

Lunch

Served Monday-Friday 11am - 3pm

Soup and Salad Bar \$17.50

Short on time? Help yourself to our daily soup and salad selections.
Dine in or take out — located in Flanders Market

The Inn's Chowder

bowl \$11 cup \$8
classic new england seafood chowder

Soup of the Day

bowl \$10 cup \$6
ask your server about today's creation

Berry Mango Salad \$18

mixed greens & baby spinach, diced mango, apple, seasonal berries,
raspberry vinaigrette, toasted walnuts, blue cheese

Beet and Sweet Potato Salad \$18

raw beet and sweet potato, toasted pepita, feta cheese,
fresh sliced scallion, black garlic white balsamic vinaigrette, apple

Caesar \$17

romaine, roasted garlic and yogurt dressing,
bacon, anchovies, parmesan, croutons

Nachos \$21

fried corn tortillas, cheddar cheese, beans, corn, scallion, jalapenos, green
onions, tomato, black olives served with sour cream and salsa

add ons \$5 each
guacamole, chicken, extra cheese

Bangers and Mash Yorkies \$20

four yorkshire puddings filled with mashed potatoes, served with traditional english beef bangers, housemade beef gravy

Chicken Wings \$19

1 lb brined whole chicken wings tossed in parmesan and served with truffled garlic dip

Mushrooms on Toast \$15

roasted mushrooms blended with fresh herbs, spices and tofu; served with toasted rye; vegan friendly

Hand-Breaded Chicken Tenders \$13

three pieces of hand-breaded chicken tenderloin served with plum sauce



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FLANDERS FRESH FOODS
Living Life to 100

Bowls

health conscious foods for a longer life

Smoked Salmon Bowl \$24

mixed greens, edamame, quinoa, confit tomato, chopped egg, dill mustard dressing, cold smoked salmon, fried capers

Hawaiian Bowl \$22

charred pineapple, sushi rice, edamame, wakame salad, togarashi nori strips, pickled ginger, crispy onions, kani salad, avocado, sesame seeds, sweet tamari ponzu

Southwest Burrito Bowl \$20

warm tex-mex rice, black beans, corn, smashed avocado, tomato, tangy cabbage, chipotle lime vinaigrette, cheddar cheese, crispy fried tortilla strips and lime

Warm Ginger Stirfry Bowl \$20

sautéed carrot, bell pepper, onion and bok choy tossed in a ginger, garlic sauce served over steamed rice; garnished with roasted peanuts and sesame

Spiralized Buddha Bowl \$19

raw carrot and sweet potato, roasted cauliflower, spinach & mixed greens, avocado, lemon tahini dressing, hemp seeds, crispy chickpea, pickled onion

Greek Bowl \$18

romaine, fried chickpeas, bell peppers, cucumber, tomato, red onion, kalamata olives, red wine & oregano vinaigrette, feta cheese

Add Proteins:

grilled or blackened salmon \$18

4 oz grilled striploin \$14

prawn skewers \$13

grilled or blackened chicken \$8

seared ahi tuna \$8

ponzu marinated ahi tuna \$8

crispy tofu \$7

Sandwiches, Wraps & Pasta

Smash Burger \$24

two all beef patties, butter leaf lettuce, tomato, house sauce, toasted roll

add ons \$2 each

cheddar cheese, bacon, fried egg, sautéed mushroom, crispy onion, cambozola

Steak Frites \$39

8oz striploin, sautéed onions and mushrooms, garlic aioli

Chorizo Bolognese \$30

ground chorizo, slow roasted tomato sauce, penne pasta
add garlic bread \$3

Baked Ham and Cheese Sandwich \$28

Smoked ham and swiss cheese in sourdough doused in garlic cream sauce

Smoked Meat Reuben \$27

shaved pastrami, pickled cabbage, marble rye, gruyere cheese, spicy remoulade, pickle slices

Lettuce Wraps \$26

crispy onions, peanuts, pickled cabbage, cilantro, lime, gochujang bbq sauce, cucumber, scallion and rice noodles, choice of grilled chicken or fried tofu

Braised Beef French Dip \$25

garlic aioli, arugula, gruyere, crispy onion, au jus

Grilled Chicken Clubhouse \$25

chicken, prosciutto cotto, avocado spread, dijonnaise, butter leaf lettuce, heirloom tomato

Chicken Alfredo \$25

grilled chicken fettuccini with garlic cream sauce
add garlic bread \$3

All sandwiches come with French fries. Substitute for our fresh soup and salad bar for \$5