

FORK AND GREENS™

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 	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 	87	140	110	13	2	0	5	7	6	0	2
Baked Falafel  	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 	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 	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 	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  	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 	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

Italian Vinaigrette

canola oil
seasoned rice vinegar
sugar
garlic salt
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.