



APPETIZERS

SPICY CALAMARI - \$14

crispy jalapeños, onions, peppers, tzatziki

DYNAMITE STICKS - \$14

braised pork, italian sausage, chorizo, jalapeños, mozzarella, wrapped in flour tortilla, ancho ranch

CAPRESE FLATBREAD - \$15

cherry tomatoes, bocconcini, asiago, pesto, balsamic reduction

GFO CRAB DIP - \$15

dungeness crab, shrimp, cream cheese, roasted corn, fresh herbs, crostini, tortilla chips

BAKED BRIE - \$15

wheel of brie, tequila sweet chili sauce, roasted garlic, crostini

GFO SPINACH AND ARTICHOKE DIP - \$14

spinach, artichokes, cream cheese, feta, crostini, tortilla chips

GOLD PHOENIX GYOZA - \$13

ponzu dipping sauce, dried crispy noodles, house kimchi slaw

GFO TUNA TATAKI - \$16



albacore, ponzu dipping sauce, house kimchi slaw, pickled ginger

GFO CHILI PRAWNS - \$15

roasted red peppers, onion, goats cheese, chili butter, grilled focaccia

GFO FLUID'S OWN SLOW COOKED DRY RIBS - \$14

kosher salt, cracked pepper

CHICKEN WINGS - \$15

salt 'n' pepper | frank's red hot | bourbon bbq | spicy peanut | asian bbq
tequila sweet chili | honey soy ginger | teriyaki | habanero hot

ADD: RANCH \$1

BLUE CHEESE \$1



SMOKED CHICKEN QUESADILLA - \$15

tomato tortilla, roasted red peppers, black beans, charred corn, onion, mozzarella, salsa fresca, sour cream

ADD A SIDE \$3

ADD GUACAMOLE - \$2

TACOS

2 flour tortillas, house kimchi slaw, salsa fresca, chipotle lime aioli



TEMPURA COD - \$14



GRILLED TUNA - \$18

GRILLED CHICKEN - \$15

AAA FLAT IRON STEAK - \$18

PULLED PORK - \$15

BEEF - \$15

FALAFEL - \$14

LETTUCE WRAPS GFO

carrots, cucumber, house kimchi slaw, rice - OR - rice noodles

GRILLED CHICKEN BREAST - \$16

AAA FLAT IRON STEAK - \$18

PRAWNS- \$16

PULLED PORK - \$15



GRILLED TUNA - \$18

BEEF - \$15

FALAFEL - \$14

choose your sauce

sweet chili | spicy peanut | asian bbq
bbq | honey soy ginger | teriyaki

GFO 'LEANING TOWER' OF NACHOS - \$19

black beans, roasted corn, jalapeños, onion, tomato, peppers, house fire roasted salsa fresca, sour cream

ADD: GUACAMOLE - \$2

GRILLED CHICKEN- \$7

TACO BEEF- \$7

PULLED PORK - \$7



FLUID

bar & grill



CHEFS LADLE

all soups & salads served with grilled focaccia bread

CHEF'S DAILY SOUP CREATION

cup - \$6

bowl - \$9

AWARD WINNING

CREAMY SEAFOOD CHOWDER

CUP - \$9

BOWL - \$12

ARTISAN GREENS

ESSENTIAL GREENS SALAD

half - \$9

full - \$12

mixed greens, cherry tomatoes, carrots, beets, cucumbers, onion, toasted sunflower seeds

SALAD DRESSING:

house champagne vinaigrette,

white balsamic vinaigrette

cabernet balsamic

ancho ranch

raspberry vinaigrette

chipotle lime

spicy peanut

ranch

blue cheese



CLASSIC CAESAR SALAD

half - \$10

full - \$14

romaine, asiago, smoked bacon, garlic croutons

ADD

ALBACORE TUNA - \$9

PRAWNS - \$7

CHICKEN - \$7

AAA FLAT IRON STEAK - \$9

FALAFEL - \$6

SANTA FE CHICKEN SALAD \$16

mixed greens, cajun grilled chicken, black beans, bbq corn, feta cheese, chipotle lime vinaigrette, tortillas

COBB SALAD - \$17

mixed greens, chicken, bacon, hard boiled egg, mixed cheese, cucumber, cherry tomatoes, ancho ranch

THAI CHICKEN SALAD - \$16

mixed greens, cucumber, carrots, peppers, onions, rice vermicelli noodles, peanuts, sweet and spicy peanut dressing, toasted naan bread

AAA FLAT IRON STEAK SALAD - \$19

mixed greens, goat cheese, franks crispy onions, cucumbers, greens, tomatoes, cabernet balsamic vinaigrette

TUNA SALAD - \$19

sesame crusted albacore tuna seared medium rare.

mixed greens, cucumber, tomato and corn salsa,

pickled ginger, champagne vinaigrette



STREET FOOD

all burgers and sandwiches served with choice of:

KENNEBEC FRIES
SOUP
MIXED GREENS SALAD

substitute : \$1.5
CAESAR SALAD
YAM FRIES
SEAFOOD CHOWDER

GFO **BURGERS - \$15**

with garlic aioli, lettuce, tomato, onion, kosher dill spear

CHOICE OF PROTEIN:

100% GROUND BEEF **GFO**
GROUND LAMB **GFO**
GRILLED CHICKEN **GFO**
CRISPY BREADED CHICKEN
CRISPY FRIED COD
FALAFEL **GFO**

ADD

LOADED - \$4

mushrooms, bacon, mozzarella, bacon jam

SPANISH - \$4

brie , bacon, chipotle aioli, fig relish

MEXICAN - \$4

crispy jalapeños, salsa fresca, guacamole, chipotle aioli

AUSSIE - \$5

fried egg, bacon, sauteed mushrooms, mozza cheese,
bacon jam, pineapple, pickled beets

OR BUILD YOUR OWN - \$1.50 ea

- brie
 - feta
 - goat cheese
 - cheddar
 - mozzarella
 - tarter \$1
 - jalapeños
 - franks crispy onions
 - sauteed mushrooms
 - bacon
 - egg
 - tzatziki \$1
-

MOROCCAN SPICED FALAFEL NAAN WRAP - \$15

lettuce, cucumber, onion, tomato, feta, tzatziki

BBQ PULLED PORK SANDWICH - \$16 **GFO**

braised pork shoulder, bourbon bbq sauce, mozza cheese,
franks crispy onions, house slaw, garlic aioli, kosher dil

FLUID REUBEN - \$16

grilled rye, montreal smoked meat, sauerkraut, mozza cheese
crispy onions, dijon, kosher dill

BBQ CHICKEN WRAP - \$15

crispy chicken, tomato tortilla, house caesar salad, cheese blend

AAA FLAT IRON STEAK SANDWICH - \$19

AAA marinated steak on grilled focaccia, herb pesto,
franks crispy onions, chili lime butter

FISH & CHIPS 1 pc - \$15 2 pc - \$18

tempura cod, kimchi slaw, tartar sauce

BEEF DIP \$16

sliced beef, mozza cheese, garlic aioli, au jus

FLUID

bar & grill



FROM THE GRILL

our steaks are served with red wine demi

LUNCH

choose 2 sides

essential greens, caesar salad
soup of the day,
yam fries, kennebec fries

DINNER (from 5pm)

roasted garlic mash
and
chefs seasonal veg

AAA FLAT IRON

6 oz - \$ 23

AAA NEW YORK STEAK

8 oz - \$ 26

10 oz - \$ 29

ADD HERB BUTTERED PRAWNS - \$7

ADD 1/4LB OF SAUTEED MUSHROOMS - \$3

BOURBON BBQ MAKERS MARK RIBS

HALF - \$18

FULL - \$24

st. louis cut slow braised pork ribs, bourbon bbq sauce,
garlic mashed potatoes, chef's seasonal vegetables

PIZZA | PASTAS | BOWLS

all pastas served with grilled focaccia bread

ADD to any of the pastas

CHORIZO - \$4

PRAWNS - \$7

CHICKEN - \$7

GFO SMOKED CHICKEN & BACON FETTUCCHINE - \$19

sauteed mushrooms, roasted garlic, onion, alfredo sauce

CHICKEN PARMESAN FETTUCCHINE - \$19

breaded chicken, marinara sauce, cheese
roasted garlic, onion, buttered fettuccine sauce

GFO FLUID'S BACON MAC 'N CHEESE - \$16

aged cheddar, mozza, imperial cheese, asiago cheese sauce,
smoked bacon, panko crust

GFO MILAN PIZZA - \$19

herb pesto, house smoked chicken, chorizo, onion,
mozzarella, sweet chili drizzle

GFO BBQ CARNIVORE PIZZA - \$19

basil marinara, chorizo, beef, bacon, roasted red peppers,
mozzarella, bourbon bbq drizzle

GFO VEGGIE PIZZA - \$17

cream cheese base, spinach, artichokes, onions, peppers,
mushrooms, tomatoes, mixed cheese, finished with reduced balsamic

GFO JAMBALAYA BOWL - \$18

chicken, chorizo sausage, prawns, seasonal vegetables,
rice, spicy creole sauce, grilled focaccia

ADD HEAT

MILD | MED | HOT



GFO KUNG POW STIR FRY

seasonal vegetables, sweet 'n' spicy asian bbq sauce,
kimchi slaw, rice

CHOICE OF:

CHICKEN - \$17

AAA FLAT IRON STEAK - \$19

PRAWNS - \$18

Veggie - \$16