

Lunch



French Onion Soup	12
Slow cooked onions, simmered with beef broth, laced with sherry, toasted baguette and gruyere	
Forged Goat	10
Seasonal greens tossed with extra virgin white vinegar, cold pressed olive-oil, Pickled vegetables.	
Wedge	11
Wedge cut iceberg heart, lathered with buttermilk blue cheese, chunked smoked bacon, croutons	
Three Cheese Mac and Cheese	11
Gouda, cheddar and mozzarella, potato chip crust	
“A Gathering”	14
Roasted, grilled and pickled vegetables, with creamy hummus, toasted pita, cucumber yogurt	
Spinach and Mushroom Salad	13
Pan roasted mushrooms, tossed with tender baby spinach, warm goat cheese Fritters	
Roasted Beet Salad	12
Spring beets, tumbled with greens, warm goat cheese fritters	
Crab Cake	15
Whole lump crab, slightly bound with panko, lime-cilantro green goddess and tomato jam	
Pan Popped Little Necks	14
Pan roasted little neck clams with smoked bacon, preserved lemon, potato garlic broth	
Flying Goat Burger	16
8 oz. burger, with lettuce, tomato and onion with French fries.	
Ruben Sandwich	11
Pastrami, Russian dressing, sauerkraut, seeded rye	
Cobb Salad	12
Iceberg lettuce, chopped bacon, egg, tomato and Irish blue cheese dressing	
Add chicken or steak	17



Steak Sandwich	15
Thick cut NY strip steak, with caramelized onions, horseradish sauce, French dip	
B.L.T.	10
Yup, like you like it	
Fish Toquitos	16
Cold water fish filets, fried crisp in corn tortillas, with pico de guillo, guacamole and frijoles soffirto	
Chicken Quesadilla	11
Chicken, red onion, pico de guillo, sour cream, guacamole	
Egg of the Day	MP
<i>Prices Reflect Member Discount</i>	

**This Menu item is cooked to order or is served raw. Consuming raw or undercooked fish, shellfish or fresh shell eggs may increase your risk of food borne illness, especially if you have a certain medical condition.*