

APPETIZER - GRILLED PIZZAS

Parmesan & Caramelized Onion

Aged Parmesan, Caramelized Onion, Chopped Spinach, Julienne Apples, Olive Oil Drizzle

Recommended Bourbon Filet

Roasted Mushroom

Wild Mushroom Cream Sauce, Blue Cheese Crumbles, Field Greens

Recommended Grilled Chicken

Margherita Style

Tomato Reduction, Fresh Mozzarella, Basil, Olive Oil Drizzle

Recommended Blackened Shrimp

Mediterranean Style

Feta Cheese, Olive Salad, Grilled Onions, Roasted Red Pepper, Balsamic Vinaigrette

Recommended Crispy Calamari



Margherita Style Pizza

FRESH TO ORDER

fine. food. fast.

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CHEF SMALL BITE APPETIZERS

Ale Laced Chicken Tenders (4)

Honey Mustard Dressing

Almond Crusted Seared Tuna

Asian Slaw, Dijon Vinaigrette

Chicken Skewers (2)

Peanut Chili Sauce

Blackened Lime Shrimp

Asian Slaw, Blue Cheese Dressing

Crispy Calamari

Lemon Frites, Ginger Apricot Dressing

Soup Flight

Small Tasting of (5) Fresh Soups



Chef Small Bite - Tuna

WINES & BEERS

We feature a wide variety of domestic and imported beers and wines. Please see cashier for selection and specials.

BEVERAGES

From the Fountain, Iced Tea, Fresh Lemonade
Assorted Bottled Waters, Juices, Sodas
Selection Varies By Location

DESSERTS

100% all natural ingredients made fresh.

Mini Mango Pie

Mini Lemon Pie

Mini Key Lime Pie

Mini Peanut Butter Pie

Mini Chocolate Silk Pie

Lighter Dessert Snacks

Fudge Brownie

Cup Cake Of the Day

Fresh Baked Cookie Of the Day



Mini Chocolate Silk Pie

F20 KIDS/YOUNG ADULTS (12 years & younger)

* includes beverage, side, carrots, lollipop

Macaroni & Cheese

Organic Peanut Butter and Jelly

Grilled Cheese Sandwich

Grilled Chicken Breast, Wheat Berry Rice

Chicken Finger Platter

Kids Chicken Caesar

Seared Salmon & Rice

Grilled Filet Medallion, Garlic Mashed

* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.



PANINI SANDWICHES

Delicious Hot Pressed Sandwiches on Whole Wheat Flat or Cibatta Bread. Served With Kettle Potato Crisps or Apples, Substitute Small f20 Baby Green Salad, House Salad, Caesar Salad or Soup

Full Paninis

Smokey Southwest Chicken

Spicy Fire-Grilled Chicken, Two Cheeses, Crisp Tortillas, Lettuce, Southwest Ranch Dressing

Grilled Chicken BLT

Fire-Grilled Chicken, Applewood-Smoked Bacon, Lettuce, Tomatoes, Sprouts, Avocado Aioli

Roasted Pork

Shaved Brown Sugar Pork Loin, Caramelized Onions, Lettuce, Two Cheeses, Sweet Potato Aioli

House Turkey Club

House Roasted Turkey, Two Cheeses, Applewood Smoked Bacon, Lettuce, Tomato, Honey Mustard

Bourbon Filet *

Savory Tender Steak, Roasted Peppers, Blue Cheese Crumbles, Caramelized Onions, Baby Greens, Horseradish Aioli

Grilled Salmon

Bourbon Marinated Salmon, Avocado, Lettuce, Corn Cilantro Relish, Tarragon Aioli

Grilled Vegetable

Grilled Zucchini, Grilled Onions, Olive Tapenade, Avocado, Grilled Squash, Feta Cheese, Balsamic Vinaigrette

Chicken Caesar

Fire-Grilled Chicken, Avocado, Crisp Romaine, Tomatoes, Shaved Aged Parmesan Cheese, Savory Caesar Dressing

1/2 Panini & 1/2 Soup or Salad**

Full Paninis

Asian Chicken Crunch

Almond Rosemary Crusted Chicken, Ginger Apricot Coleslaw, Cibatta Bread, Avocado Aioli

Tomato Mozzarella

Fresh Mozzarella, Roasted Peppers, Basil, Tomatoes, Balsamic Vinaigrette

Crispy Tenderloins of Chicken

Crispy Ale-Laced Chicken, Lettuce, Two Cheeses, Honey Mustard

F20 Tuna Salad Melt

House Made Tuna Salad, Kalamata Tapenade, Two Cheeses, Lettuce, Cibatta Bread, Horseradish Aioli

Waldorf Chicken Salad

Fire Grilled Chicken, Apples, Grapes, Cranberries, Raisins, Candied Walnuts, House Pickled Onions, Blue Cheese Crumbles, Lettuce, Cibatta Bread

** F20 Baby Greens, Caesar or House Salad Only. 1/2 Paninis Served on Cibatta Bread Only.

ENTRÉE LONG PLATES

Add Small f20 Green Salad, House Salad, Caesar Salad or Soup To Any Entree Long Plate

3/4 Portion

Full Portion

Brown Sugar Roasted Pork Loin

Slow Roasted, Sweet Mashed Potatoes, Apricot Chutney

Almond Chicken Skewers

Almond-Rosemary Crust, Sweet Mashed Potatoes, Twin Sauces

Grilled Salmon

Black Bean Orange Sauce, Baby Greens, Roasted Corn Peanut Relish, Wheat Berry Rice

Crispy Tenderloins Of Chicken

Crispy Ale-Laced Chicken, Garlic Mashed Potatoes, Honey Mustard

Bourbon Filet Steak*

Balsamic Cabernet Reduction, Garlic Jack Grit Cake, Baby Greens

Fire-Grilled Chicken

Tender and Marinated, Wheat Berry Rice, Balsamic Cabernet Reduction

Calamari

Tender Calamari, Lemon Frites, Baby Greens, Wheat Berry Rice, Oriental Apricot Dressing

Chicken Wild Mushroom

Mushroom Cream Sauce, Garlic Mashed Potatoes



New Featured Item



Tuna Burger

Ginger Scallion Studded Tuna Burger, Horseradish Aioli, Asian Slaw, Baby Field Greens, Whole Wheat Flat

Black Bean Burger

Black Beans, Rice, Avocado, House Pickled Jalapenos, Lettuce, Tomatoes, Corn Relish, Grilled Wheat Flat Bread, Horseradish Honey Mustard Sauce

Additional Individual Sides

Garlic Mashed Potatoes
Sweet Mashed Potatoes
Wheat Berry Rice
Garlic Jack Grit Cake

Grilled Vegetables
Roasted Corn Peanut Salad
Macaroni & Cheese
Fruit Salad

 = F20 Favorite

rev. 03.26.12

SALADS

All Salads Include Choice Of Croissant Or Whole Wheat Flat Bread Balsamic Vinaigrette, Bleu Cheese, Honey Mustard, Oriental Apricot, Evo & Aged Balsamic, Fresh Lemon & Herbs, Horseradish Ranch, Raspberry Vinaigrette, Southwestern Ranch, Dijon Vinaigrette, Ranch, Caesar

Full Salads

1/2 Salad & Soup

Southwest

Mixed Greens, Southwestern Ranch Dressing, Tomatoes, Cheese, Roasted Corn, Cranberries, Raisins, Tortilla Crisps

Market

Baby Greens, Balsamic Vinaigrette Dressing, Mandarin Oranges, Candied Walnuts, Golden Raisins, Cranberries, Apples, Almonds

Caesar

Crisp Romaine, Caesar Dressing, Shaved Aged Parmesan, Herb Croutons

Spinach

Spinach, Raspberry Vinaigrette Dressing, Seasonal Fruit, Strawberries, Blue Cheese Crumbles, Golden Raisins, Almonds

Asian

Mixed Baby Greens, Dijon Vinaigrette Dressing, Candied Walnuts, Tomatoes, Sesame Seeds, Avocado, Pickled Ginger, Crispy Noodles, Mandarin Oranges, Mixed Nuts

Mediterranean

Mixed Greens, Oriental Apricot Vinaigrette, Feta Cheese, Tomatoes, Olive Tapenade, Grilled Onions, Toasted Almonds, Fresh Herbs, Red Grapes

Club

Mixed Greens, Honey Mustard Dressing, Toasted Almonds, Bacon, Tomatoes, Cucumbers, Avocados, Cheese, Golden Raisins, Cranberries

Chopped Wedge

Crisp Iceberg Lettuce, Blue Cheese Dressing, Blue Cheese Crumbles, Bacon, Tomatoes, Scallions

Blue Cheese Fig Salad

Baby Greens, Balsamic Vinaigrette, Golden Raisins, Dried Figs, Candied Walnuts, Blue Cheese Crumbles



Protein Toppings For Salads



Fire-Grilled Chicken Breast
Blackened Chicken Tenders
1/2 Blackened Chicken Tenders
Almond Crusted Chicken Skewers
Ale-Laced Chicken Tenders
Seared Tofu
1/2 Seared Tofu
Tender Crispy Calamari
Bourbon Grilled Salmon
Blackened Lime Shrimp
Almond Crusted Tuna*
Bourbon Filet