



**NAPLES' PREMIER ORGANIC RESTAURANT & MARKET**



**BREAKFAST**

Served Daily 7am - 12 pm

**BREAKFAST BOARDS**

- Savory**  
2 home made biscuits with sun dried tomato & bacon butters, strawberry jam. | 8
- Sweet**  
Home made cinnamon roll with orange-honey and maple-pecan butters. | 8

TOAST

**Avocado Toast**  
Toasted honey wheat bread layered with smashed avocado, sliced tomatoes, red onion. Topped with arugula & feta. Finished with 2 poached eggs. | 14  
Substitute gluten free

**SIGNATURES**

- Shrimp And Grits**  
Garlic & lime marinated gulf shrimp, cheese grits, bacon jam sauce, green onion. | 20
- Oakes Farm Hash**  
Mixed mushroom, potato, onion, broccolini, spinach, mozzarella and Parmesan cheese. Served with slice of ciabatta bread and sunny side up egg. | 17
- Short Rib Hash**  
Braised short rib, bacon, potato, onion, Brussels, herb, hot sauce. Served with slice of ciabatta bread and sunny side up egg | 22
- Breakfast Burrito**  
Scrambled eggs, spinach, black beens, house made breakfast sausage, sheered cheeses, flour tortilla and a side of pico de gallo | 16
- Croissant Sandwich**  
2 fried eggs, bacon, swiss cheese, spinach, tomato, hollandaise sauce. Served with home fries. | 16
- Eggs Benedict**  
Croissant, black forest uncured ham, 2 poached eggs, hollandaise. Garnished with mixed peppers and pea tendrils. Served with home fries. | 18
- Yogurt Bowl**  
Coconut yogurt, seasonal fruit, peanut butter, chia, hemp, coconut, in house made seed granola, agave syrup. | 14

**GRIDDLE**

- Tiramisu French Toast**  
Pullman brioche, chocolate ganache, coffee cream, seasonal berries, cocoa and powdered sugar, warm syrup. | 14
- Classic Brioche French Toast**  
whipped butter, powdered sugar, warm syrup. | 12
- Buttermilk Pancakes**  
2 pancakes served with side of butter and warm syrup. Served with a cup of fruit. | 13
- Vegan Pancakes**  
2 pancakes served with side of butter and warm syrup. Served with a cup of fruit. | 14

**MORNING COCKTAIL**

- Mimosa** | 8
- Bloody Mary** | 10

**OMELETS & EGGS**

Served with toast and a choice of home fries, sliced tomatoes, fresh fruit.

- Greek Omelet**  
3 free range egg omelet with spinach, tomato, onion, Kalamata olives, and feta cheese. | 16
- Western Omelet**  
3 free range egg omelet with black forest uncured ham, onions, peppers, cheddar cheese. | 19
- Veggie Omelet**  
3 free range egg omelet with mushroom, peppers, spinach and tomato. | 16
- Meat Lovers Omelet**  
3 free range egg omelet with ham, bacon, sausage & cheddar cheese. | 19
- Ham & Cheese Omelet**  
3 free range egg omelet with ham and cheddar cheese. | 16
- Eggs Your Way**  
2 eggs cooked your way, choice of bacon, turkey or pork sausage patties. | 14
- Frittata Of The Day**  
Chef's choice. | 16

BIG BREAKFAST

**Steak & Eggs**  
6 oz Sirloin steak cooked with herb butter with 2 eggs your way, with home fries & toast. | 20

.....

**F&T2 Breakfast Platter**  
2 eggs cooked your way, 2 buttermilk pancakes, home fries and a choice of bacon, pork or turkey sausage . | 16

**F&T2 Sides**

- |                                   |                      |                           |
|-----------------------------------|----------------------|---------------------------|
| <b>Pork or Turkey Sausage</b>   6 | <b>Bacon</b>   6     | <b>1/2 Avocado</b>   3.50 |
| <b>Home Fries</b>   6             | <b>Grits</b>   6     | <b>Slice Tomatoes</b>   2 |
| <b>Honey Wheat Toast</b>   3      | <b>Sourdough</b>   3 | <b>1 Pancake</b>   6      |
| <b>Gluten-Free Toast</b>   3      | <b>Fresh Fruit</b> 5 |                           |

KIDS

**French Toast**  
Served with bacon and a fruit cup | 9

**Pancakes**  
Served with bacon and a fruit cup | 9

**Scrambled Eggs**  
Served with bacon, toast and a fruit cup | 9

**DRINKS**

- |   |   |
|---|---|
| <b>Spring or Sparkling Water</b>   4.75                   | <b>Organic Gourmet Coffee</b>   3                                 |
| <b>Organic Juice</b>   5                                  | Regular or Decaf half & half, whole milk, oat milk or almond milk |
| Orange, Pineapple, Grapefruit, Apple, Cranberry or Tomato | <b>Cappuccino</b>   5.50  |
| <b>Organic Fruit Punch</b>   6                            | <b>Cold Brew Coffee</b>   6.50                                    |
| <b>Two Leaves Organic Hot Tea</b>   3                     | <b>Hot Chocolate</b>   6  |
| Earl Gray, Macha Mint Green                               | <b>Fresh Brew Organic Iced Tea</b>                                |
| English Breakfast, Energize                               | Black or Tart Berry   3.75  |
| Darjeeling, Tropical Green, Chamomile                     | <b>Chai Latte</b>   6   |
| <b>Milk or Chocolate Milk</b>   3                         | <b>Mocha</b>   6.50   |

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Especially if you have certain medical conditions





Served Daily 11am - 4pm

STARTER

**Dips and Chips**  
Guacamole & chips | 12  
Hummus with pita or veggies | 12

**Eggplant Meatballs**  
Parmigiano reggiano, basil oil, roasted garlic flatbread. | 18

**Italian Meatballs**  
Served with marinara sauce, ricotta cheese & roasted garlic flatbread | 18

**Shrimp & Grits** GF  
Garlic & lime marinated gulf shrimp, cheese grits, bacon jam sauce, green onion | 20

Pico de Gallo & chips | 8  
Salmon dip with pita or veggies | 12

SOUPS

**Carrot Ginger** GF V  
Carrots, onions, cooked in a savory house made vegetable stock. Finished with candied ginger syrup and coconut milk. Garnished with roasted pumpkin seeds. | cup 6.50 | bowl 8.50

**Chicken Noodle** GF  
Roasted chicken, garden vegetables in a house made chicken stock. Finished with brown rice noodles and parsley. | cup 6.50 | bowl 8.50

**Mushroom Bisque** GF V  
Cremini & button mushrooms cooked in a savory house made vegetable broth, pureed and finished with almond milk. Garnished with sautéed mushrooms and herbs. | cup 6.50 | bowl 8.50

SALADS

**Walnut Taco Salad** GF  
Romaine Lettuce, roasted corn, tomatoes, red onion, black beans, walnut taco meat topped with tortilla chips, cilantro lime vinaigrette served on the side. | 18

**Cobb Salad** GF  
Romaine Lettuce tossed with citrus vinaigrette topped with bacon, cherry tomatoes, avocado, watermelon radish, corn, cucumbers, pickled red onions & egg. | 18

**Roasted Squash & Brussel Sprout Salad** GF  
Baby spinach, roasted squash, brussel sprouts, dried cranberries, goat cheese, candied walnuts, red onion tossed in a citrus vinaigrettes. | 18

**Beet Salad** GF  
Red and Gold beets, citrus vinaigrette and port wine vinaigrette, mixed greens with shaved shallots, feta cheese crumbles, candied walnuts, orange zest, EVOO. | 18

**Caesar Salad**  
Romaine Lettuce, house made caesar dressing parmesan cheese, croutons. | 15

**The Power Salad** GF  
Mixed greens, quinoa, cucumber, carrots, bell peppers, fresh herbs, avocado, chef's vinaigrette. | 18

**Chopped Salad**  
Romaine Lettuce, cucumber, tomato, red onion, choice of dressing (balsamic vinaigrette, citrus vinaigrette, Ranch dressing or oil and vinegar. | 14

ADD ONS

Grilled or Blackened | Chicken | 8  
Pan Seared or Blackened | Ora king Salmon Filet | 16

Shrimp (4) | 12  
Mahi-mahi | 12

PIZZAS

**Alfie's Pie**  
Tomato Sauce, mozzarella, pepperoni, meatballs, red-yellow peppers, red onion. | 17.76

**F&T2 Signature Pie**  
Tomato Sauce, pulled roasted chicken, red onion, dates, mozzarella, blue cheese, arugula, vanilla-maple drizzle. | 20

**Traditional Cheese**  
Tomato Sauce, mozzarella, basil. | 16

**Mistaken Margherita**  
Tomato Sauce, Cherry tomatoes, mozzarella, basil reduction, olive oil, oregano, cooked basil, Himalayan salt. | 16

**Meat Lovers**  
Tomato Sauce, Pepperoni, pork belly, meatballs, mozzarella. | 21

**Pepperoni**  
Tomato Sauce, Mozzarella and parmesan. | 18

**Chicken Pesto**  
Chicken, oven dried tomatoes, pesto, ricotta, parmesan, olive oil. | 21

**Veggie**  
Tomato Sauce, mozzarella, bell pepper, onion, mushroom, kalamata olives, ricotta, parmesan, olive oil drizzle. | 18

**Fried Eggplant**  
Tomato Sauce, mozzarella, fried eggplant, parmesan cheese, topped with olive oil. | 18

**SUB GLUTEN-FREE** Cauliflower crust. | 5

SANDWICHES

All sandwiches served with a side of coleslaw

**Brasstown Burger**  
Brasstown burger grass fed all beef patty, toasted brioche bun, lettuce, tomato, & onion. | 18

**Breakfast Burger**  
Grilled brasstown grass fed all beef patty, bacon, fried egg, cheese, grilled tomato. Served on brioche bun. | 22

**Vegan Burger**  
Vegan patty made with walnuts, lentils, and chickpeas. Served on a kalamata olive ciabatta bun with garlic aioli, micro greens, avocado and pickles. | 20

**F&T2 Chicken Sandwich**  
Grilled chicken breast, mozzarella, sliced tomato, red onion, arugula, thousand island, brioche bun. | 20

**Mahi Mahi Sandwich**  
Blackened Mahi Mahi, remoulade, arugula, tomato, red cabbage-fennel slaw, brioche bun. | 20

**Chicken Salad Sandwich**  
Roasted chicken, cranberries, toasted pecans, walnuts, celery, onions, aioli, served on toasted multi-grain, with lettuce and tomato. | 16

**BLT**  
Apple wood bacon, lettuce, tomato, aioli served on toasted multi-grain. | 15

**Turkey Club**  
Sliced turkey, bacon, tomato, lettuce, aioli served on toasted multi-grain. | 18

**Tuna Salad Sandwich**  
Tuna, aioli, celery, onion served on toasted multi-grain, with lettuce and tomato. | 16

**Grouper Sandwich** | market price  
Wild grouper, sliced tomato, lettuce, brioche bun. Tartar sauce. Pan seared or blackened.

SIDES

**Air-Fried Potato Wedges** | 7

**Fresh Fruit** | 5

**House Salad** | 7

**Caesar** | 7

Choice of home made dressings balsamic vinagrette, citrus vinaigrette or ranch

PASTA

**Rigatoni & Meatballs**  
Rigatoni pasta served with marinara sauce, traditional Italian meatballs & garlic flatbread. | 18

**Penne Fauxlognese**  
Sun-dried tomatoes, marinara sauce,Vegan walnut fauxlognese,nutritional yeast, basil. | 19

**Mac & Cheese** | 6

**Spaghetti & Meatballs** | 8

**Grilled Chicken Sandwich** | 8  
Served with poato wedges or fruit.

**Burger** | 8  
Served with poato wedges or fruit.

**Grilled Cheese** | 8  
Served with poato wedges or fruit.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Especially if you have certain medical conditions







## DESSERTS

**Mixed Berry Cobbler**

Vegan, Gluten Free, Dairy Free Mixed Berry Cobbler - old fashion nutty oat crumble. Topped with vegan oat based vanilla | 14

**Cookie Dough Brownie**

Vegan, Raw, Gluten Free. Raisin walnut cocoa powder, base with vegan raw chocolate ga-nache and a cashew based almond flour cookie dough topping. | 14

**Tres Leches Cake**

Vegan, vanilla sponge cake infused with almond, coconut and oat mild, raspberry sauce and coconut whip cream. | 14

**Carrot Cake**

Old fashion carrot cake with cream cheese icing. Raspberry sauce. | 13

**Cheese Cake**

Traditional Cheese Cake with fresh strawberries. Coconut whip cream. Chocolate sauce. Mache coconut flakes. | 12

**Vanilla Bean Ice Cream**

House-made, organic | 7

**Chocolate Ice Cream**

House-made, organic | 7

## WINES

**SPARKLING**

	6oz	Bottle
Tiamo Prosecco, Italy	10	35
Parisot Brut, Italy- Organic	12	42
Flines Valley Rosé, France	12	42
No.21 Crémant de Bourgogne Brut, France	45	Half Bottle
No. 69 Crémant de Bourgogne Rosé, France	45	Half Bottle
Buena Vista, Champagne, France		112

**ROSÉ**

	6oz	Bottle
Angeline Rosé of Pinot Noir 2021, California	10	35
Rose of Sangiovese, Columbia Valley	12	42

**WHITE**

	6oz	Bottle
House	8	28
Gabbiano, Pinot Grigio, Italy	10	35
Antico Borgo Dei Colli, D.O.C., Italy, Pinot Grigio	13	46
Diora 2020, Monterey, Chardonnay	13	46
Black Stallion 2020, Napa Valley, Chardonnay	17	60
J. Moreau & Fils, Chablis	23	80
Villa Maria, New Zealand, Sauvignon Blanc.	10	35
Crossings, New Zealand, Sauvignon Blanc	13	46

**RED**

	6oz	Bottle
House	8	28
Six Stones, Rogue Valley, Pinot Noir	12	42
Sweet Cheeks, Willamette Valley, Pinot Noir	17	60
Klinker Brink, Old Lodi, Cabernet Sauvignon	12	42
Husch, Mendocino County, Cabernet Sauvignon	20	70
Buena Vista, Napa Valley, Cabernet Sauvignon		112
Valle Segrata Toscana, Italy	13	46
Ermeus Brunello di Montalcino, D.O.C., Italy		112
Peacemaker, Napa Valley, Cabernet Sauvignon		160

## COCKTAILS

**The Pretty in Pink Drink**

A delightful & visual appealing cocktail that is well balanced by combining the creamy sweetness of coconut milk, strawberry syrup, vanilla vodka & sparkling rosé. | 13

**Lemon Dream Cake**

Sip on this heavenly concoction that perfectly balances the rich notes of vanilla vodka, hazelnut liquor, zesty notes of lemon & comforting sweetness of cake. | 14

**Purple Rain**

A vibrant and captivating creation that will leave you feeling uplifted & inspired. A harmonious balance of vodka, blackberry müre, lavender & lemon. | 14

**The Model**

Fun Fact: Did you know the Espresso Martini was created in the 1980’s in a London Bar for a Supermodel. Fresh espresso, vanilla vodka & espresso liquor. You’re sure to be buzzing all night. | 14

**Fiona**

Our Dragon fruit Mojito is a tropical variation on the classic cocktail. Fresh dragon fruit, lime, mint syrup & soda. Bursting with vibrancy, refreshing with every sip. | 13

**Sunset Bliss**

Be transported to beachside paradise with this luscious daiquiri. Coconut Rum, strawberry syrup & fresh lime juice will make you feel like you have been taken away to a faraway land. | 13

**Clear Intentions**

The epitome of a refreshing spirited cocktail. Zesty and citrusy with vibrancy & complexity. Taking the classic margarita to the next level. | 14

**Tropical Smoke**

Tantalizing blend of smoky mezcal, refreshing pineapple and lime, hints of almond & blackberries. This exotic libation will transport you to paradise. | 14

**Chocolat d’Orange**

Decadent & smooth. Sip on this sophisticated libation that perfectly balances the warmth of cognac with zesty freshness of blood orange and velvety richness of chocolate. | 14

**The Fairways**

A delightful and creative take on the Arnold Palmer. This cognac – infused version adds a twist to refreshing combinations of iced tea and fresh lemonade. | 13

## BEVERAGES

**Spring or Sparkling Water** | 4.75

**Lemonade** | 5

**Strawberry Lemonade** | 5

**Organic Fruit Punch** | 6

**Fresh Brewed Organic Iced Tea**

Black or Tart Berry | 3.75

**Galvanina Organic Italian Beverages**

Tangerine Prickly Pear, Blood Orange, Lemon Tea, Peach Tea, Pomegranate or Lemon | 5

**Two Leaves Organic Hot Tea** | 3

Earl Gray, Macha Mint Green

English Breakfast, Energize

Darjeeling, Tropical Green, Chamomile

**Milk or Chocolate Milk** | 3

**Organic Juice**

Orange, Pineapple, Grapefruit, Apple, Cranberry or Tomato | 5

**Flying Eagle Kombucha**

Focus & Energize, Revive & Soothe, Boost & Breath, Uplift & Center | 6

**Organic Gourmet Coffee**

Regular or Decaf half & half, whole milk, oat milk or almond milk | 3

**Cappuccino** | 5.50

**Cold Brew Coffee** | 6.50

**Chai Latte** | 6     **Mocha** | 6.50

**Latte** | 6     **Americano** | 5

**Double Espresso Shot** | 4.50

## BEERS

**BOTTLE**

**Michelob Pure Gold** | 6.50

**Yuengling** | 5.50

**Miller Lite** | 4.50

**Coors Light** | 4.50

**Bud Light** | 4.50

**Corona** | 5.50

**Jai Alai IPA, Cigar City, Tampa** | 7.50

**Sam Smith Organic Lager** | 8

**Stella N.A.** | 6

**DRAFT**

**Michelob Ultra** | 5

**Michelob Amberbock** | 6

**Modelo** | 6

**Stella** | 6

**CRAFT DRAFT**

**Alfie’s Ale** | 6

**Turtle Season, Ankrolab** | 7.50

**Local Tap\*** | 8

**Seasonal Tap\*** | 8

**\* Ask your bartender or server**

**SELTZERS**

**NUTRL Watermelon** | **Lemonade** | **Pineapple** | 6

**Los Sunday Tequila Tropical** | 6





## STARTERS

- Shrimp & Grits** GF  
Garlic & lime marinated gulf shrimp, cheese grits, bacon jam sauce, green onion. | 20
- Eggplant Meatballs**  
Eggplant meatballs, parmigiano reggiano, basil oil, roasted garlic flatbread. | 18
- Italian Meatballs**  
Served with marinara sauce, ricotta cheese and roasted garlic flatbread. | 18
- Vegan Garden Bean Chili** GF  
Avocado, cilantro, lime, pickled red onion, jalapenos, gluten free tortilla chips. | 12
- Grouper Bites** GF  
Blackened grouper, over parmesan cheddar grits. Bacon jam. | 22
- Hummus Dip**  
Hummus garbanzo, e-vo, confit garlic, herbs and spices side of pita, GF chips, or veggies. | 12
- Guacamole**  
Guacamole avocado, cilantro, tomatoes, onions, jalapeno side of pita, GF chips, or veggies. | 12
- Ahi Tuna Tataki**  
Ahi Tuna with a pineapple salsa, Guacamole, ginger & sesame soy reduction. | 22

## SALADS

- Walnut Taco Salad** GF  
Romaine Lettuce, roasted corn, tomatoes, red onion, black beans, walnut taco meat topped with tortilla chips, cilantro lime vinaigrette served on the side. | 18
- Cobb Salad** GF  
Romaine Lettuce tossed with citrus vinaigrette topped with bacon, cherry tomatoes, avocado, watermelon radish, corn, cucumbers, pickled red onions & egg. | 18
- Roasted Squash & Brussel Sprout Salad** GF  
Baby spinach, roasted squash, brussel sprouts , dried cranberries, goat cheese, candied walnuts, red onion tossed in a citrus vinaigrettes. | 18
- Beet Salad** GF  
Red and Gold beets, citrus vinaigrette and port wine vinaigrette, mixed greens with shaved shallots, feta cheese crumbles, candied walnuts, orange zest, EVOO. | 18
- Caesar Salad**  
Romaine Lettuce, house made caesar dressing parmesan cheese, croutons. | 15
- The Power Salad** GF  
Mixed greens, quinoa, cucumber, carrots, bell peppers, fresh herbs, avocado, chef's vinaigrette. | 18
- Chopped Salad**  
Romaine Lettuce, cucumber, tomato, red onion, choice of dressing (balsamic vinaigrette, citrus vinaigrette, Ranch dressing or oil and vinegar. | 14

### ADD ONS

- |                         |                            |                 |
|-------------------------|----------------------------|-----------------|
| Grilled or Blackened    | Chicken   8                | Shrimp (4)   12 |
| Pan Seared or Blackened | Ora king Salmon Filet   16 | Mahi-mahi   12  |

## ENTREES

- Chicken Paillard**  
Pan seared thin chicken breast, lemon rosemary oil, baby lettuce, red onion, orange zest, citrus vinaigrette. Charred lemon. | 24
- Filet Mignon** GF  
6oz cut, served with roasted baby potatoes and seasonal vegetables. | 49
- New York Strip** GF  
12oz cut served with roasted baby potatoes and seasonal vegetables. | 46
- Grilled Pork Loin Medallions** GF  
Apple brandy sauce, served with roasted baby potatoes and seasonal vegetables. | 28
- 1/2 Rack Of Baby Back Ribs**  
BBQ sauce, served with roasted baby potatoes and seasonal vegetables. | 26
- Scallops** GF  
Pan seared (U 10) sea scallops, romesce sauce, served with roasted baby potatoes and seasonal vegetables. | 36
- Meatloaf**  
Yukon gold patato puree, roasted seasonal vegetables with gravy. | 26
- Crispy Skinned Ora King Salmon** GF  
Roasted corn, edamame lemon-caper browned butter. | 38
- Asparagus & Mushroom Risotto** GF  
Lemon zest, parmesan cheese, pesto, fine herbs. | 26
- Meat Lasagna**  
Homemade, baked with tomato sauce. | 24
- Chicken Parmesan**  
Bucatini pasta, mozzarella, basil and marinara sauce. | 28
- Short Rib Rigatoni**  
Brazed short rib, marinara, tomatoes, garlic, red wine, basil. | 27
- Gulf Grouper** | Market Price GF  
Local gulf grouper, lemon-caper browned butter, served with roasted baby potatoes and seasonal vegetables.

## SANDWICHES

- All Burgers made from 100% Angus Grass-Fed Beef from Brasstown Farms.
- All sandwiches served with a side of coleslaw.

- Brasstown Burger**  
100 % angus beef patty, lettuce, tomato, and onion on a toasted brioche bun. | 18
- Vegan Burger**  
In house made 6 oz vegan burger, walnuts, lentils and chickpeas on a kalamata olive ciabatta bun, garlic aioli, microgreens, avocado, pickles. | 20
- F&T 2 Chicken Sandwich**  
6 oz grilled chicken breast, mozzarella, sliced tomato, red onion, arugula, thousand island dressing on a toasted brioche bun. | 20

### SIDES

- |  |                                |
|--|--------------------------------|
| <b>Air-Fried Potato Wedges</b>   7         | <b>Hand Cut Coleslaw</b>   5   |
| <b>Roasted Red &amp; Gold Potatoes</b>   7 | <b>Seasonal Vegetables</b>   7 |
| <b>Side House Salad or Caesar</b>   7      | <b>Fresh Fruit</b>   5         |
- Choice of home made dressings balsamic vinagrette, citrus vinaigrette or ranch

### SOUPS

- Carrot Ginger** GF V  
Carrots, onions, cooked in a savory house made vegetable stock. Finished with candied ginger syrup and coconut milk. Garnished with roasted pumpkin seeds.  
| cup 6.50 | bowl 8.50
- Chicken Noodle** GF  
Roasted chicken, garden vegetables in a house made chicken stock. Finished with brown rice noodles and parsley.  
| cup 6.50 | bowl 8.50
- Mushroom Bisque** GF V  
Cremini & button mushrooms cooked in a savory house made vegetable broth, pureed and finished with almond milk. Garnished with sautéed mushrooms and herbs.  
| cup 6.50 | bowl 8.50

### KIDS

- |   |   |
|---|---|
| <b>Mac &amp; Cheese</b>   6   | <b>Spaghetti &amp; Meatballs</b>   8                    |
| <b>Grilled Chicken Sandwich</b>   8<br>Served with poato wedges or fruit. | <b>Burger</b>   8<br>Served with poato wedges or fruit. |
| <b>Grilled Cheese</b>   8<br>Served with poato wedges or fruit.           |   |





## DESSERTS

### Mixed Berry Cobbler

Vegan, Gluten Free, Dairy Free Mixed Berry Cobbler - old fashion nutty oat crumble. Topped with vegan oat based vanilla | 14

### Cookie Dough Brownie

Vegan, Raw, Gluten Free. Raisin walnut cocoa powder, base with vegan raw chocolate ganache and a cashew based almond flour cookie dough topping. | 14

### Tres Leches Cake

Vegan, vanilla sponge cake infused with almond, coconut and oat mild, raspberry sauce and coconut whip cream. | 14

### Carrot Cake

Old fashion carrot cake with cream cheese icing. Raspberry sauce. | 13

### Cheese Cake

Traditional Cheese Cake with fresh strawberries. Coconut whip cream. Chocolate sauce. Mache coconut flakes. | 12

### Vanilla Bean Ice Cream

House-made, organic | 7

### Chocolate Ice Cream

House-made, organic | 7

## WINES BY THE GLASS

SPARKLING	6oz	Bottle
Tiamo Prosecco, Italy	10	35
Parisot Brut, Italy- Organic	12	42
Flines Valley Rosé, France	12	42
No.21 Crémant de Bourgogne Brut, France	45	Half Bottle
No. 69 Crémant de Bourgogne Rosé, France	45	Half Bottle
Buena Vista, Champagne, France		112

ROSÉ	6oz	Bottle
Angeline Rosé of Pinot Noir 2021, California	10	35
Rose of Sangiovese, Columbia Valley	12	42

WHITE	6oz	Bottle
House	8	28
Gabbiano, Pinot Grigio, Italy	10	35
Antico Borgo Dei Colli, D.O.C., Italy, Pinot Grigio	13	46
Diora 2020, Monterey, Chardonnay	13	46
Black Stallion 2020, Napa Valley, Chardonnay	17	60
J. Moreau & Fils, Chablis	23	80
Villa Maria, New Zealand, Sauvignon Blanc.	10	35
Crossings, New Zealand, Sauvignon Blanc	13	46

RED	6oz	Bottle
House	8	28
Six Stones, Rogue Valley, Pinot Noir	12	42
Sweet Cheeks, Willamette Valley, Pinot Noir	17	60
Klinker Brink, Old Lodi, Cabernet Sauvignon	12	42
Husch, Mendocino County, Cabernet Sauvignon	20	70
Buena Vista, Napa Valley, Cabernet Sauvignon		112
Valle Segrata Toscana, Italy	13	46
Ermeus Brunello di Montalcino, D.O.C., Italy		112
Peacemaker, Napa Valley, Cabernet Sauvignon		160

## COCKTAILS

### The Pretty in Pink Drink

A delightful & visual appealing cocktail that is well balanced by combining the creamy sweetness of coconut milk, strawberry syrup, vanilla vodka & sparkling rosé. | 13

### Lemon Dream Cake

Sip on this heavenly concoction that perfectly balances the rich notes of vanilla vodka, hazelnut liquor, zesty notes of lemon & comforting sweetness of cake. | 14

### Purple Rain

A vibrant and captivating creation that will leave you feeling uplifted & inspired. A harmonious balance of vodka, blackberry müre, lavender & lemon. | 14

### The Model

Fun Fact: Did you know the Espresso Martini was created in the 1980’s in a London Bar for a Supermodel. Fresh espresso, vanilla vodka & espresso liquor. You’re sure to be buzzing all night. | 14

### Fiona

Our Dragon fruit Mojito is a tropical variation on the classic cocktail. Fresh dragon fruit, lime, mint syrup & soda. Bursting with vibrancy, refreshing with every sip. | 13

### Sunset Bliss

Be transported to beachside paradise with this luscious daiquiri. Coconut Rum, strawberry syrup & fresh lime juice will make you feel like you have been taken away to a faraway land. | 13

### Cleat Intentions

The epitome of a refreshing spirited cocktail. Zesty and citrusy with vibrancy & complexity. Taking the classic margarita to the next level. | 14

### Tropical Smoke

Tantalizing blend of smoky mezcal, refreshing pineapple and lime, hints of almond & blackberries. This exotic libation will transport you to paradise. | 14

### Chocolat d’Orange

Decadent & smooth. Sip on this sophisticated libation that perfectly balances the warmth of cognac with zesty freshness of blood orange and velvety richness of chocolate. | 14

### The Fairways

A delightful and creative take on the Arnold Palmer. This cognac – infused version adds a twist to refreshing combinations of iced tea and fresh lemonade. | 13

## BEVERAGES

Spring or Sparkling Water | 4.75

Lemonade | 5

Strawberry Lemonade | 5

Organic Fruit Punch | 6

Fresh Brewed Organic Iced Tea

Black or Tart Berry | 3.75

Galvanina Organic Italian Beverages

Tangerine Prickly Pear, Blood Orange, Lemon Tea, Peach Tea, Pomegranate or Lemon | 5

Two Leaves Organic Hot Tea | 3

Earl Gray, Macha Mint Green

English Breakfast, Energize

Darjeeling, Tropical Green, Chamomile

Milk or Chocolate Milk | 3

### Organic Juice

Orange, Pineapple, Grapefruit, Apple, Cranberry or Tomato | 5

### Flying Eagle Kombucha

Focus & Energize, Revive & Soothe, Boost & Breath, Uplift & Center | 6

### Organic Gourmet Coffee

Regular or Decaf half & half, whole milk, oat milk or almond milk | 3

Cappuccino | 5.50

Cold Brew Coffee | 6.50

Chai Latte | 6 Mocha | 6.50

Latte | 6 Americano | 5

Double Espresso Shot | 4.50

## BEERS

### BOTTLE

Michelob Pure Gold | 6.50

Yuengling | 5.50

Miller Lite | 4.50

Coors Light | 4.50

Bud Light | 4.50

Corona | 5.50

Jai Alai IPA, Cigar City, Tampa | 7.50

Sam Smith Organic Lager | 8

Stella N.A. | 6

### DRAFT

Michelob Ultra | 5

Michelob Amberbock | 6

Modelo | 6

Stella | 6

### CRAFT DRAFT

Alfie’s Ale | 6

Turtle Season, Ankrolab | 7.50

Local Tap\* | 8

Seasonal Tap\* | 8

\* Ask your bartender or server

### SELTZERS

NUTRL Watermelon | Lemonade | Pineapple | 6

Los Sunday Tequila Tropical | 6





Served Daily 7am - 4pm

MORNING COCKTAIL

Mimosa | 8      Bloody Mary | 10

TOAST

**Avocado Toast**  
Toasted honey wheat bread layered with smashed avocado, sliced tomatoes, red onion. Topped with arugula & feta. Finished with 2 poached eggs. | 14  
Substitute gluten free

SIGNATURES

**Shrimp And Grits**  
Garlic & lime marinated gulf shrimp, cheese grits, bacon jam sauce, green onion. | 20

**Oakes Farm Hash**  
Mixed mushroom, potato, onion, broccolini, spinach, mozzarella and Parmesan cheese. Served with slice of ciabatta bread and sunny side up egg. | 17

**Breakfast Burrito**  
Scrambled eggs, spinach, black beens, house made breakfast sausage, sheered cheeses, flour tortilla and a side of pico de gallo | 16

**Croissant Sandwich**  
2 fried eggs, bacon, swiss cheese, spinach, tomato, hollandaise sauce. Served with home fries. | 16

**Eggs Benedict**  
Croissant, black forest uncured ham, 2 poached eggs, hollandaise. Garnished with mixed peppers and pea tendrils. Served with home fries. | 18

**Yogurt Bowl**  
Coconut yogurt, seasonal fruit, peanut butter, chia, hemp, coconut, in house made seed granola, agave syrup. | 14

GRIDDLE

**Tiramisu French Toast**  
Pullman brioche, chocolate ganache, coffee cream, seasonal berries, cocoa and powdered sugar, warm syrup. | 14

**Classic Brioche French Toast**  
whipped butter, powdered sugar, warm syrup. | 12

**Buttermilk Pancakes**  
2 pancakes served with side of butter and warm syrup. Served with a cup of fruit. | 13

**Vegan Pancakes**  
2 pancakes served with side of butter and warm syrup. Served with a cup of fruit. | 14

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Especially if you have certain medical conditions

OMELETS & EGGS

Served with toast and a choice of home fries, sliced tomatoes, fresh fruit.

**Greek Omelet**  
3 free range egg omelet with spinach, tomato, onion, Kalamata olives, and feta cheese. | 16

**Western Omelet**  
3 free range egg omelet with black forest uncured ham, onions, peppers, cheddar cheese. | 19

**Veggie Omelet**  
3 free range egg omelet with mushroom, peppers, spinach and tomato. | 16

**Meat Lovers Omelet**  
3 free range egg omelet with ham, bacon, sausage & cheddar cheese. | 19

**Eggs Your Way**  
2 eggs cooked your way, choice of bacon, turkey or pork sausage patties. | 14

BIG BREAKFAST

**Steak & Eggs**  
6 oz Sirloin steak cooked with herb butter with 2 eggs your way, with home fries & toast. | 20

.....

**F&T2 Breakfast Platter**  
2 eggs cooked your way, 2 buttermilk pancakes, home fries and a choice of bacon, pork or turkey sausage . | 16

F&T2 Sides

- Pork or Turkey Sausage | 6

Home Fries | 6

Honey Wheat Toast | 3

Gluten-Free Toast | 3
- Bacon | 6

Grits | 6

Sourdough | 3

Fresh Fruit 5
- 1/2 Avocado | 3.50

Slice Tomatoes | 2

1 Pancake | 6

KIDS

**French Toast**  
Served with bacon and a fruit cup | 9

**Pancakes**  
Served with bacon and a fruit cup | 9

**Scrambled Eggs**  
Served with bacon, toast and a fruit cup | 9

BEVERAGES

- Spring or Sparkling Water | 4.75

Lemonade | 5

Strawberry Lemonade | 5

Organic Fruit Punch | 6

Fresh Brewed Organic Iced Tea

Black or Tart Berry | 3.75

- Galvanina Organic Italian Beverages

Tangerine Prickly Pear, Blood Orange, Lemon Tea, Peach Tea, Pomegranate or Lemon | 5

Two Leaves Organic Hot Tea | 3

Earl Gray, Macha Mint Green

English Breakfast, Energize

Darjeeling, Tropical Green, Chamomile

Milk or Chocolate Milk | 3

- Organic Juice

Orange, Pineapple, Grapefruit, Apple, Cranberry or Tomato | 5

Flying Eagle Kombucha

Focus & Energize, Revive & Soothe, Boost & Breath, Uplift & Center | 6

Organic Gourmet Coffee

Regular or Decaf half & half, whole milk, oat milk or almond milk | 3

Cappuccino | 5.50

Cold Brew Coffee | 6.50

Chai Latte | 6

Mocha | 6.50

Latte | 6

Americano | 5

Double Espresso Shot | 4.50





Served Daily 7am - 4pm

DIPS & CHIPS

Guacamole & Chips | 12

Pico de Gallo & Chips | 8

Hummus With Pita or Veggies | 12

Salmon Dip With Pita or Veggies | 12

SOUPS

- Carrot Ginger GF V

Carrots, onions, cooked in a savory house made vegetable stock. Finished with candied ginger syrup and coconut milk. Garnished with roasted pumpkin seeds. | cup 6.50 | bowl 8.50
- Chicken Noodle GF

Roasted chicken, garden vegetables in a house made chicken stock. Finished with brown rice noodles and parsley. | cup 6.50 | bowl 8.50
- Mushroom Bisque GF V

Cremini & button mushrooms cooked in a savory house made vegetable broth, pureed and finished with almond milk. Garnished with sautéed mushrooms and herbs. | cup 6.50 | bowl 8.50

SALADS

- Walnut Taco Salad GF

Romaine Lettuce, roasted corn, tomatoes, red onion, black beans, walnut taco meat topped with tortilla chips, cilantro lime vinaigrette served on the side. | 18
- Cobb Salad GF

Romaine Lettuce tossed with citrus vinaigrette topped with bacon, cherry tomatoes, avocado, watermelon radish, corn, cucumbers, pickled red onions & egg. | 18
- Roasted Squash & Brussel Sprout Salad GF

Baby spinach, roasted squash, brussel sprouts , dried cranberries, goat cheese, candied walnuts, red onion tossed in a citrus vinaigrettes. | 18
- Beet Salad GF

Red and Gold beets, citrus vinaigrette and port wine vinaigrette, mixed greens with shaved shallots, feta cheese crumbles, candied walnuts, orange zest, EVOO. | 18
- Caesar Salad

Romaine Lettuce, house made caesar dressing parmesan cheese, croutons. | 15
- The Power Salad GF

Mixed greens, quinoa, cucumber, carrots, bell peppers, fresh herbs, avocado, chef's vinaigrette. | 18
- Chopped Salad

Romaine Lettuce, cucumber, tomato, red onion, choice of dressing (balsamic vinaigrette, citrus vinaigrette, Ranch dressing or oil and vinegar. | 14

ADD ONS

Grilled or Blackened	Chicken   8	Shrimp (4)   12
Pan Seared or Blackened	Ora king Salmon Filet   16	Mahi-mahi   12

PIZZAS

- Alfie’s Pie

Tomato Sauce, mozzarella, pepperoni, meatballs, red-yellow peppers, red onion. | 17.76
- F&T2 Signature Pie

Tomato Sauce, pulled roasted chicken, red onion, dates, mozzarella, blue cheese, arugula, vanilla-maple drizzle. | 20
- Traditional Cheese

Tomato Sauce, mozzarella, basil. | 16
- Mistaken Margherita

Tomato Sauce, Cherry tomatoes, mozzarella, basil reduction, olive oil, oregano, cooked basil, Himalayan salt. | 16
- Meat Lovers

Tomato Sauce, Pepperoni, pork belly, meatballs, mozzarella. | 21
- Pepperoni

Tomato Sauce, Mozzarella and parmesan. | 18
- Chicken Pesto

Chicken, oven dried tomatoes, pesto, ricotta, parmesan, olive oil. | 21
- Veggie

Tomato Sauce, mozzarella, bell pepper, onion, mushroom, kalamata olives, ricotta, parmesan, olive oil drizzle. | 18
- Fried Eggplant

Tomato Sauce, mozzarella, fried eggplant, parmesan cheese, topped with olive oil. | 18
- SUB GLUTEN-FREE

Cauliflower crust. | 5

SUNDAY BRUNCH

FOOD & THOUGHT

SANDWICHES

All sandwiches served with a side of coleslaw

- Brasstown Burger

Brasstown burger grass fed all beef patty, toasted brioche bun, lettuce, tomato, & onion. | 18
- Breakfast Burger

Grilled brasstown grass fed all beef patty, bacon, fried egg, cheese, grilled tomato. Served on brioche bun. | 22
- Vegan Burger

Vegan patty made with walnuts, lentils, and chickpeas. Served on a kalamata olive ciabatta bun with garlic aioli, micro greens, avocado and pickles. | 20
- F&T2 Chicken Sandwich

Grilled chicken breast, mozzarella, sliced tomato, red onion, arugula, thousand island , brioche bun. | 20
- Mahi Mahi Sandwich

Blackened Mahi Mahi, remoulade, arugula, tomato, red cabbage-fennel slaw, brioche bun. | 20
- Chicken Salad Sandwich

Roasted chicken, cranberries, toasted pecans, walnuts, celery, onions, aioli, served on toasted multi-grain, with lettuce and tomato . | 16

- BLT

Apple wood bacon, lettuce, tomato, aioli served on toasted multi-grain. | 15
- Turkey Club

Sliced turkey, bacon, tomato, lettuce, aioli served on toasted multi-grain. | 18
- Tuna Salad Sandwich

Tuna, aioli, celery, onion served on toasted multi-grain, with lettuce and tomato . | 16
- Grouper Sandwich

| market price  
Wild grouper, sliced tomato, lettuce, brioche bun. Tartar sauce. Pan seared or blackened.

SIDES

- Air-Fried Potato Wedges | 7

Fresh Fruit | 5
- House Salad | 7

Caesar | 7
- Choice of home made dressings balsamic vinagrette, citrus vinaigrette or ranch

KIDS

Mac & Cheese | 6

Spaghetti & Meatballs | 8

Grilled Chicken Sandwich | 8

Burger | 8

Served with poato wedges or fruit.

Served with poato wedges or fruit.

Grilled Cheese | 8

Served with poato wedges or fruit.

BEVERAGES

- Spring or Sparkling Water | 4.75

Lemonade | 5

Strawberry Lemonade | 5

Organic Fruit Punch | 6

Fresh Brewed Organic Iced Tea

Black or Tart Berry | 3.75

Galvanina Organic Italian Beverages

Tangerine Prickly Pear, Blood Orange, Lemon Tea, Peach Tea, Pomegranate or Lemon | 5

Two Leaves Organic Hot Tea | 3

Earl Gray, Macha Mint Green

English Breakfast, Energize

Darjeeling, Tropical Green, Chamomile

Milk or Chocolate Milk | 3
- Organic Juice

Orange, Pineapple, Grapefruit, Apple, Cranberry or Tomato | 5

Flying Eagle Kombucha

Focus & Energize, Revive & Soothe, Boost & Breath, Uplift & Center | 6

Organic Gourmet Coffee

Regular or Decaf half & half, whole milk, oat milk or almond milk | 3

Cappuccino | 5.50

Cold Brew Coffee | 6.50

Chai Latte | 6

Mocha | 6.50

Latte | 6

Americano | 5

Double Espresso Shot | 4.50

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Especially if you have certain medical conditions



**FOOD &  THOUGHT**

**Happy Hour**

**3:55pm till 6:05pm M-F**

**HAPPY HOUR COCKTAILS \$10**

**Ketel One Espresso Martini**

**Grey Goose Cosmo**

**Bulleit Old Fashion**

**Tito's Mule**

**Belvedere Lemon Drop**

**Tromba Tequila Margaritas & Palomas**

**Tropical Smoke Martini, Illegal Mezcal**

**\$6**

**Captain Morgan - Bacardi - Malibu - Tito's - Beefeaters - Tromba Tequila**

**\$7**

**Crown - Jack Daniels - Dewars - Bulleit Bourbon - Ketel One - Don Julio**

**\$8**

**Jameson - Maker's Mark - Grey Goose - Belvedere - Hendricks - Patron**

**ORGANIC COCKTAILS \$8**

**Dragon Fruit Mojito**

**Rum, Fresh Lime, Mint & Dragonfruit**

**Honey Bee**

**Spring 44 Honey Vodka Fresh Lemon Juice & Organic Honey Syrup**

**No. 75**

**Amass Gin, Fresh Lemon Juice, Parisot Brut & Botanicals**

**\$2 off**

**Wines By the Glass**

**\$1 off**

**Draft & Bottle Beers**

**Alfie's Ale**  
**Four Bucks**



Happy Hour 3:55pm till 6:05pm

## HAPPY HOUR COCKTAILS \$10

Ketel One Espresso Martini

Grey Goose Cosmo

Bulleit Old Fashion

Tito's Mule

Belvedere Lemon Drop

Tromba Tequila Margaritas & Palomas

Tropical Smoke Martini, Illegal Mezcal

**\$6** Captain Morgan - Bacardi - Malibu - Tito's - Beefeaters - Tromba Tequila

**\$7** Crown - Jack Daniels - Dewars - Bulleit Bourbon - Ketel One - Don Julio

**\$8** Jameson - Maker's Mark - Grey Goose - Belvedere - Hendricks - Patron

## ORGANIC COCKTAILS \$8

**Dragon Fruit Mojito**

Rum, Fresh Lime, Mint & Dragonfruit

**Honey Bee**

Spring 44 Honey Vodka Fresh Lemon Juice & Organic Honey Syrup

**No. 75**

Amass Gin, Fresh Lemon Juice, Parisot Brut & Botanicals

**\$2 Off**

Wines By the Glass

**\$1 Off**

Draft & Bottle Beers

**Alfie's Ale**  
Four Bucks



## **Alfie's Pie**

Tomato Sauce, mozzarella, pepperoni, meatballs, red-yellow peppers, red onion. | 17.76

## **F&T2 Signature Pie**

Tomato Sauce, pulled roasted chicken, red onion, dates, mozzarella, blue cheese, arugula, vanilla-maple drizzle. | 20

## **Traditional Cheese**

Tomato Sauce, mozzarella, basil. | 16

## **Mistaken Margherita**

Tomato Sauce, Cherry tomatoes, mozzarella, basil reduction, olive oil, oregano, cooked basil, Himalayan salt. | 16

## **Meat Lovers**

Tomato Sauce, Pepperoni, pork belly, meatballs, mozzarella. | 21

## **Pepperoni**

Tomato Sauce, Mozzarella and parmesan. | 18

## **Chicken Pesto**

Chicken, oven dried tomatoes, pesto, ricotta, parmesan, olive oil. | 21

## **Veggie**

Tomato Sauce, mozzarella, bell pepper, onion, mushroom, kalamata olives, ricotta, parmesan, olive oil drizzle. | 18

## **Fried Eggplant**

Tomato Sauce, mozzarella, fried eggplant, parmesan cheese, topped with olive oil. | 18

**SUB GLUTEN-FREE** Cauliflower crust. | 5