FORK AND SALAD

# SEASONAL MENU - WINTER 2018

## 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Thanksgiving Bowl | 502 | 362 | 104 | 12 | 2 | 0 | 94 | 135 | 43 | 7 | 6 | 41 |
| Rustic Grain Bowl ⊛ Ⓥ | 362 | 446 | 120 | 15 | 1 | 0 | 0 | 410 | 74 | 10 | 17 | 15 |
| Rocket Strawberry | 348 | 412 | 248 | 31 | 7 | 0 | 25 | 383 | 32 | 7 | 13 | 14 |
| **INGREDIENTS** | | | | | | | | | | | | |
| Carmalized Onions Ⓥ | 40 | 29 | 17 | 2 | 0 | 0 | 0 | 3 | 3 | 1 | 2 | 0 |
| Dried Cranberries Ⓥ | 14 | 1 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 1 | 0 | 1 |
| Mint Ⓥ | 15 | 60 | 5 | 0 | 0 | 0 | 0 | 1 | 15 | 1 | 13 | 0 |
| **PREMIUMS** | | | | | | | | | | | | |
| Roasted Turkey | 113 | 153 | 7 | 1 | 1 | 0 | 94 | 59 | 0 | 0 | 0 | 34 |
| Roasted Brussels Sprouts Ⓥ | 75 | 28 | 0 | 0 | 0 | 0 | 0 | 16 | 6 | 2 | 1 | 2 |
| Candied Pecans Ⓥ | 14 | 80 | 75 | 8 | 2 | 0 | 0 | 36 | 5 | 3 | 2 | 0 |
| Strawberries Ⓥ | 40 | 13 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Roasted Portabello Mushroom Ⓥ | 60 | 21 | 4 | 1 | 0 | 0 | 0 | 6 | 3 | 1 | 0 | 3 |
| **DRESSING** | | | | | | | | | | | | |
| Cranberry Vinaigrette Ⓥ | 30 | 106 | 96 | 11 | 1 | 0 | 0 | 11 | 22 | 1 | 1 | 1 |
| Maple Vinaigrette Ⓥ | 30 | 170 | 128 | 15 | 2 | 0 | 0 | 0 | 10 | 0 | 10 | 0 |
| Miso Sesame Ginger Vinaigrette ⊛ Ⓥ | 30 | 76 | 46 | 5 | 1 | 0 | 0 | 175 | 7 | 0 | 6 | 1 |

| 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 | 378 | 143 | 19 | 6 | 0 | 29 | 638 | 48 | 8 | 7 | 16 |
| 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 | 300 | 131 | 17 | 2 | 0 | 112 | 165 | 22 | 5 | 6 | 22 |
| 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 |
| Mediterranean Escape | 477 | 511 | 298 | 36 | 6 | 0 | 25 | 1049 | 40 | 6 | 7 | 12 |
| **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 | 8 | 0 | 1 | 0 | 0 | 0 | 2 | 4 | 0 | 0 | 1 |
| 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 & Yellow Peppers | 33 | 10 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 1 | 0 |
| 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 |

| 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** Ⓥ | | | | | | | | | | | | |
| 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 Cheese | 30 | 75 | 54 | 6 | 4 | 0 | 25 | 316 | 1 | 0 | 1 | 4 |
| White Cheddar Cheese | 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 |
| Kalamata Olives Ⓥ | 50 | 134 | 104 | 12 | 0 | 0 | 0 | 686 | 6 | 0 | 0 | 0 |
| 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 Jalapeno 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 |
| Red Wine Vinaigrette | | | | | | | | | | | | |
| 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 |

| 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 Ⓥ | 16 | 255 | 16 | 3 | 0 | 130 | 35 | 15 | 13 | 11 |
| Detox Mantra Ⓥ | 16 | 104 | 0 | 0 | 0 | 1 | 25 | 4 | 18 | 0 |
| Strawberry Banana | 16 | 181 | 3 | 0 | 3 | 204 | 38 | 6 | 23 | 5 |
| Berry Wild | 16 | 157 | 0 | 0 | 3 | 58 | 39 | 7 | 23 | 4 |
| Peanut Butter Warrior Ⓥ | 16 | 511 | 27 | 4 | 0 | 310 | 57 | 8 | 29 | 14 |
| Creamy Cashew Treat Ⓥ | 16 | 415 | 28 | 7 | 0 | 133 | 41 | 6 | 12 | 11 |
| Tropical Storm Ⓥ | 16 | 162 | 4 | 1 | 0 | 127 | 39 | 10 | 18 | 10 |
| Weekend Escape Ⓥ | 16 | 235 | 4 | 1 | 1 | 126 | 42 | 6 | 31 | 2 |

| BREAKFAST BOWL | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|---|---|---|---|---|---|---|---|---|---|
| **BASES** Ⓥ | | | | | | | | | | |
| Little Miss Sunshine | 285 | 94 | 2 | 1 | 0 | 9 | 25 | 3 | 18 | 1 |
| Power Pack | 285 | 141 | 9 | 1 | 0 | 32 | 18 | 5 | 7 | 8 |
| Chia Pudding | 285 | 83 | 10 | 2 | 0 | 50 | 5 | 3 | 3 | 2 |
| **TOPPINGS** | | | | | | | | | | |
| Hemp Protein Ⓥ | 30 | 90 | 3 | 0 | 0 | 0 | 9 | 8 | 1 | 15 |
| Whey Protein Ⓥ | 30 | 130 | 2.5 | 0 | 15 | 50 | 3 | 1 | 1 | 23 |
| Granola ⊛ | 40 | 183 | 10 | 1 | 0 | 3 | 22 | 3 | 8 | 4 |
| Bananas Ⓥ | 60 | 53 | 0 | 0 | 0 | 1 | 14 | 2 | 7 | 1 |
| Strawberries Ⓥ | 40 | 13 | 0 | 0 | 0 | 5 | 4 | 1 | 2 | 1 |
| Honey | 20 | 64 | 0 | 0 | 0 | 1 | 17 | 0 | 17 | 0 |
| Maple Syrup Ⓥ | 15 | 55 | 0 | 0 | 0 | 3 | 14 | 0 | 12 | 0 |
| Bee Pollen | 5 | 16 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 1 |
| Shaved Coconut Ⓥ | 5 | 33 | 3 | 3 | 0 | 2 | 1 | 1 | 0 | 0 |
| Goji Berries Ⓥ | 10 | 23 | 0 | 0 | 0 | 19 | 7 | 1 | 3 | 1 |
| Hemp Hearts Ⓥ | 10 | 55 | 5 | 1 | 0 | 0 | 1 | 1 | 0 | 3 |
| Chia Seeds Ⓥ | 10 | 45 | 3 | 0 | 0 | 0 | 4 | 4 | 0 | 2 |
| Almonds Ⓥ | 10 | 58 | 5 | 0 | 0 | 0 | 2 | 1 | 0 | 2 |
| Plain Greek Yogurt | 30 | 29 | 1 | 1 | 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

**Red Wine Vinaigrette**
red wine vinegar
lemon juice
garlic
dry oregano
olive oil

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

**Pesto Vinaigrette**
olive oil
parsley
basil
lemon juice
mustard
garlic
lemon

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

**Tzaziki**
yogurt
sour cream
cucumber
lemon juice
olive oil

**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

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

**Cranberry Vinaigrette**
cranberries
blended oil
balsamic vinegar
dijon mustard
agave

**Maple Vinaigrette**
blended oil
apple cider vinegar
maple syrup
pepper

# 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 with in 10% +/- of your actual meal.