

Starters

Sesame Orange-Glazed Crispy Shrimp \$12

scallions, toasted sesame seeds, sweet chili aioli

Half-Dozen Crispy Chicken Wings \$12

mesquite-seasoned and tossed in classic hot or sweet ginger sauce
served with blue cheese dressing and celery

Baked Artichoke Dip \$9

Irish Cheddar, peppadew peppers, pita chips

Irish Potato Skins \$10

crispy potato skins topped with corned beef, bacon,
Cheddar, scallions, and sour cream

Ploughman's Plate \$15

local summer sausage, cheese curds, horseradish Havarti,
stout and mustard cheese spread,
bread and butter pickles, pretzel bites, French bread

Soups



Potato Leek

cream sherry, chive oil

\$6 cup \$8 bowl

Chef's Soup of the Day

\$6 cup \$8 bowl

Entrée Salads

Wedge \$10

baby iceberg, roasted tomatoes, rosemary peppercorn bacon,
pearl onion, buttermilk ranch dressing

F/I/T Power Salad \$10

mixed greens, shredded kale, quinoa, chickpeas, heirloom tomatoes,
carrots, sunflower seeds, avocado yogurt dressing

Baby Spinach and Arugula Salad \$10

pickled red onion, shaved Parmesan, candied pecans,
dried cranberries, balsamic vinaigrette

add: grilled chicken breast or crispy chicken tenders \$4 | pan-seared salmon \$9

STAY WELL. BE WELL. OUR COMMITMENT TO CLEAN
FOR THE HEALTH AND SAFETY OF OUR STAFF AND GUESTS
WE KINDLY ASK
THAT YOU WEAR YOUR MASK AT ALL TIMES WHEN NOT EATING OR DRINKING

Sandwiches

served with your choice of:
crisp vegetables with hummus, house-made potato chips,
French fries, seasonal fruit

Grilled Chicken Breast \$12

fresh Mozzarella, pesto aioli, arugula, beefsteak tomato, sourdough roll



House-Made Corned Beef Brisket \$13

caraway sauerkraut, Swiss, smoked bacon mayonnaise, grilled dark rye bread

Grilled Sheboygan Double Bratwurst \$12

sauerkraut, stewed onions, Stout cheese spread, Sheboygan hard roll

Wisconsin BLT \$14

thick-cut Jones Dairy Farm cherrywood smoked bacon, arugula, beefsteak tomato,
tomato-bacon jam, Parmesan-cruste d sourdough bread

Smoked Turkey Club \$13

smoked bacon, Swiss, leaf lettuce, beefsteak tomato, red onion, basil aioli
Tuscan bread



Irish Cheeseburger \$15

half-pound patty, smoked bacon, Irish Cheddar, roasted tomato sauce, onion rings,
brioche bun

Crispy Chicken Wrap \$13

Cheddar and Pepper Jack, bacon, lettuce, honey chipotle mayonnaise,
served warm in a grilled herb tortilla

Seafood Specialties

Fish and Chips \$17

Jigger Ale-battered Icelandic haddock, French fries, coleslaw, marble rye,
malt vinegar tartar sauce

F//T Pan-Seared Arctic Salmon \$16

fire-roasted vegetable relish, sautéed baby spinach, roasted red pepper sauce



Signature item

F//T Items created lower in calories, sodium and added sugar

There is a risk of food borne illness when eating foods of animal origin raw or undercooked