

FMCC LUNCH MENU

SOUPS

Soup du Jour

* ask your server for our fresh soup selection

GF **Gazpacho**

Vichyssoise

French Onion

GF **Chili**

APPETIZERS

GF **Chicken Wings**

* buffalo, Asian, barbecue, or Currie's BBQ rub (regular or hot)...

6 for \$10 | 12 for \$17

♦ **Chicken Bites**

* buffalo, Asian, barbecue, or Currie's BBQ rub (regular or hot)... \$11

Cheese Quesadilla

* flour tortilla, cheddar jack cheese, with guacamole, salsa & sour cream... \$10 Add

Chicken + \$4 | Add Blackened Shrimp + \$6 | Sub Vegetarian + \$4

NEW

Hawaiian Flatbread

* Marinara, mozzarella and provolone cheeses, ham, red onion, pineapple and arugula... \$12

▼ **Pickle Fries**

* Spicy cornmeal breaded pickles served with chipotle ranch... \$9

▼ **Buffalo Cauliflower Bites**

* Fried Cauliflower tossed in buffalo sauce and blue cheese crumbles served with Blue Cheese dressing and celery... \$8

GF **Jumbo Shrimp Cocktail**

* five jumbo shrimp, cocktail sauce, lemon... \$14

NEW

Truffle and Fontina Pierogi

* Yukon gold potato, truffle and fontina cheese filled fried dumplings. Served with an chive sour cream... \$12

NEW

GF **Fried Calamari**

* tender pieces of squid soaked in buttermilk, then coated in seasoned flour and deep fried. Served with remoulade... \$15

NEW

Spinach and Artichoke Dip

* Chopped spinach, artichoke hearts, red onion, cream cheese topped with Parmesan panko. Served with tortilla chips... \$10

SALADS

GF ▼ **House Salad** Add chicken \$5 | Add salmon \$6

* fresh mixed greens, dried cranberries, red onion, tomatoes, blue cheese crumbles and walnuts, served with your choice of dressing... \$12

GF **Pan Seared Salmon Salad**

* fresh greens, toasted pine nuts, crispy bacon, feta cheese, fresh raspberries, pan seared salmon and raspberry vinaigrette... \$16

Caesar Salad Add Chicken \$5 | Add Salmon \$6

* crisp romaine lettuce, classic Caesar dressing, shaved Parmesan cheese, focaccia croutons... \$12

Fort Mitchell Salad

* shredded iceberg lettuce, ham, turkey, and Swiss cheese, Ft. Mitchell dressing, cheese fingers, tomato, and hard boiled egg... \$15

GF ▼ **Green Goddess Salad** Add Chicken \$5 | Add Salmon \$6

* Bibb lettuce, tomato, cucumber, radish, candied pecans and green goddess dressing...\$12

♦ **Taco Salad**

* iceberg lettuce, topped with cheddar jack cheese, diced tomato, black olives and our house made chili in a crispy tortilla bowl served with chipotle ranch dressing... \$14 Sub Chicken + \$1

Buffalo Chicken Salad

* crisp romaine lettuce, crispy bacon, diced tomatoes, blue cheese dressing, buffalo chicken bites, blue cheese crumbles... \$16

GF **Trio Salad Plate**

* our house made chicken salad, tuna salad, and low fat cottage cheese with fresh seasonal fruit... \$14

WRAPS

Chicken Caesar Wrap

* crisp romaine, Parmesan cheese and grilled chicken tossed in Caesar dressing wrapped in a spinach tortilla with potato chips... \$14

Buffalo Chicken Wrap

* crisp romaine, bacon, tomatoes and blue cheese crumbles with grilled buffalo chicken, tossed in blue cheese dressing, wrapped in a spinach tortilla with potato chips... \$14

▼ **Roasted Veggie Wrap** Add Chicken \$5

* Mushrooms, Onions, tomato, red pepper and spinach, basil pesto and goat cheese. Wrapped in a spinach tortilla with potato chips... \$9

Turkey Wrap

* fresh sliced turkey, lettuce, tomato and mayonnaise, wrapped in a spinach tortilla with potato chips... \$14

SANDWICHES

Deli Sandwich

* Comes with your choice of potato chips, fruit, coleslaw or cottage cheese. With your choice of turkey, ham, tuna salad or chicken salad - Swiss, American or cheddar cheese - white, wheat or rye bread - toasted or not toasted... \$11

Half Deli Sandwich and Soup

* a half portion of our deli sandwich served with a cup of soup or chili as the side item...\$10

▼ **Grilled Cheese Sandwich**

* traditional grilled American cheese on white bread... \$8 add ham or bacon... \$2

Club Sandwich

* Comes with your choice of potato chips, fruit, coleslaw or cottage cheese. A double-decker of turkey, bacon, lettuce, tomato, mayo with your choice of bread - white, wheat or rye - toasted or not toasted... \$13

Half Club with Soup

* a half portion of our club sandwich served with a cup of soup as the side item... with your choice of bread - white, wheat or rye - toasted or not toasted... \$11

Grilled Meatloaf Sandwich

* house made meatloaf and cheddar cheese perfectly grilled on marbled rye bread... \$13

Grilled Chicken Breast Sandwich

* with lettuce, tomato and onion served on a brioche bun with your choice of cheese... \$13

Quarter Pound burger

* your choice of American, cheddar, provolone or Swiss cheese. Char-broiled burger on a brioche bun with lettuce, tomato, onion topped with your choice of cheese...\$9 add bacon...\$2

Half Pound Burger

* a custom blend of short rib and brisket char-broiled to your preferred temperature, served on a brioche bun with lettuce, tomato, onion, topped with your choice of cheese... \$13 add bacon... \$2

▼ **Veggie Burger**

* A blend of mushrooms, onion, brown rice, rolled oats, mozzarella and cheddar cheese topped with Green Goddess dressing and served on a wheat bun... \$9

Cape Cod Sandwich

* beer battered fried cod served on rye bread with our house made tartar sauce, lettuce, tomato and onion... \$13

Sorry Charlie

* toasted English muffin topped with tomato, house made tuna salad and melted cheddar cheese... \$11

▼ **Impossible Burger**

* Plant based burger served on a brioche bun with lettuce, tomato, onion and topped with your choice of cheese... \$16

LUNCH ENTRÉES

GF **Pan Seared Salmon**

* Served with rice pilaf, broccolini and a red pepper vinaigrette... \$18

♦ **Petite Filet Mignon**

* 4 oz choice hand-cut filet mignon served with rice pilaf and asparagus... \$25

ALL SANDWICHES INCLUDE YOUR CHOICE OF:
POTATO CHIPS, FRESH FRUIT, COTTAGE
CHEESE OR COLESLAW. ADD \$1 FOR SWEET
POTATO FRIES, FRENCH FRIES OR TATER TOTS.
ADD \$2 FOR ONION RINGS

GF GLUTEN FREE. MANY DISHES CAN BE PREPARED TO ACCOMMODATE SPECIFIC DIETARY NEEDS.

♦ CAN BE PREPARED GLUTEN FREE. ▼ VEGETARIAN

FMCC DINNER MENU

****Not Available Before 5 PM****

ALL ENTRÉES COME WITH YOUR CHOICE OF TOSS SALAD OR CAESAR SALAD. SOUP + \$1 | WEDGE SALAD + \$2 | SMALL HOUSE SALAD + \$2

FROM THE LAND

◆ **Filet Mignon of Beef**

* 8 oz choice hand-cut filet mignon , crispy onion straws, Bearnaise sauce, smashed redskin potatoes, vegetable du jour...\$38
4 oz light portion...\$25

NEW ◆ **NY Strip**

* 12 oz Bone In NY strip, crispy onion straws, Bearnaise sauce, smashed redskin potatoes and vegetable du jour... \$37

Homestyle Meatloaf

* House-made meatloaf with mushroom sauce, smashed redskin potatoes and vegetable du jour... \$21

Crusted Chicken

* Parmesan panko crusted chicken breast with tarragon cream served with smashed redskin potatoes and vegetable du jour...\$20
Light portion... \$16

NEW GF **BBQ Baby Back Ribs**

* served with baked sweet potato and vegetable du jour...
½ rack \$18 | Full Rack \$26

PASTAS

NEW ▼ **Pasta Primavera**

* Garden vegetables and linguine pasta tossed in garlic and oil, topped with shaved Parmesan cheese... \$16
*add chicken + \$5 | salmon + \$6 | shrimp + \$7 | scallops + \$8

▼ **Fettuccine Alfredo**

* Fettuccine, Alfredo sauce, peas, mushrooms and Parmesan cheese... \$19
Light portion... \$13
*add chicken + \$5 | salmon + \$6 | shrimp + \$7 | scallops + \$8

Cajun Seafood Farfalle

* Shrimp, crab, scallops, and farfalle pasta tossed in a Cajun cream sauce topped with diced tomato, scallions and shaved Parmesan... \$25

NEW **Sausage and Kale Pasta**

* Andouille sausage, kale and penne pasta tossed in a creamy tomato sauce, topped with shaved Parmesan cheese... \$22

FROM THE SEA

◆ **Fried Cod Dinner**

* Beer bettered fried cod served with french fries, coleslaw and tartar sauce... \$18

GF **Pan Seared Salmon**

* Served with rice pilaf, broccolini and a red pepper vinaigrette... \$26
Light Portion... \$18

GF ***Blackened Halibut**

* Blackened halibut with crab cream sauce, roasted fingerling potatoes and broccolini...\$29

KID'S MENU

Mini Corn Dogs

Cheeseburger

Bow-Tie Pasta

Fried Chicken Tenders

GF **Grilled Chicken Breast**

Pizza 8'

Macaroni & Cheese

Grilled Cheese Sandwich

SIDE ITEMS

Sweet Potato Fries \$3

Tater Tots \$3

Broccoli..... \$3

Vegetable Du Jour \$3

Sautéed Spinach \$3

French Fries \$3

Rice Pilaf \$3

Baked Potato \$3

Onion Rings \$4

Asparagus \$4.50



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