**Cup $ 5.95** **SOUPS Bowl $ 6.95**

#### GAZPACHO | SOUP OF THE DAY

#### CHICKEN SOUP (Matzo Balls, Noodles or Kreplach) | VEGETARIAN WILD MUSHROOM

* **(Gluten Free)** **SALADS** power-symbol-aus_318-50473 **(Power Salad)**

***Enhance any of the following Salads with:***

Grilled **Chicken Breast** $6.95 | Grilled **Salmon** $10.00 | Grilled **Portobello** $4.25 | Grilled **Ahi Tuna** $11.00

Poached Baby **Lobster Tails** $19.00 | Poached or Grilled **Shrimp** $14.75 | Grilled **Tofu** $5.25

gf logo power-symbol-aus_318-50473 **MEDITERRANEAN KALE SALAD $ 14.95**

Organic Kale, Kalamata Olives, Feta, Cucumber, Chick Peas, Tomato, Roasted Beets, Lemon Vinaigrette

power-symbol-aus_318-50473 **BANH MI SALAD $ 14.95**

Organic Quinoa, Kale, Cilantro, Mint, Watermelon Radish, Avocado, Cucumber, Bean Sprout, Green Onion,

Jalapeno, Sesame Seeds, Carrots, Chili Lime Vinaigrette

gf logo **MICHIGAN WALDORF SALAD $ 13.95**

Organic Greens, Apples, Dried Cherries, Candied Walnuts, Celery,Grapes, Blue Cheese, Apple Cider Vinaigrette

gf logo **COBB SALAD $ 14.25**

Mixed Lettuce, Chicken, Bacon, Avocado, Tomato, Egg, Crumbled Blue Cheese, Green Goddess Dressing

gf logo **MAURICE SALAD $ 14.25**

Mixed Lettuce, Turkey, Corned Beef, Swiss Cheese, Tomato, Egg, Maurice Dressing

power-symbol-aus_318-50473 **GREEK QUINOA SALAD $ 14.95**

Organic Quinoa, Chick Peas, Cucumber, Baby Tomatoes, Kalamata Olives, Feta, Red Onion,

Peppadew Peppers, Lemon Vinaigrette

**CAESAR SALAD $ 9.95**

Romaine Lettuce, House-made Croutons, Anchovies, Caesar Dressing

**THAI MANGO SALAD $ 14.95**

Organic Butter Lettuce, Fresh Mango, Red Pepper, Green Onion, Cilantro, Jalapeno Peppers, Red Cabbage,

Peanuts, Napa Cabbage, Thai Peanut Dressing

**SOUTHWEST CHICKEN CHOPPED SALAD $ 18.95**

Barbecued Chicken Breast, Chopped Lettuce, Tomato, Jicama, Black Beans, Roasted Corn, Cilantro, Basil,

Crispy Tortillas, Avocado, Lime-Ranch Dressing

gf logopower-symbol-aus_318-50473 **FRANKLIN SALAD $ 14.95**

Roasted Butternut Squash, Medjool Dates, Avocado, Marcona Almonds, Beets, Red Pepper, Chopped Egg,

Dried Cranberries, Watermelon Radish, Champagne Dressing

power-symbol-aus_318-50473 **SHAVED BRUSSELS SPROUT SALAD $ 14.95**

Shaved Brussels Sprouts, Pomegranate Seeds, Apple, Dries Cranberries, Marcona Almonds, Pomegranate Vinaigrette

gf logo **ITALIAN CHOPPED SALAD $ 14.95**

Organic Romaine, Radicchio, Red Onion, Celery, Pepperoncini, Oven Roasted Tomatoes, Chick Peas,   
Mini Fresh Mozzarella Balls, Herb Vinaigrette

**SCOOP $ 9.95**

Choice of Egg, Tuna, Chicken or Salmon Salads with Fruit Garnish

**SANDWICHES**

**WHOLE SANDWICH or SOUP & HALF SANDWICH $ 11.95**

Choice of Sliced Turkey or Corned Beef, or Egg, Tuna, Chicken or Salmon Salad on your choice of Bread

with House-made Potato Chips

**SEARED AHI TUNA SANDWICH $ 19.95**

Sesame Ginger Crusted Ahi Tuna, Seaweed Salad, Napa Cabbage, Avocado, Wasabi Mayo, Toasted Thin Bread

**PITMASTER K’S CRISPY LOUSIANA CHICKEN SANDWICH $ 15.95**

Toasted Brioche, Sliced Pickles, Lettuce, Tomato, Secret Sauce on the Side

download**GRILLED VEGETABLE SANDWICH $ 14.95**

Grilled Zucchini, Yellow Squash, Red Pepper, Asparagus, Portobello Mushroom, Hummus, Arugula, Balsamic Syrup,

Open face on Toasted Rye Bread, House-made Chips

**LOBSTER ROLL $ 20.95**

Fresh Maine Lobster Meat, Celery, Scallions, Avocado, Spiced Mayonnaise, Toasted Brioche Roll, House-made Chips

download**IMPOSSIBLE BURGER (100% Plant Based Protein) $ 13.95**

Toasted Wheat Bun, Lettuce, Tomato, Avocado, House-made Chips

***Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness***

**SANDWICHES**

**FHCC SKILLETS $ 16.75**

Beef or Turkey Burger on Rye with Grilled Onions, Tomato, Shoestring Potatoes, Gravy and Poncho Sauce

**BUFFALO BURGER $ 12.95**

Grilled, served with Lettuce and Tomato on a Toasted Brioche Bun

**FHCC PRIME HAMBURGER $ 10.95**

Grilled, served with your choice of Cheese, Lettuce and Tomato on a Toasted Brioche Bun

**FHCC TURKEY BURGER $ 11.50**

Grilled, served on Cracked Wheat Bun with Cranberry Chutney

**KOSHER HOT DOG $ 6.95**

Served with Shoestring Potatoes

**KING OF CLUBS $ 11.95**

Triple Decker with Turkey Breast, Bacon, Lettuce and Tomato With House-made Potato Chips

**TUNA MELT $ 13.95**

Tuna Salad, Tomato, Melted Mozzarella on a Toasted English Muffin

gf logo **SWEET POTATO FLAT BREAD $ 14.95**

FHCC Barbecue Sauce, Choice of toppings:   
Mushrooms, Green Pepper, Onions, Burnt Onions, Tomato, Broccoli, Spinach, Mozzarella, Cheddar, Parmesan, Feta

# BREAKFAST ALL DAY

***Prepared with your choice of: Whole Eggs, Egg Whites or Eggbeaters***

**TWO EGGS $ 6.50**

Cooked to order, served with Toast or Bagel

**THREE EGG OMELET $ 11.95**

Include any: Salami, Green Pepper, Tomato, Broccoli, Mushroom, Spinach, Onion, Salsa,

Cheddar or Low Fat Mozzarella, with Toast or Bagel with Smoked Salmon, add $ 3.00

**AVOCADO TOAST $ 11.50**

Organic Wheat Bread, Avocado, Baby Tomatoes, Organic Arugula, Balsamic Dressing, Poached Eggs

**FRITTATA $ 11.95**

Baked Open-faced Omelet with Spinach, Onion and Parmesan with Toast or Bagel

**FRIED MATZO $ 6.50**

With Sliced Tomato

## CORNED BEEF HASH $ 11.50

With Two Poached Eggs and Toast or Bagel

**EGGS BENEDICT $ 13.95**

Two Poached Eggs, Canadian Bacon on Toasted English Muffin, Hollandaise Sauce

**HIPPIE HASH $ 10.50**

Hash Browns, Broccoli, Asparagus, Onion, Choice of Egg and Toast or Bagel

**PANCAKES $ 10.25**

Regular or Multi Grain With warm Maple Syrup

**CORN FLAKE CRUSTED CHALLAH FRENCH TOAST $ 10.25**

With warm Maple Syrup

**SMOKED SALMON AND BAGEL $ 15.50**

With Sliced Tomato, Onion, Cucumber, Capers and Cream Cheese

**HALF MELON Cantaloupe or Honeydew**  **$ 7.25**

With Low Fat Cottage Cheese or Frozen Yogurt, add $ 3.00  
With a Scoop of Tuna, Egg, Chicken or Salmon Salad, add $ 4.50

**SEASONAL FRUIT PLATE** **Fresh Fruit and Berries with Pina Colada Dipping Sauce** **$ 15.95**

With Low Fat Cottage Cheese or Frozen Yogurt, add $ 3.00

With a Scoop of Tuna, Egg, Chicken or Salmon Salad, add $ 5.50

**BREAKFAST SIDES:**

**Bacon, Turkey Bacon, Sausage, Turkey Sausage** **$ 4.95**

**Lox $ 7.95**

**Hash Browns $ 4.50**

**Oatmeal $ 4.95**

**Organic Berries $ 8.00**

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