Bread</i>			
<b>CREATE YOUR OWN OMELETTE GF 14</b>			
<i>Three Eggs with your choice of Bacon Bits, Chorizo, Diced Ham, Mushrooms, Onions, Sautéed Peppers, Spinach or Turkey served with Fresh Fruit or Side Salad</i>			

## HANDHELDS

Handhelds served with Coleslaw, House-Made French Fries, Fresh Fruit, House-Made Chips, Onion Rings or Sweet Potato Fries.  
Your choice of Marbled Rye, Sourdough, White or Whole Grain Bread.

<b>10 oz STEAKHOUSE BURGER or BLACK BEAN PATTY GFA V</b>	<b>22</b>	<b>FRIED BUTTERMILK CHICKEN SANDWICH</b>	<b>21</b>
<i>Bermuda Onion, Lettuce &amp; Tomato served on a House-Made Buttered Brioche Bun with your choice of Cheese or Maple-Pepper Bacon, accompanied by a House-Made Pickle Spear</i>		<i>Crumbled Blue Cheese, Hot Honey &amp; Maple Bacon</i>	
<b>BURGER OF THE MONTH GFA</b>	<b>22</b>	<b>TACO OF THE WEEK GFA</b>	<b>21</b>
<i>Ask your server for this month's details!</i>		<i>Ask your server for this week's details! Your choice of Corn or Flour Tortillas</i>	
<b>CITRUS POACHED SALMON ROLLS GFA</b>	<b>24</b>	<b>TRUFFLE CHEESESTEAK GFA</b>	<b>21</b>
<i>Avocado, Bacon Bits, Boston Lettuce &amp; Roma Tomatoes served on a Toasted Brioche Bun</i>		<i>Black Garlic Truffle Aioli, Caramelized Onions, Havarti Cheese &amp; Shaved Prime Rib</i>	
		<b>TURKEY PESTO MELT GFA</b>	<b>18</b>
		<i>Herb-Roasted Turkey Breast, Pesto Aioli &amp; Provolone Cheese served on a Ciabatta</i>	

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