

FORK AND SALAD

SEASONAL MENU - SUMMER 2017

NUTRITION INFORMATION

CALORIES INCLUDE LIGHT DRESSING

🌱 = VEGAN 🍷 = CONTAINS GLUTEN

SEASONAL SALADS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Land and Ocean 🍷	366	313	113	14	3	0	55	125	22	5	10	25
Mediterranean Escape	477	503	298	35	6	0	25	1047	36	6	7	11
Rocket Strawberry	348	404	248	30	7	0	25	381	31	7	15	13
INGREDIENTS												
Mint 🌱	14	1	0	0	0	0	0	5	2	1	0	1
Sweet Onion 🌱	29	10	0	0	0	0	0	2	2	0	2	0
Toasted Sesame Seeds	3	17	12	1	0	0	0	0	1	0	0	1
PREMIUMS												
Roasted Steelhead	86	179	83	9	3	0	55	52	0	0	0	19
Flaked White Tuna	60	70	9	1	0	0	30	170	0	0	0	16
Kalamata Olives 🌱	50	134	104	12	0	0	0	686	6	0	0	0
Strawberries 🌱	40	13	1	0	0	0	0	0	3	0	2	0
Blueberries 🌱	38	21	1	0	0	0	0	0	5	0	4	0
DRESSING												
Orange Soy Ginger 🍷 🌱	30	22	11	1	0	0	0	10	3	0	2	0
Red Wine Vinaigrette 🌱	30	123	119	14	2	0	0	1	1	0	0	0
Maple Vinaigrette	30	170	128	15	2	0	0	0	10	0	10	0

SIGNATURE SALADS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
GREENS												
Hummus Do You Love Me ☺	536	370	143	18	6	0	29	636	44	8	7	15
All Kale To The Caesar	467	565	287	25	8	0	120	583	18	5	3	52
Electric Greens	437	550	299	34	4	0	96	176	23	7	3	40
Dragons Garden ☺ ♻	450	673	373	43	5	0	0	642	49	10	14	36
Thai One On	425	292	131	16	2	0	112	163	18	5	6	21
Avocobbo	606	635	302	26	6	0	284	266	31	11	6	51
Home On The Range	557	497	76	8	0	0	98	267	57	11	11	49
GRAINS												
Farmers Yield ☺	538	680	296	34	9	0	125	449	49	8	6	55
I Am Who I Am	385	781	326	37	10	0	118	353	60	9	7	55
Wild At Heart ☺ ♻	416	505	203	23	3	0	0	330	63	14	13	16
BREAD & CHIPS												
Whole Wheat ☺	34	90	5	1	0	0	0	190	20	2	1	4
Tortilla Chips	14	70	35	4	0	0	0	53	9	1	1	1
Pita Chips ☺	20	90	30	4	0	0	0	190	14	1	0	2
BASES ♻												
Arugula	95	25	5	1	0	0	0	25	3	2	2	2
Baby Spinach	105	25	0	0	0	0	0	85	4	2	0	3
Mesclun	95	15	0	0	0	0	0	25	2	0	0	1
Chopped Romaine	150	25	0	0	0	0	0	10	5	3	2	2
Shredded Kale	85	40	0	1	0	0	0	35	9	2	0	3
Quinoa & Farro Mix ☺	100	160	25	3	0	0	0	90	29	3	0	6
Quinoa	61	74	11	1	0	0	0	4	13	2	0	3
Wild Rice	45	160	5	0	0	0	0	0	34	3	0	6
Chopped Iceberg	57	8	0	0	0	0	2	6	2	0	2	0
INGREDIENTS ♻												
Sprouts	26	8	0	0	0	0	0	1	1	0	1	1
Carrots	34	14	1	0	0	0	0	23	3	1	2	0
Shredded Cabbage	28	9	0	0	0	0	0	8	2	0	1	0
Cucumbers	40	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	56	12	0	0	0	0	0	7	2	0	1	0
Spicy Broccoli	39	3	29	3	1	0	0	32	1	1	1	1
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	0
Red Onions	35	15	0	0	0	0	0	0	3	0	1	0
Raw Corn	36	30	0	0	0	0	0	5	7	0	2	1
Chickpeas	40	35	5	1	0	0	0	6	5	2	0	2
Red Peppers	33	10	0	0	0	0	0	1	2	1	1	0
SIGNATURE SALADS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
INGREDIENTS ♻												

Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Black Beans	40	135	5	0	0	0	0	2	25	6	0	9
Apples	30	16	0	0	0	0	0	0	4	1	3	0
Roasted Sweet Potatoes	39	35	1	0	0	0	0	14	8	1	2	1
Spicy Sunflower Seeds	10	55	42	5	1	0	0	2	2	1	0	1
Toasted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Hemp Hearts	9	55	41	5	0	0	0	0	0	0	0	3
Goji Berries	10	0	0	0	0	0	0	1	0	0	0	4
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Cilantro	5	1	0	0	0	0	0	2	0	0	0	0
Lime Squeeze ☺	8	2	0	0	0	0	0	0	1	0	0	0
Lemon Squeeze ☺	13	3	0	0	0	0	0	0	1	0	0	0
PREMIUMS												
Goat Cheese	30	103	72	8	6	0	22	146	0	0	0	6
Feta	30	75	54	6	4	0	25	316	1	0	1	4
White Cheddar	30	113	84	9	6	0	29	174	0	0	0	7
Shaved Parmesan	14	61	37	4	3	0	13	214	0	0	0	6
Parmesan Crisp	13	54	33	4	2	0	11	191	0	0	0	5
Avocado ☺	87	140	110	13	2	0	0	5	7	6	0	2
Roasted Chicken	112	184	36	4	0	0	96	84	0	0	0	36
Hard Boiled Egg	50	78	48	5	2	0	187	62	0	0	1	6
Roasted Sesame Tofu ☺ ☺	13	346	211	24	3	0	0	204	7	1	3	25
Baked Falafel ☺ ☺	60	150	48	6	1	0	0	17	24	7	4	7
Hummus ☺	30	80	42	5	1	0	0	64	7	2	1	3
Citrus Shrimp	59	59	2	0	0	0	112	66	0	0	0	14
DRESSINGS												
Balsamic Vinaigrette ☺	30	163	152	17	3	0	0	74	1	0	1	0
Miso Sesame Ginger Vinaigrette ☺ ☺	30	76	46	5	1	0	0	175	7	0	6	1
Spicy Cashew ☺	30	108	82	9	1	0	0	13	5	1	0	2
Pesto Vinaigrette ☺	30	118	112	13	2	0	0	26	1	0	0	0
Caesar	30	188	182	12	3	0	0	41	1	0	0	1
Creamy Parmesan and Herb	30	126	108	3	3	0	2	58	1	0	1	1
Lime Cilantro Jalapeño Vinaigrette ☺	30	127	118	14	2	0	0	3	2	0	2	0
Carrot Chili Vinaigrette ☺	30	138	122	14	1	0	0	27	4	0	3	0
Balsamic Vinegar ☺	30	30	0	0	0	0	0	0	6	0	6	0
Extra Virgin Olive Oil ☺	30	237	237	27	4	0	0	0	0	0	0	0
Garden Herb Ranch	30	138	133	15	3	0	1	25	9	0	0	1
BBQ Sauce ☺	15	18	0	0	0	0	0	100	4	0	4	0
Tzatziki	30	33	17	3	1	0	4	14	2	0	1	1
Sriracha ☺	10	10	0	0	0	0	0	200	2	0	2	0
BEVERAGES ☺	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blueberry Basil Lemonade	464	160	0	0	0	0	0	1	38	0	35	0
Strawberry Mint Fresca	464	98	0	0	0	0	0	1	21	0	21	0

Simple Ice Tea	464	35	0	0	0	0	0	0	1	8	0	8	0
Coconut Lime	464	134	0	0	0	0	0	0	27	30	0	27	0

FRUIT (V)	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Strawberries	100	33	3	0	0	0	0	1	8	2	1	1
Watermelon	100	30	2	0	0	0	0	1	8	0	6	1
Pineapple	100	50	9	0	0	0	0	1	13	1	10	1
Blueberries	100	57	3	0	0	0	0	1	14	2	10	1
Raspberries	100	53	6	1	0	0	0	1	12	7	4	1
Apples	100	52	0	0	0	0	0	0	14	3	11	0
Bananas	100	89	3	0	0	0	0	1	23	3	12	1
Blackberries	100	43	5	1	0	0	0	1	10	5	5	1
Cantaloupe	100	34	2	0	0	0	0	16	8	1	8	1
Honeydew	100	36	1	0	0	0	0	18	9	1	8	1
Lemon	24	5	0	0	0	0	0	0	2	0	1	0
Lime	15	4	0	0	0	0	0	0	2	0	1	0
Oranges	100	47	1	0	0	0	0	0	12	2	9	1

BREAKFAST BOWL	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BASES (V)												
Little Miss Sunshine	285	94	13	2	1	0	0	9	25	3	18	1
Greenhouse Effect	285	63	4	1	0	0	0	58	22	3	14	3
Power Pack	285	141	83	9	1	0	0	32	18	5	7	8
Chia Pudding	285	83	49	10	2	0	0	50	5	3	3	2
TOPPINGS												
Granola (⊕)	40	183	85	10	1	0	0	3	22	3	8	4
Banana (V)	60	53	2	0	0	0	0	1	14	2	7	1
Strawberries (V)	40	13	1	0	0	0	0	5	4	1	2	1
Honey	20	64	0	0	0	0	0	1	17	0	17	0
Maple Syrup (V)	15	55	0	0	0	0	0	3	14	0	12	0
Bee Pollen	5	16	2	0	0	0	0	0	2	0	2	1
Shaved Coconut (V)	5	33	30	3	3	0	0	2	1	1	0	0
Goji Berries (V)	10	23	0	0	0	0	0	19	7	1	3	1
Hemp Hearts (V)	10	55	41	5	1	0	0	0	1	1	0	3
Chia Seed (V)	10	45	29	3	0	0	0	0	4	4	0	2
Almonds (V)	10	58	44	5	0	0	0	0	2	1	0	2
Plain Greek Yogurt	30	29	11	1	1	0	0	20	3	0	2	1

DRESSING INGREDIENTS

Balsamic Vinaigrette

olive oil
balsamic vinegar
dijon
garlic
pepper

Miso Sesame Vinaigrette

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

Spicy Cashew

cashew butter
sesame oil
sriracha
lime juice
ginger
cilantro

Lime Cilantro Jalapeño

grape seed oil
agave
lime juice
jalapeño
cilantro
cumin
pepper

Pesto Vinaigrette

olive oil
parsley
basil
lemon juice
mustard
garlic
lemon

Creamy Parmesan Herb

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

Carrot Chili

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

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

Tzaziki

yogurt
sour cream
cucumber
lemon juice
olive oil

Caesar Dressing

grape seed oil
olive oil
red wine vinegar
lemon juice
egg yolk
mustard
garlic
worcestershire sauce
tabasco sauce
salt
pepper

Red Wine Vinaigrette

olive oil
lemon
red wine vinegar
dried oregano
garlic

Maple Vinaigrette

blended oil
apple cider vinegar
maple syrup
pepper

Orange Soy Ginger

sesame oil
grapeseed oil
rice vinegar
juiced oranges
soy sauce
ginger

TOPPINGS & PROTEINS INGREDIENTS

Roasted Sesame Tofu

tofu
grape seed oil
sesame oil
tahini
soy sauce
maple syrup
pepper

Spicy Broccoli

broccoli
olive oil
garlic
salt
red pepper flakes
apple cider vinegar

Falafel

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

Spicy Seeds

sunflower or pumpkin seeds
lime juice
chili powder

Hummus

chickpeas
tahini
lemon juice
garlic
cumin
canola oil
sesame seeds
salt

Granola

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

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 within 10% +/- of your actual meal.