

BOWLS

GRASS-FED STEAK + POTATOES

charred pole beans+new potatoes, forest mushrooms,
herb'd basmati, FC steak sauce

DRY-BRINED CHICKEN BREAST

parmesan crumble + crispy parsnips, kale caesar salad,
herb'd basmati, sunflower pesto

MISO ATLANTIC SALMON

golden papaya salad, sesame crusted broccoli,
organic quinoa, mint-cilantro sauce

CHICKPEA MEATBALL RAGU

parmesan crumble, rustic tomato ragu, basil, sprouts,
rustic mashed potatoes

STEAK + SWEET FRITES

grass-fed steak, hand cut sweet potato fries, greens,
FC steak sauce, vegan maple mayo

CAULIFLOWER STEAK + SWEET FRITES

hand-cut sweet potato fries, shaved cucumber salad,
cumin cucumber yogurt, greens, vegan maple mayo

BUILD YOUR BOWL

choose a protein

GRASS-FED STEAK

forest mushrooms, FC steak sauce

MISO ATLANTIC SALMON

papaya salad, mint-cilantro sauce

DRY-BRINED ROASTED CHICKEN BREAST

parmesan crumble + crispy parsnip, sunflower pesto

SPRING PEA VEGGIE POT-PIE

CHICKPEA MEATBALL RAGU

parmesan crumble, rustic tomato ragu, basil, sprouts

CAULIFLOWER STEAK

shaved cucumber salad, cumin cucumber yogurt

choose a grain

HERB'D BASMATI RICE

ORGANIC QUINOA MEDLEY

RICED CAULIFLOWER

SUB VEGETABLE SIDE

choose a vegetable

GREEN GODDESS SALAD

SHAVED KALE CAESAR

CHARRED POLE BEANS + NEW POTATOES

SCRATCH SWEET POTATO FRITES + MAPLE MAYO

SESAME CRUSTED BROCCOLI

GOLDEN PAPAYA SALAD

AGED CHEDDAR MAC AND CHEESE

RUSTIC MASHED POTATOES

choose additional

chimichurri sauce | sunflower pesto | spicy harissa
mint-cilantro sauce | cumin cucumber yogurt

SANDWICHES

STEAK & SHROOM FRENCH DIP

aged cheddar, dijon, caramelized onion, fresh baked roll,
au jus dipping broth | add: ***lamb bacon***

CRISPY CHICKEN

FC pickles, shaved lettuce, avo-mayo,
brioche bun | add: ***lamb bacon***

MISO SALMON BURGER

grapefruit pickled onion, brioche bun, avo-mayo,
red slaw | add: ***lamb bacon***

CHICKPEA MEATBALL HERO

tomato ragu, vegan cheese, sunflower pesto, fresh baked roll

SIDES

SCRATCH SWEET POTATO FRIES

maple mayo

GREEN GODDESS SALAD

mixed hearty greens, tomato, cucumber, avocado, sprouted peas,
yogurt goddess dressing | add: ***chicken, steak, salmon, lamb bacon***

SHAVED KALE CAESAR

roasted chickpeas, tomato, parmesan, crispy parsnips, sesame
crusted broccoli | add: ***chicken, steak, salmon, lamb bacon***

AGED CHEDDAR MAC AND CHEESE

parmesan crumble

RUSTIC MASHED POTATOES

CHARRED POLE BEANS + NEW POTATOES

SESAME CRUSTED BROCCOLI

FC SOUP OF THE DAY

FC BONE BROTH

FRESH DRINKS

MEYER LEMONADE

COCONUT CREAMSICLE

SPARKLING SUMMER BERRY

SPARKLING WATERMELON BASIL

MANGO PINEAPPLE-ADE

BREAKFAST CAFE

L.E.C.A

lamb bacon, organic eggs, and cheddar,
avocado smash on brioche

V.E.C.A.

vegan tempeh bacon, vegan egg scramble,
vegan cheddar, avocado smash

COCONUT GRANOLA

seasonal fruit, organic yogurt or coconut yogurt

GRASS-FED STEAK & ORGANIC EGGS

hash

CAULIFLOWER STEAK & VEGAN EGGS SCRAMBLE

hash

FRESH BAKED PASTRIES