



food for thought

SMALL BITES

wadamala tomato bisque | parmesan croûtons | hand picked basil 4

tempura green beans | jalapeño ranch 5

strawberry salad | cucumber | tomato | pine nuts | balsamic 5

griddled grit cake | crab salad | tomato drizzle 6

steamed edamame | sea salt | ponzu sauce 5

p.e.i. mussels | white wine | butter | garlic | herbs | grilled ciabatta 8

crispy shrimp | sweet | spicy | salty | hot | garlic | aioli 7

*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

SMALL BITES

PLATES TO SHARE

pimento cheese dip | warm pita chips 9

fft crispy calamari | creole remoulade 12

skillet potatoes | bacon | sausage gravy | Ashe County cheddar | green onion | Texas Pete's hot sauce on the side 8

crisp tostadas | pulled pork | avocado | jalapeño | salsa | cotija 10

ahi tuna crudo* | oyster & shiitake mushrooms | daikon radish sprouts | lemon soy vinaigrette | crispy nori wonton 14

risotto | shiitake & beech mushrooms | parmesan | herbs 9

housemade turkey meatballs | parmesan | pomodoro | basil 10

portobello fries | Statesboro blue cheese sauce 9

steamed edamame | sea salt | ponzu sauce 7

mussels | white wine | butter | garlic | herbs | ciabatta 15

bruschetta | tomato jam | prosciutto | arugula | parmesan | balsamic 9

grilled wings | curry dry rub | poppy seed slaw | jalapeno ranch 11

flatbread | vine ripe tomato | mozzarella | roasted garlic | basil 12

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PLATES TO SHARE

ARTISAN CHEESE 6 ea.

"smokey mountain round" by Goat Lady Dairy

made using pasteurized goat's milk, hand formed in the shape of log or round, then is dried and lightly smoked over apple wood and retains its fresh lactic origins nuanced with bacon-like aroma

"battery park" by Charleston Artisan Cheesehouse

a cross between a brie cheese and a farm cheese; has a mild bouquet with a full range of flavor and is aged for 3-4 weeks

"old fashioned cheddar" by Ashe County Cheese

handcrafted and aged over 30 days;
this cheese is mild and flavorful, the way that cheddar should be

SALADS

fft salad | roasted tomato | avocado | egg | cucumber | bermuda onions | marcona almonds 9

red and golden baby beets | avocado | grapefruit | arugula 9

mixed greens salad | roasted roma tomatoes | cucumber | carrots 7

butter lettuce | Statesboro blue cheese | crispy prosciutto 8

romaine salad | manchego | roasted pepper | grilled baguette 8

add: **chicken** 5

salmon 7/14

steak 8

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ARTISAN CHEESE & SALADS

SANDWICHES

served with your choice of: fries | sweet p fries | house kettle chips

carolina blue crab | brioche bun | fried green tomato | arugula | remoulade 14

veggie club | grilled vegetable | roasted red pepper | tomato jam | daikon sprouts | field greens | hummus | wheat bread 10

hand pulled pork | brioche bun | creamy coleslaw | pickle bbq sauce trio - carolina gold mustard | east-carolina vinegar | sweet & smokey red 12

oven roasted turkey | whole wheat wrap | tomato jam | avocado | butter lettuce | dijonaise 11

fft club | ham | turkey | bacon | Charleston Battery Park brie | butter lettuce | roasted roma tomatoes | baconnaise | sour dough bread 12

BURGER BAR* 15

brioche | butter lettuce | tomato | grilled onions

your choice of:

beef burger | lean turkey | chicken breast | local catch

your choice of toppings:

cheddar | american | brie | pimento | blue | smoked gouda | mushrooms | bacon | fried egg | pulled pork | steak sauce | bbq sauce

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SANDWICHES | WRAPS | BURGERS

MAINS

sesame seared tuna* | arugula | castelvetrano olives | roasted tomato | boiled egg | edamame | fingerling potatoes | dijon vinaigrette 18

bone-in pork chop* | roasted acorn squash | grilled peaches 22

"cioppino" | shrimp | mussels | local catch | saffron-tomato broth | shaved fennel | fingerling potatoes | sourdough 18

local catch* | crushed potatoes | herb roasted vegetables 25

carolina white shrimp | Old Mill stone ground grits | tasso ham | mixed peppers | tomatoes 20

hanger steak* | house fries | chimichurri 25

filet mignon* | crushed potatoes | sugar snap peas | caramelized sweet carrots | pearl onions 28

grilled chicken thighs | basmati rice | shiitake mushrooms | arugula | chimichurri sauce 17

pan-roasted airline chicken breast | matchstick farmers vegetables | black pepper pasta | parmesan 18

ask your server to substitute grilled portabello mushrooms for vegetarian option

EXTRAS 5 ea.

~ green beans | brown butter

~ sautéed mushrooms

~ steamed snow peas | sea salt

~ mac n' cheese

~ glazed carrots | local honey

~ garlic fries

~ crushed potatoes | candied garlic

~ grilled asparagus

~ wilted spinach | garlic | olive oil

~ stone ground grits

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MAINS & EXTRAS

DESSERT 9

key lime pie | whipped cream

warm apple pie | caramel drizzle | whipped cream

Mooresville ice cream trio | chef's daily selection

warm brownie sundae | vanilla ice cream | walnuts |
chocolate sauce | whipped cream | cherry on top

southern bread & butter pudding | Mooresville vanilla ice cream

Queen City Pastry sweet potato cheesecake | toasted pecans

LIQUID DESSERTS

chocolate-raspberry martini

stoli vanilla | chambord | chocolate liqueur | cream 13

tiramisu on the rocks

espresso vodka | butterscotch schnapps | walnut liqueur | bailey's 13

espresso martini

espresso vodka | godiva dark | godiva white | bailey's | espresso 13

OUR LOCAL VENDORS ARE:



**Lowcountry
Shellfish**
Charleston, SC

SWEET THINGS & LIQUID DESSERTS w/ FRIENDS

COCKTAILS

blood & sand

famous grouse scotch | sweet vermouth | cherry heering | orange 12

vesper

“the botonist” gin | picker’s nashville vodka | lillet blonde | lemon 14

bravissimo

kraken black spiced rum | mataxa greek brandy | licor 43 13

helsinki mule

finlandia vodka | craft ginger beer | lime | candied ginger 12

espresso martini

espresso vodka | godiva dark | godiva white | bailey’s | espresso 13

the samuels

old forester bourbon | amaretto | cranberry 12

FEATURED WINES BY THE GLASS

"sensible six" 6 oz. — 11 "naughty nine" 9 oz. — 15

chardonnay n x nw, columbia, north oregon

sauvignon blanc nobilo, new zealand

pinot gris 10 span, monterey

cabernet sauvignon heavyweight, central coast, california

merlot blend saved, red blend, california

pinot noir, 10 span, monterey

white wines for thought

glass | bottle

chardonnay silver palm, north coast, california 5

chardonnay sonoma cutrer, russian river ranches, sonoma 13 | 52

chardonnay ferrari carano, tre' terre, russian river valley 55

chenin blanc protea, south africa 9 | 36

sauvignon blanc kim crawford, marlborough, new zealand 10 | 40

sauvignon blanc murphy-goode, "the fume" north coast 30

pinot grigio maso canali, trentino, italy 36

pinot grigio santa margherita, valdadige, italy 14 | 56

white zinfandel beringer, california 30

reisling chateau st. michelle, columbia valley, washington 30

moscato makulu, south africa 7 | 28

champagne & sparkling wine

glass | bottle

brut domaine chandon, napa, california 50

brut domaine st. michelle, washington state 39

brut wyclif, california 7 | 28

prosecco la marca, italy 32

BY THE GLASS & WHITE WINES

**RED WINES FOR THOUGHT
bottle**

glass |

cabernet sauvignon <u>row 11</u> by stratton lummis, napa valley	65
cabernet sauvignon <u>b.r. cohn</u> , silver label, north coast	14 56
cabernet sauvignon <u>bonterra</u> , mendocino	40
cabernet/sangiovese (supertuscan) <u>villa antinori</u> , toscana, italy	52
cabernet/merlot/syrah blend <u>the seeker</u> , central valley, chile	30
cabernet/merlot/syrah/malbec <u>pendulum</u> , washington	10 40
barbera d' asti <u>michelle chiaro</u> , superior "le orme" italy	35
merlot <u>st. francis vineyards</u> , sonoma valley	12 48
merlot <u>the expedition</u> , canoe ridge, horse heaven hills	35
merlot <u>decoy</u> by duckhorn, sonoma county	60
merlot/zin/petite verdot/syrah blend <u>sean minor</u> , napa	55
malbec <u>conquista</u> , mendoza, argentina	42
shiraz <u>penfolds</u> , koonunga hill, southeastern, australia	44
syrah <u>waterbrook</u> , columbia valley, washington	35
zinfandel <u>edmeades</u> , zinfandel, mendocino county	10 40
tempranillo <u>bouza</u> , tannat reserva, uruguay	49
pinot noir <u>primarius</u> , oregon	36
pinot noir <u>soter planet</u> , oregon	11 44



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