

HEALTHIER



VEGETARIAN WRAP

Roasted artichokes, fire roasted tomatoes, vine ripe tomatoes, cucumbers, fresh greens, avocado mash, goat cheese, pickled red onions, micro greens and citrus vinaigrette wrapped in a whole wheat tortilla.

Served with your choice of side. 13.99



ENERGY WRAP

Fluffy egg whites, fresh tomatoes, mushrooms & spinach wrapped in a whole wheat tortilla.

Served with fresh fruit & a side of salsa. 12.99



HEALTHY START CHICKEN EGGWHITE SCRAMBLE

Chicken, spinach and tomatoes scrambled in fluffy egg whites. Topped with avocado mash.

Served with fresh fruit & red salsa. 13.99



NOVA SALMON ACAPULCO TOAST

Creamy avocado served on wheat berry bread, topped with thinly sliced

Nova Salmon with fried capers, diced tomatoes, & pickled red onions & drizzled with

Hollandaise with your choice of two eggs & a side. 17.99 Plain Acapulco Toast N Eggs \$12.99



SPRING BERRY ACAI BOWL

Acai sorbet, toasted coconut, fresh cut bananas, blueberries, pineapples, and strawberries. Drizzled with

FL honey and served with a BFC Homemade Granola. 11.99 Add peanut butter 1.00



OLD-FASHIONED OATMEAL

Fresh-made daily with whole milk served with brown sugar & raisins. 7.99

Granola add 2.00

Fresh blueberries or strawberries & candied walnuts add 1.00

LUNCHEON FAVORITE

All sandwiches include your choice of crispy fries, homemade red bliss potato salad or cole slaw. Substitute Sweet Potatoes Fries or Fresh Fruit for 1.50

BFC CLUB SANDWICH

Sliced Ham, roasted turkey, Applewood smoked bacon,

Swiss & American cheese, tomatoes,

leaf lettuce with mayo and Apple Butter BBQ sauce on challah toast. 12.99



OPEN FACED GREEN GODDESS TURKEY AVOCADO TOAST SANDWICH

Wheat berry toast, leaf lettuce, fresh avocado mash, sliced house roasted herb turkey breast, fire-roasted tomatoes roasted artichokes, micro greens served open-faced with a Housemade Green Goddess dressing drizzle. 12.99



GRILLED REUBEN

Corned beef, Swiss cheese, sauerkraut & Thousand Island dressing on grilled marbled rye. 12.99

6 SLICE BLT

6 slices of crispy bacon, lettuce, sliced tomato & chipotle cream on wheat berry bread. 14.99 Add Avocado 1.99



NASHVILLE HOT CHICKEN SAMMIE

Our buttermilk & pickle juice, marinated antibiotic, free chicken breast dusted in southern sage breading, dipped in spicy nashville oil on a bed of coleslaw, pickles, & comeback sauce on a potato roll with your choice of side 12.99



CHICKEN PESTO OVEN-BAKED SAMMIE

Grilled chicken breast topped with mozzarella cheese, Parmesan cheese, sliced tomato & pesto on artisan French baguette. 12.99

ELEVATED CHICKEN SALAD SAMMIE

Our house herb roasted chicken salad served on a toasted artesian roll garnished with lettuce, tomato, & fried pickled red onions. Served with your choice of side 12.99

AVAILABLE FOR DINE-IN ONLY

MONDAY - FRIDAY WEEKDAY LUNCH SPECIALS PICK 2

PICK ONE FROM SECTION A OR SECTION B AND ONE FROM SECTION C

SATURDAY & SUNDAY PRICING + 2

SECTION A

OR

SECTION B

AND

SECTION C

CAFE LUNCH PICK 2 FOR 8.99

Weekday Prices Only Available Mon-Fri

1/2 ELEVATED CHICKEN SALAD SAMMIE

Our house herb roasted chicken salad served on a toasted artesian roll garnished with lettuce, tomato, & fried pickled red onions.

1/2 ALBACORE TUNA SALAD

All white albacore salad served on a toasted artesian roll garnished with lettuce, tomato, & micro greens.

1/2 TURKEY & SWISS

Our house herb roasted turkey served on a wheat berry bread garnished with lettuce and tomato.

BISTRO LUNCH PICK 2 FOR 9.99

1/2 ULTIMATE BARBACOA GRILLED CHEESE

Thick cut everything sourdough bread layered with grilled tomatoes, barbacoa beef, caramelized onions, garlic aioli, american & pepper jack cheeses grilled to golden perfection. Served with a side of consomme.

OVEN-BAKED

1/2 GRILLED CHICKEN PESTO SANDWICH

Grilled chicken breast topped with mozzarella cheese, Parmesan cheese, sliced tomato & pesto on an artisan French baguette.

1/2 BFC CLUB SANDWICH

Sliced ham, hormone-free oven roasted turkey, applewood bacon, Swiss cheese, American cheese tomatoes, leaf lettuce with mayonnaise & BBQ sauce on challah bread.

1/2 6 SLICES BLT

3 slices of crispy bacon, lettuce, tomato & chipotle cream on wheat berry bread.

SOUP

Cup of Tomato Basil Seasonal Soup of the Day

OUR BISTRO SALAD

Fresh artisanal greens with candied walnuts, tomatoes, red onions Gorgonzola cheese & applewood bacon pieces with blueberry balsamic vinaigrette dressing.

MIXED BERRY SUPERFOOD POWER SALAD

Fresh artisanal greens, raisins & sliced pepitas. Topped with fresh blueberries, strawberries, pineapple, goat cheese, tomatoes, cucumbers & red onions, Gluten-free & low-fat citrus dressing.

For more options see our Healthier Side Menu

Scan our QR Code



VEGETARIAN



GLUTEN-FREE



VEGAN



KETO DIET



HIPPIE PICNIC SANDWICH

Oven roasted sandwich on toasted wheat berry bread with citrus vinaigrette, vegan cheddar cheese, roasted artichoke hearts & roasted tomatoes, sliced tomatoes, cucumbers, fresh artisanal greens, avocado mash, pickled red onions. Served with your choice of side. 12.99

POWERHOUSE PROTEIN PLATTER

Farm fresh scrambled eggs and two hearty proteins of your choice bacon, sausage, Canadian bacon, turkey, ham, birria, or chicken sausage. Served with ripe sliced tomatoes – a perfect, protein-packed way to power through your day. 12.99 add cheese for an extra punch of protein for .99



GREEK YOGURT BERRY BLISS

Chilled Greek yogurt topped with fresh berries, a homemade granola and a drizzle of FL honey.

Served with a blueberry muffin. 10.99



GLUTEN-FREE HONEY PANCAKES

Drizzled with honey. 11.99

Two hand-formed 1/4 lb. grilled burgers made of a fresh blend of short rib, brisket & ground chuck, grilled juicy & served medium well on a grilled potato roll with lettuce, tomato, onion & pickles with your choice of crispy fries, homemade red bliss potato salad or cole slaw. Sweet Potatoes Fries for 1.50 Fresh fruit for 1.50

BRUNCH STYLE

Topped with cheddar cheese, bacon, fried egg, chipotle cream. 13.99

CHEDDAR & BACON STYLE

Cheddar cheese & applewood smoked bacon. 12.99



ROUGH NIGHT BURGER

1 Burger patty, 2 southern fried chicken tenders, house herb roasted turkey, grilled ham steak, 2 slices of bacon, American cheese, & garlic aioli on a fresh baked biscuit & smothered in house sausage gravy, sprinkled with green onions & served over a bed of bliss potatoes 17.99

SALAD DRESSINGS: Blueberry balsamic vinaigrette, buttermilk ranch, house-made Green Goddess, blackberry honey mustard, hot maple bacon vinaigrette, low fat & house-made gluten-free citrus vinaigrette. Served with homemade biscuit & apple butter.



GREEN GODDESS TURKEY POWER SALAD

Sliced house roasted herb turkey breast, artisanal greens, pineapple, strawberries, blueberries dried cranberries, diced tomatoes, red onions & goat cheese.

Topped with Pepitas, crispy pickled red onion strings, smashed avocado & a drizzle of our homemade green goddess dressing. half 11.99 full 14.99

STUFFED TOMATO DUO SALAD

Two tomatoes stuffed with chicken & tuna salads. Served with a side salad of mixed greens, hard boiled egg, smashed avocado, & pickled onions.

Drizzled with balsamic glaze. Served with blueberry balsamic dressing 14.99



SOUTHERN HOT HONEY CHICKEN COBB SALAD

Fresh artisanal greens topped with Florida hot honey, crispy chicken, candied walnuts, pickled red onion, avocado, bacon, hard boiled eggs, tomato, cheddar cheese, & blue cheese crumbles.

Drizzled with house-made green goddess dressing. Served with a fresh baked biscuit. Half 12.99 Full 15.99



GRILLED CHICKEN & STRAWBERRY SALAD

Fresh artisanal greens, grilled free-range chicken, strawberries, blue cheese crumbs, candied walnuts & tomatoes with blueberry balsamic vinaigrette. Half 10.99 Full 13.99

SMASH BURGERS

GARDEN FRESH SALADS

HANDHELDS

CHICKEN SAMMIES

Kindly note that 18% service charge will be added to each check.