



# 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

### FFT PATTY MELT

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

**\$9.00** 780 CALS

## OFF TO THE RIGHT START

### CAJUN SHRIMP WRAPS GF

cajun seasoned shrimp, remoulade sauce, sliced cucumbers, red onion, parsley, romaine lettuce leaves

**\$8.00** 460 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



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.

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



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