## **Starters**

#### **Sesame Orange-Glazed Crispy Shrimp \$12**

scallions, toasted sesame seeds, sweet chili aïoli

## 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

## **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 aïoli, 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-crusted sourdough bread

## **Smoked Turkey Club \$13**

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



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/I/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