

**Fresh To Order, Sandy Springs**  
**6125 Roswell Road**  
**Sandy Springs, GA 30328**  
**404-567-8646**

**panini sandwiches:** Ciabatta or Whole Wheat Flat Bread  
(1/2 Panini with 1/2 Soup or 1/2 Salad available, 1/2 and 1/2 on Ciabatta Only)

<b>Smoky Southwest Chicken</b> Spicy Fire-Grilled Chicken, Two Cheeses, Crisp Tortillas, Lettuce, Southwest Ranch Dressing	<b>\$8.9</b>
<b>Grilled Chicken BLT</b> Fire-Grilled Chicken, Applewood-Smoked Bacon, Lettuce, Tomatoes, Sprouts, Avocado Aioli	<b>\$8.6</b>
<b>Roasted Pork</b> Shaved Brown Sugar Pork Loin, Caramelized Onions, Lettuce, Two Cheeses, Sweet Potato Aioli	<b>\$8.5</b>
<b>House Turkey Club</b> House Roasted Turkey, Two Cheeses, Applewood-Smoked Bacon, Lettuce, Tomato, Honey Mustard	<b>\$8.6</b>
<b>Grilled Prime Steak*</b> Savory Tender Steak, Roasted Peppers, Blue Cheese Crumbles, Caramelized Onions, Baby Greens, Golden Pepperdews, Horseradish Aioli	<b>\$9.8</b>
<b>Grilled Salmon*</b> Bourbon Marinated Salmon, Avocado, Lettuce, Corn Cilantro Relish, Tarragon Aioli	<b>\$9.5</b>
<b>Grilled Vegetable</b> Grilled Zucchini, Grilled Onions, Olive Salad, Baby Greens, Avocado, Grilled Squash, Feta Cheese, Balsamic Vinaigrette	<b>\$8.4</b>
<b>Chicken Caesar</b> Fire-Grilled Chicken, Avocado, Crisp Romaine, Tomatoes, Shaved Aged Parmesan Cheese, Savory Caesar Dressing	<b>\$8.6</b>
<b>Asian Chicken Crunch</b> (1/2 & 1/2: \$8.3) Almond Rosemary Crusted Chicken, Ginger Apricot Coleslaw, Avocado Aioli	<b>\$7.9</b>
<b>Tomato Mozzarella</b> (1/2 & 1/2: \$8.1) Fresh Mozzarella, Roasted Peppers, Basil, Tomatoes, Balsamic Vinaigrette. Add Seared Tofu \$1	<b>\$7.9</b>
<b>Crispy Tenderloins of Chicken</b> (1/2 & 1/2: \$8.3) Crispy Ale-Laced Chicken, Lettuce, Two Cheeses, Honey Mustard	<b>\$7.9</b>
<b>F2O Tuna Salad Melt</b> (1/2 & 1/2: \$8.1) House Made Tuna Salad, Olive Salad, Two Cheeses, Lettuce, Golden Pepperdews, Horseradish Aioli	<b>\$7.9</b>
<b>Waldorf Chicken Salad</b> (1/2 & 1/2: \$8.2) Fire Grilled Chicken, Apples, Grapes, Cranberries, Raisins, Candied Walnuts, House Pickled Onions, Blue Cheese Crumbles, Lettuce	<b>\$7.9</b>

**better for you burgers:**

<b>Tuna Burger*</b> Ginger Scallion Studded Tuna Burger, Asian Slaw, Baby Field Greens, Whole Wheat Flat Bread, Horseradish Aioli	<b>\$9.9</b>
<b>Black Bean Burger</b> Black Beans, Rice, Avocado, House Pickled Jalapenos, Lettuce, Tomatoes, Corn Relish, Whole Wheat Flat Bread, Horseradish Honey Mustard Sauce	<b>\$9.7</b>
<b>Bison Burger*</b> Grilled Bison Beef Burger, Baby Greens, Blue Cheese Crumbles, Whole Wheat Flat Bread, Horseradish Aioli, BBQ Sauce	<b>\$10.9</b>

**chef's perfect bites:**

**make it finer: add a small soup, f2o green, house or caesar salad for an extra \$2.0**

<b>Ale Laced Chicken Tenders</b> Honey Mustard Dressing	<b>\$5.0</b>
<b>Almond Crusted Seared Tuna*</b> Asian Slaw, Dijon Vinaigrette	<b>\$6.0</b>
<b>Coconut Curry Chicken</b> Fresh Coconut Curry Sauce, Wheat Berry Rice, Rosated Corn Nut Relish	<b>\$7.5</b>
<b>Chicken Skewers</b> Peanut Chili Sauce, Asian Slaw	<b>\$5.0</b>
<b>Blackened Lime Shrimp</b> Asian Slaw, Blue Cheese Dressing	<b>\$6.0</b>
<b>Brown Sugar Roasted Pork Loin</b> Sweet Mashed Potatoes, Apricot Chutney	<b>\$6.0</b>
<b>Crispy Calamari</b> Lemon Frites, Ginger Apricot Dressing	<b>\$6.0</b>
<b>Chicken Wild Mushroom</b> Mushroom Cream Sauce, Garlic Mashed Potatoes	<b>\$7.5</b>
<b>Seared Tofu</b> Coconut Curry, Wheat Berry Rice	<b>\$5.0</b>

**chef inspired soup:**

**made in house daily 1/2 bowl: \$4.0 full bowl: \$4.9**  
**chicken tortilla**  
**corn chowder**  
**creamy chicken vegetable**  
**tomato bisque**  
**wild mushroom**  
**lentil**

\* consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. cooked to order, Prices Subject to Change

**salads:** 1/2 Salad & 1/2 Soup Full Salads

<b>Southwest</b> Mixed Greens, Tomatoes, Cheese, Roasted Corn, Golden Raisins, Cranberries, Tortilla Crisps, Southwest Ranch	<b>\$7.9</b>	<b>\$7.7</b>
<b>Market</b> Mixed Baby Greens, Mandarin Oranges, Candied Walnuts, Golden Raisins, Cranberries, Apples, Toasted Almonds, Balsamic Vinaigrette	<b>\$7.9</b>	<b>\$7.7</b>
<b>Caesar</b> Crisp Romaine Blend, Shaved Aged Parmesan, Herb Croutons, Caesar Dressing	<b>\$7.9</b>	<b>\$7.7</b>
<b>Spinach</b> Spinach, Seasonal Fruit, Strawberries, Toasted Almonds, Blue Cheese Crumbles, Dried Cherries, Raspberry Vinaigrette	<b>\$7.9</b>	<b>\$7.7</b>
<b>Asian</b> Mixed Baby Greens, Candied Walnuts, Tomatoes, Avocado, Sesame Seeds, Pickled Ginger, Mandarin Oranges, Mixed Nuts, Crispy Noodles, Dijon Vinaigrette	<b>\$7.9</b>	<b>\$7.7</b>
<b>Mediterranean</b> Mixed Greens, Feta Cheese, Tomatoes, Olive Salad, Grilled Onions, Toasted Almonds, Herbs, Red Grapes, Ginger Apricot Vinaigrette	<b>\$7.9</b>	<b>\$7.7</b>
<b>Club</b> Mixed Greens, Toasted Almonds, Bacon, Tomatoes, Cucumbers, Avocados, Cheese, Golden Raisins, Cranberries, Honey Mustard	<b>\$7.9</b>	<b>\$7.7</b>
<b>Chopped Wedge</b> Crisp Iceberg Lettuce, Blue Cheese Crumbles, Bacon, Tomatoes, Scallions, Blue Cheese Dressing	<b>\$7.9</b>	<b>\$7.7</b>
<b>Blue Cheese Fig Salad</b> Mixed Baby Greens, Golden Raisins, Dried Figs, Candied Walnuts, Golden Pepperdews, Blue Cheese Crumbles, Balsamic Vinaigrette	<b>\$7.9</b>	<b>\$7.7</b>

**protein add ons for salad:**

Fire-Grilled Chicken Breast	\$2.5	Tender Crispy Calamari	\$3.9
Blackened Chicken Tenders	\$2.5	Bourbon Grilled Salmon*	\$3.9
Almond Crusted Chicken Skewers	\$3.0	Blackened Lime Shrimp	\$4.9
Ale-Laced Chicken Tenders	\$2.5	Almond Crusted Tuna*	\$4.9
Seared Tofu	\$2.5	Grilled Prime Steak*	\$4.9

**entrée long plates:**

<b>Brown Sugar Roasted Pork Loin</b> (3/4 Portion: \$10.9) Slow Roasted, Sweet Mashed Potatoes, Apricot Chutney	<b>\$12.8</b>
<b>Almond Chicken Skewers</b> (3/4 Portion: \$10.9) Almond-Rosemary Crust, Sweet Mashed Potatoes, Asian Slaw, Twin Sauces	<b>\$11.8</b>
<b>Grilled Salmon*</b> (3/4 Portion: \$11.9) Black Bean Orange Sauce, Baby Greens, Roasted Corn Peanut Relish, Wheat Berry Rice	<b>\$13.9</b>
<b>Crispy Tenderloins Of Chicken</b> (3/4 Portion: \$9.9) Crispy Ale-Laced Chicken, Garlic Mashed Potatoes, Honey Mustard, BBQ Sauce	<b>\$11.6</b>
<b>Grilled Prime Steak Medallion*</b> Balsamic Cabernet Reduction, Garlic Jack Grit Cake, Baby Greens	<b>\$14.9</b>
<b>Coconut Curry Salmon*</b> (3/4 Portion: \$11.9) Fresh Coconut Curry Sauce, Roasted Corn Peanut Relish, Wheat Berry Rice	<b>\$13.9</b>
<b>Fire-Grilled Chicken</b> Tender and Marinated, Wheat Berry Rice, Balsamic Cabernet Reduction	<b>\$10.9</b>
<b>Calamari</b> Tender Calamari, Lemon Frites, Asian Slaw, Wheat Berry Rice, Oriental Apricot Dressing	<b>\$11.0</b>
<b>Coconut Curry Chicken</b> Fresh Coconut Curry Sauce, Tender Fire Grilled Chicken, Roasted Corn Peanut Relish, Wheat Berry Rice	<b>\$11.0</b>
<b>Chicken Wild Mushroom</b> Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms	<b>\$13.6</b>
<b>Wild Mushroom Prime Steak Medallion*</b> Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms	<b>\$14.9</b>

**desserts:**

<b>Ice Box Pies:</b> \$3.5 Mini Mango Pie Mini Key Lime Pie Mini Chocolate Silk Pie Mini Peanut Butter Pie Mini Seasonal Pie (ask for this seasons flavor)	<b>Lighter Dessert Snacks:</b> \$2.1 Fudge Brownie Cup Cake Of the Day Fresh Baked Cookie Of the Day
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**individual side items: \$3.9**

Garlic Mashed Potatoes	Wheat Berry Rice
Grilled Vegetables	Macaroni & Cheese
Sweet Mashed Potatoes	Garlic Jack Grit Cake
Corn Peanut Salad	Fruit Salad

**kids: \$4.0**

Grilled Chicken Breast, Wheat Berry Rice	Kids Chicken Caesar
Coconut Chicken, Sweet Mashed Potatoes	Macaroni & Cheese
Seared Salmon & Rice (+\$2)	Organic Peanut Butter & Jelly
Grilled Steak Medallion, Garlic Mashed (+\$2)	Chicken Finger Platter