

FORK AND SALAD

SEASONAL MENU - WINTER 2023

NUTRITION INFORMATION

CALORIES INCLUDE LIGHT DRESSING

🌱 = VEGAN 🍷 = CONTAINS GLUTEN

| SEASONAL SALADS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------|------------------|----------|-------------------|---------------|-------------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Acapulco Chicken Salad | | 1031 | 487 | 57 | 19 | 167 | 814 | 63 | 16 | 13 | 65 |
| Apples, Pears & Feta | | 416 | 257 | 30 | 8 | 25 | 412 | 37 | 7 | 20 | 8 |
| Buffalo Chicken Salad | | 682 | 380 | 40 | 14 | 157 | 814 | 30 | 6 | 8 | 54 |
| CharQItaly | | 811 | 412 | 47 | 10 | 256 | 2795 | 56 | 8 | 9 | 41 |
| Chinese Chicken Salad 🍷 | | 458 | 137 | 19 | 2 | 96 | 793 | 36 | 6 | 17 | 41 |
| Fork Island 🍷 | | 785 | 435 | 50 | 12 | 322 | 652 | 26 | 9 | 11 | 58 |
| Mediterranean Escape | | 511 | 298 | 36 | 6 | 25 | 1049 | 40 | 6 | 7 | 12 |
| Randy Kennedy 🌱 | | 412 | 194 | 23 | 5 | 0 | 417 | 92 | 9 | 23 | 11 |
| Rocket Strawberry | | 414 | 248 | 31 | 7 | 25 | 383 | 32 | 7 | 13 | 14 |
| Steak Salad 🍷 | | 532 | 219 | 30 | 12 | 86 | 341 | 31 | 5 | 8 | 36 |
| Thanksgiving Bowl | | 362 | 104 | 12 | 2 | 94 | 135 | 43 | 7 | 6 | 41 |
| SIGNATURE SALADS | | | | | | | | | | | |
| All Kale To The Caesar | 467 | 565 | 287 | 25 | 8 | 120 | 583 | 18 | 5 | 3 | 52 |
| Avocobbo 🍷 | 606 | 635 | 302 | 26 | 6 | 284 | 266 | 31 | 11 | 6 | 51 |
| Dragons Garden 🌱🍷 | 450 | 673 | 373 | 43 | 5 | 0 | 642 | 49 | 10 | 14 | 36 |
| Electric Greens | 437 | 550 | 299 | 34 | 4 | 96 | 176 | 23 | 7 | 3 | 40 |
| Farmers Yield 🍷 | 538 | 680 | 296 | 34 | 9 | 125 | 449 | 49 | 8 | 6 | 55 |
| Home On The Range | 557 | 497 | 76 | 8 | 0 | 98 | 267 | 57 | 11 | 11 | 49 |
| Hummus Do You Love Me 🍷 | 536 | 378 | 143 | 19 | 6 | 29 | 638 | 48 | 8 | 7 | 16 |
| I Am Who I Am | 385 | 781 | 326 | 37 | 10 | 118 | 353 | 60 | 9 | 7 | 55 |
| Thai One On | 425 | 300 | 131 | 17 | 2 | 112 | 165 | 22 | 5 | 6 | 22 |
| Wild At Heart 🌱🍷 | 416 | 505 | 203 | 23 | 3 | 0 | 330 | 63 | 14 | 13 | 16 |

| BREAD & CHIPS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|-------------------------|-----------------|--------------------------|----------------------|--------------------------|-------------------------|--------------------|------------------------|--------------------------|-------------------|--------------------|
| Pita Chips ☼ | 20 | 90 | 30 | 4 | 0 | 0 | 190 | 14 | 1 | 0 | 2 |
| Tortilla Chips | 14 | 70 | 35 | 4 | 0 | 0 | 53 | 9 | 1 | 1 | 1 |
| Whole Wheat ☼ | 34 | 90 | 5 | 1 | 0 | 0 | 190 | 20 | 2 | 1 | 4 |
| BASES ▼ | | | | | | | | | | | |
| Arugula | 95 | 25 | 5 | 1 | 0 | 0 | 25 | 3 | 2 | 2 | 2 |
| Baby Spinach | 105 | 25 | 0 | 0 | 0 | 0 | 85 | 4 | 2 | 0 | 3 |
| Chopped Iceberg | 57 | 8 | 0 | 0 | 0 | 2 | 6 | 2 | 0 | 2 | 0 |
| Chopped Romaine | 150 | 25 | 0 | 0 | 0 | 0 | 10 | 5 | 3 | 2 | 2 |
| Mesclun | 95 | 15 | 0 | 0 | 0 | 0 | 25 | 2 | 0 | 0 | 1 |
| Quinoa & Farro Mix ☼ | 100 | 160 | 25 | 3 | 0 | 0 | 90 | 29 | 3 | 0 | 6 |
| Quinoa | 61 | 74 | 11 | 1 | 0 | 0 | 4 | 13 | 2 | 0 | 3 |
| Shredded Kale | 85 | 40 | 0 | 1 | 0 | 0 | 35 | 9 | 2 | 0 | 3 |
| Wild Rice | 45 | 160 | 5 | 0 | 0 | 0 | 0 | 34 | 3 | 0 | 6 |
| INGREDIENTS ▼ | | | | | | | | | | | |
| Apples | 30 | 16 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 3 | 0 |
| Basil | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Black Beans | 40 | 135 | 5 | 0 | 0 | 0 | 2 | 25 | 6 | 0 | 9 |
| Carrots | 34 | 14 | 1 | 0 | 0 | 0 | 23 | 3 | 1 | 2 | 0 |
| Celery | 56 | 10 | 0 | 0 | 0 | 0 | 56 | 2 | 1 | 1 | 1 |
| Chickpeas | 40 | 35 | 5 | 1 | 0 | 0 | 6 | 5 | 2 | 0 | 2 |
| Cilantro | 5 | 1 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Chives | 28 | 3 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| Cucumbers | 40 | 8 | 0 | 1 | 0 | 0 | 2 | 4 | 0 | 0 | 1 |
| Hemp Hearts | 9 | 55 | 41 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 3 |
| Housemade Croutons | 56 | 30 | 9 | 1 | 0 | 0 | 35 | 5 | 0 | 0 | 1 |
| Jalapeños | 28 | 2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 |
| Jicama | 35 | 15 | 0 | 0 | 0 | 0 | 0 | 3 | 2 | 0 | 0 |
| Lemon Squeeze | 13 | 3 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Lime Squeeze | 8 | 2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Mint | 14 | 1 | 0 | 0 | 0 | 0 | 5 | 2 | 1 | 0 | 1 |
| Raw Beets | 40 | 15 | 0 | 0 | 0 | 0 | 30 | 4 | 1 | 3 | 0 |
| Raw Corn | 36 | 30 | 0 | 0 | 0 | 0 | 5 | 7 | 0 | 2 | 1 |
| Red Peppers | 33 | 10 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 1 | 0 |
| Red Onions | 35 | 15 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 1 | 0 |
| Roasted Potatoes | 75 | 50 | 0 | 0 | 0 | 0 | 0 | 12 | 2 | 2 | 2 |
| Roasted Sweet Potatoes | 39 | 35 | 1 | 0 | 0 | 0 | 14 | 8 | 1 | 2 | 1 |
| Shredded Cabbage | 28 | 9 | 0 | 0 | 0 | 0 | 8 | 2 | 0 | 1 | 0 |
| Shredded Carrots | 34 | 14 | 1 | 0 | 0 | 0 | 23 | 3 | 1 | 2 | 0 |
| Spicy Broccoli | 39 | 3 | 29 | 3 | 1 | 0 | 32 | 1 | 1 | 1 | 1 |
| Spicy Sunflower Seeds | 10 | 55 | 42 | 5 | 1 | 0 | 2 | 2 | 1 | 0 | 1 |

| INGREDIENTS ① | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------|-------------------------|-----------------|--------------------------|----------------------|--------------------------|-------------------------|--------------------|------------------------|--------------------------|-------------------|--------------------|
| Sprouts | 26 | 8 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 |
| Toasted Almonds | 14 | 80 | 60 | 7 | 1 | 0 | 0 | 3 | 2 | 0 | 3 |
| Tomatoes | 56 | 12 | 0 | 0 | 0 | 0 | 7 | 2 | 0 | 1 | 0 |
| PREMIUMS | | | | | | | | | | | |
| Applewood Bacon | 1 | 80 | 68 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Avocado ② | 87 | 140 | 110 | 13 | 2 | 0 | 5 | 7 | 6 | 0 | 2 |
| Baked Falafel ③ ④ | 60 | 150 | 48 | 6 | 1 | 0 | 17 | 24 | 7 | 4 | 7 |
| Banana Peppers | 25 | 0 | 0 | 0 | 0 | 0 | 230 | 0 | 0 | 0 | 0 |
| Buffalo Chicken | 112 | 204 | 36 | 6 | 2 | 101 | 296 | 0 | 0 | 0 | 36 |
| Candied Pecans | 14 | 80 | 75 | 8 | 2 | 0 | 36 | 5 | 3 | 2 | 0 |
| Chow Mein Noodles | 57 | 21 | 2 | 1 | 0 | 0 | 18 | 2 | 0 | 0 | 0 |
| Citrus Shrimp | 59 | 59 | 2 | 0 | 0 | 112 | 66 | 0 | 0 | 0 | 14 |
| Dill Pickles | 40 | 5 | 0 | 0 | 0 | 0 | 323 | 1 | 0 | 1 | 1 |
| Feta Cheese | 30 | 75 | 54 | 6 | 4 | 25 | 316 | 1 | 0 | 1 | 4 |
| Goat Cheese | 30 | 103 | 72 | 8 | 6 | 22 | 146 | 0 | 0 | 0 | 6 |
| Hard Boiled Egg | 50 | 78 | 48 | 5 | 2 | 187 | 62 | 0 | 0 | 1 | 6 |
| Hummus ⑤ | 30 | 80 | 42 | 5 | 1 | 0 | 64 | 7 | 2 | 1 | 3 |
| Jalapeño Jack Cheese | 56 | 213 | 176 | 16 | 9 | 53 | 346 | 0 | 0 | 0 | 13 |
| Kalamata Olives ⑥ | 50 | 134 | 104 | 12 | 0 | 0 | 686 | 6 | 0 | 0 | 0 |
| Mandarin Oranges | 56 | 20 | 1 | 0 | 0 | 0 | 8 | 5 | 0 | 4 | 0 |
| Parmesan Crisp | 13 | 54 | 33 | 4 | 2 | 11 | 191 | 0 | 0 | 0 | 5 |
| Pears | 35 | 20 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 4 | 0 |
| Roasted Brussels Sprouts ⑦ | 75 | 28 | 0 | 0 | 0 | 0 | 16 | 6 | 2 | 1 | 2 |
| Roasted Chicken | 112 | 184 | 36 | 4 | 0 | 96 | 84 | 0 | 0 | 0 | 36 |
| Roasted Chickpeas | 22 | 50 | 1 | 1 | 0 | 0 | 6 | 5 | 2 | 0 | 2 |
| Roasted Sesame Tofu ⑧ ⑨ | 13 | 346 | 211 | 24 | 3 | 0 | 204 | 7 | 1 | 3 | 25 |
| Roasted Turkey | 113 | 153 | 7 | 1 | 1 | 94 | 59 | 0 | 0 | 0 | 34 |
| Shaved Parmesan | 14 | 61 | 37 | 4 | 3 | 13 | 214 | 0 | 0 | 0 | 6 |
| Spicy Calabrese Salami | 56 | 175 | 110 | 12 | 4 | 46 | 744 | 0 | 0 | 0 | 14 |
| Steak | 112 | 175 | 29 | 8 | 4 | 57 | 83 | 0 | 0 | 0 | 23 |
| Strawberries | 40 | 15 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sun-dried Tomatoes | 25 | 35 | 0 | 0 | 0 | 0 | 20 | 7 | 0 | 4 | 0 |
| White Cheddar Cheese | 30 | 113 | 84 | 9 | 6 | 29 | 174 | 0 | 0 | 0 | 7 |
| Wonton Strips ⑩ | 57 | 70 | 8 | 3 | 0 | 0 | 100 | 8 | 0 | 0 | 2 |

| DRESSINGS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------------------|-------------------------|-----------------|--------------------------|----------------------|--------------------------|-------------------------|--------------------|------------------------|--------------------------|-------------------|--------------------|
| Asian Sesame Vinaigrette | 30 | 102 | 89 | 11 | 2 | 0 | 541 | 8 | 0 | 7 | 1 |
| Balsamic Vinaigrette ⑤ | 30 | 163 | 152 | 17 | 3 | 0 | 74 | 1 | 0 | 1 | 0 |
| Balsamic Vinegar ⑤ | 30 | 30 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 6 | 0 |
| BBQ Sauce ⑤ | 15 | 18 | 0 | 0 | 0 | 0 | 100 | 4 | 0 | 4 | 0 |
| Carrot Chili Vinaigrette ⑤ | 30 | 138 | 122 | 14 | 1 | 0 | 27 | 4 | 0 | 3 | 0 |
| Caesar | 30 | 188 | 182 | 12 | 3 | 0 | 41 | 1 | 0 | 0 | 1 |
| Cranberry Vinaigrette ⑤ | 30 | 106 | 96 | 11 | 1 | 0 | 11 | 22 | 1 | 1 | 1 |
| Creamy Parmesan and Herb ④ | 30 | 126 | 108 | 3 | 3 | 2 | 58 | 1 | 0 | 1 | 1 |
| Extra Virgin Olive Oil ⑤ | 30 | 237 | 237 | 27 | 4 | 0 | 0 | 0 | 0 | 0 | 0 |
| Garden Herb Ranch | 30 | 138 | 133 | 15 | 3 | 1 | 25 | 9 | 0 | 0 | 1 |
| Horseradish Vinaigrette | 30 | 109 | 97 | 12 | 2 | 0 | 34 | 2 | 0 | 2 | 0 |
| Housemade Salsa | 1 | 5 | 0 | 0 | 0 | 0 | 69 | 1 | 0 | 1 | 0 |
| Italian Vinaigrette | 30 | 70 | 40 | 3 | 1 | 9 | 251 | 6 | 0 | 0 | 4 |
| Lime Cilantro Jalapeno Vinaigrette ⑤ | 30 | 127 | 118 | 14 | 2 | 0 | 3 | 2 | 0 | 2 | 0 |
| Maple Dijon Vinaigrette | 30 | 136 | 122 | 13 | 4 | 0 | 268 | 49 | 0 | 14 | 0 |
| Maple Vinaigrette | 30 | 170 | 128 | 15 | 2 | 0 | 0 | 10 | 0 | 10 | 0 |
| Miso Sesame Ginger Vinaigrette ④ ⑤ | 30 | 76 | 46 | 5 | 1 | 0 | 175 | 7 | 0 | 6 | 1 |
| Pesto Vinaigrette ⑤ | 30 | 118 | 112 | 13 | 2 | 0 | 26 | 1 | 0 | 0 | 0 |
| Red Wine Vinaigrette ⑤ | 30 | 123 | 119 | 14 | 2 | 0 | 1 | 1 | 0 | 0 | 0 |
| Spicy Cashew ⑤ | 30 | 108 | 82 | 9 | 1 | 0 | 13 | 5 | 1 | 0 | 2 |
| Sour Cream | 2 | 60 | 7 | 5 | 4 | 11 | 13 | 2 | 0 | 2 | 1 |
| Sriracha ⑤ | 10 | 10 | 0 | 0 | 0 | 0 | 200 | 2 | 0 | 2 | 0 |
| Thousand Isle | 30 | 115 | 80 | 11 | 2 | 8 | 269 | 5 | 0 | 5 | 0 |

| SMOOTHIES 16 oz | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------|--------------------------|-----------------|----------------------|--------------------------|-------------------------|--------------------|------------------------|--------------------------|-------------------|--------------------|
| Avocado Dreamsicle ⑤ | 16 | 255 | 16 | 3 | 0 | 130 | 35 | 15 | 13 | 11 |
| Berry Wild | 16 | 157 | 0 | 0 | 3 | 58 | 39 | 7 | 23 | 4 |
| Creamy Cashew Treat ⑤ | 16 | 415 | 28 | 7 | 0 | 133 | 41 | 6 | 12 | 11 |
| Detox Mantra ⑤ | 16 | 104 | 0 | 0 | 0 | 1 | 25 | 4 | 18 | 0 |
| Peanut Butter Warrior ⑤ | 16 | 511 | 27 | 4 | 0 | 310 | 57 | 8 | 29 | 14 |
| Strawberry Banana | 16 | 181 | 3 | 0 | 3 | 204 | 38 | 6 | 23 | 5 |
| Tropical Storm ⑤ | 16 | 162 | 4 | 1 | 0 | 127 | 39 | 10 | 18 | 10 |
| Weekend Escape ⑤ | 16 | 235 | 4 | 1 | 1 | 126 | 42 | 6 | 31 | 2 |

DRESSING INGREDIENTS

Asian Sesame

Vinaigrette

sesame oil
soy sauce
rice wine vinegar
honey
ginger

Balsamic Vinaigrette

olive oil
balsamic vinegar
dijon
garlic
pepper

Caesar Dressing

grapeseed oil
olive oil
red wine vinegar
lemon juice
egg yolk
mustard
garlic
worcestershire sauce
Tabasco® sauce
salt
pepper

Carrot Chili

olive oil
carrots
white wine vinegar
agave
sriracha
garlic
red pepper flakes

Cranberry Vinaigrette

grapeseed oil
olive oil
cranberries
white balsamic vinegar
smooth dijon
agave

Creamy Parmesan Herb

canola oil
sour cream
reggiano
milk
garlic
sugar
agave
basil
oregano
egg yolk
lemon juice
white wine vinegar
mustard
salt

Garlic Herb Ranch

canola oil
buttermilk
sour cream
apple cider vinegar
garlic
parsley
dill
oregano
basil
egg yolk
lemon juice
white wine vinegar
mustard
salt
pepper
worcestershire sauce

Horse Radish Vinaigrette

olive oil
horseradish
white wine vinegar
honey
smooth dijon
pepper

Lime Cilantro

Jalapeño
grapeseed oil
agave
lime juice
jalapeño
cilantro
cumin
pepper

Maple Dijon Vinaigrette

olive oil
balsamic vinegar
smooth dijon
maple syrup
garlic
pepper

Maple Vinaigrette

blended oil
apple cider vinegar
maple syrup
pepper

Miso Sesame Ginger Vinaigrette

sesame oil
olive oil
miso
agave
lime juice
soy sauce
rice vinegar
ginger
sesame seeds

Pesto Vinaigrette

olive oil
parsley
basil
lemon juice
mustard
garlic
lemon

Red Wine Vinaigrette

olive oil
lemon
red wine vinegar
dried oregano
garlic

Spicy Cashew

cashew butter
sesame oil
sriracha
lime juice
ginger
cilantro

Thousand Isle

mayonnaise
relish
ketchup
sour cream
egg
red pepper
white vinegar
sugar
onion
garlic
pepper
Tabasco® sauce
worcestershire sauce

Tzatziki

olive oil
yogurt
sour cream
cucumber
lemon juice

TOPPINGS & PROTEINS INGREDIENTS

Buffalo Chicken

Frank's RedHot® sauce
butter
cayenne pepper

Falafel

olive oil
chickpeas
red onion
garlic
parsley
cilantro
flour
chili powder
salt
lemon juice
cumin
baking powder

Granola

rolled oats
vegetable oil
honey
brown sugar
pecans
almonds
pumpkin seeds
cinnamon
vanilla
maple syrup

Hummus

chickpeas
tahini
lemon juice
garlic
cumin
canola oil
sesame seeds
salt

Roasted Sesame Tofu

tofu
grapeseed oil
sesame oil
tahini
soy sauce
maple syrup
pepper

Spicy Broccoli

broccoli
olive oil
garlic
salt
red pepper flakes
apple cider vinegar

Spicy Seeds

sunflower or pumpkin seeds
lime juice
chili powder

DISCLAIMER

Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal.