

GREENS & GRAINS

SMOOTHIES

\$5.99

MANGO KALE | 270 CALS

Mango, Fresh Kale, Simple Syrup, Oat Milk

STRAWBERRY BANANA | 310 CALS

Strawberry, Banana, Simple Syrup, Oat Milk

BLUEBERRY STRAWBERRY | 240 CALS

Blueberry, Strawberry, Simple Syrup, Oat Milk

TROPICAL GREENS | 170 CALS

Pineapple, Fresh Kale, Baby Spinach,
Oat Milk, Ginger Root, Tumeric

create your own
YOGURT PARFAIT

\$5.99

**CHOOSE 1 GREEK YOGURT FLAVOR,
2 FRUITS AND 2 TOPPINGS**

additional fruit or toppings +\$0.99

YOGURT

Strawberry Nonfat Greek Yogurt | 180 cals
Plain Nonfat Greek Yogurt | 120 cals
Vanilla Nonfat Greek Yogurt | 180 cals
Chia Seed Pudding | 170 cals

FRUIT

Mango | 30 cals • Pineapple | 45 cals • Strawberries | 15 cals
Blueberries | 20 cals • Banana | 25 cals

TOPPINGS

Cinnamon Brown Sugar Granola | 360 cals • Chia Seeds | 70 cals
Pumpkin Seeds | 110 cals • Sunflower Kernels | 110 cals



— BROAD ST BREAKFAST MENU —

BREAKFAST SANDWICHES

MAKE IT A COMBO ADD A SIDE + DRINK FOR +\$2.89

TOASTED BAGEL WITH YOUR CHOICE OF SPREAD .. \$2.29

Your choice of bagel | Plain, poppy, everything, made without gluten Udi's bagel

Your choice of spread | Plain cream cheese, veggie, strawberry | 70 CALS

FRESH FRIED EGG, AMERICAN CHEESE .. 360 CALS | \$3.69 

Served on a potato bun or english muffin

FRESH FRIED EGG, BACON, AMERICAN CHEESE .. 370 CALS | \$4.69

Served on a english muffin

FRESH FRIED EGG, PORK SAUSAGE, AMERICAN CHEESE .. 530 CALS | \$4.69

Served on a croissant

FRESH FRIED EGG, TURKEY SAUSAGE, AMERICAN CHEESE .. 460 CALS | \$4.69

Served on a bagel | Plain, poppy, everything, made without gluten Udi's bagel

FRIED JUST EGG®, VEGAN BREAKFAST SAUSAGE .. 530 CALS | \$4.69 

Served on a bagel | Plain, poppy, everything, made without gluten Udi's bagel

SIDES

TATER TOTS .. 180 CALS | \$2.49  

FRESH FRUIT CUP .. 70 CALS | \$2.49  



BUILD YOUR BREAKFAST SANDWICH | \$4.69

Your choice of a fresh fried egg or Just Egg® + american cheese included

CHOOSE YOUR BREAD

POTATO BUN | 220 CALS 

ENGLISH MUFFIN | 110 CALS 

CROISSANT | 210 CALS 

PLAIN BAGEL | 230 CALS 

EVERYTHING BAGEL | 310 CALS 

MADE WITHOUT GLUTEN UDI'S BAGEL | 300 CALS  

CHOOSE YOUR MEAT

PORK SAUSAGE | 180 CALS 

TURKEY SAUSAGE | 90 CALS 

PORK BACON | 120 CALS 

VEGAN BREAKFAST SAUSAGE | 140 CALS  

MEAL EXCHANGE

includes a side of fries or chips and a fountain, Tractor® beverage, + side



 ALL INCLUDED IN MEAL EXCHANGE

includes fountain, Tractor® or coffee beverage


GREENS & GRAINS


signature salads

\$6.99

CAESAR SALAD | 710 CALS

Chopped Romaine Lettuce, Shredded
Parmesan Cheese, Scratch Made
Croutons, Caesar Dressing

GARDEN SALAD | 80 CALS

Spring Mix, Fresh Tomatoes,
Fresh Cucumbers, Shredded
Carrots, Cucumbers

Choice of dressing +270 - 550 cal

create your own

SALAD  GRAIN BOWL

\$9.99

Add extra protein +\$2.99 | Additional toppings +\$0.99

**CHOOSE 1 BASE, 1 PROTEIN,
4 TOPPINGS AND 1 DRESSING**

BASE

CHOOSE GREENS, GRAINS OR 1/2 & 1/2

Spring Mix | 25 cal  

Chilled Farro | 650 cal 

Baby Spinach | 25 cal  


Red & White Quinoa | 400 cal  


Chopped Romaine | 35 cal  

Red Lentils | 470 cal  



PROTEIN

CHOOSE 1

Lemon Herb Grilled Chicken
Thigh | 430 cal 

Cajun Grilled Tofu | 270 cal  

Cilantro Lime Shrimp | 200 cal 


Roasted Portobello
Mushrooms | 110 cal  

SPREADS  TOPPINGS

CHOOSE 4

Chilled Roasted Brussels
Sprouts | 40 cal  

Crispy Onions | 60 cal 

White Bean Spread | 50 cal  

Tzatziki Sauce | 30 cal  

Roasted Chickpea | 110 cal  

Pickled Red Onions | 15 cal  

Roasted Sweet Potatoes | 60 cal  

Hummus | 80 cal  

Sumac Roasted Carrots | 50 cal  

Dried Cranberries | 65 cal  

Pickled Cucumbers | 10 cal  

Sunflower Kernels | 50 cal  



Scratch Made Croutons | 60 cal 


Roasted Beets | 30 cal  

Toasted Pumpkin Seeds | 50 cal  

DRESSINGS

CHOOSE 1

Orange Balsamic
Vinaigrette | 300 cal  

Ranch Dressing | 310 cal  

Caesar Dressing | 270 cal  

Honey Mustard | 300 cal  

Vegan Green Goddess | 300 cal  

Classic Italian | 550 cal  



SANDWICHES

SERVED WITH HOUSEMADE SALT & PEPPER POTATO CHIPS, POTATO SALAD OR A FRESH FRUIT CUP

DENISON GRILLED CHEESE .. \$5.99 | 360 CALS

Swiss, cheddar and provolone served on a wheatberry or country white bread

GET CAPRA-ZAY .. \$10.99 | 620 CALS

Fresh mozzarella topped with sliced tomato, arugula, basil pesto, olive oil and balsamic glaze, served on a baguette

ITALIAN .. \$10.99 | 870 CALS

Ham, salami, sliced pepperoni, mozzarella cheese, lettuce, tomato, red onions, banana peppers and italian dressing served on a 6" Hoagie

MEDITERRANEAN .. \$10.99 | 510 CALS

Grilled chicken topped with hummus, tomatoes, spinach, cucumber, red onion and feta cheese served on whole wheat bread

TUNA SALAD .. \$10.99 | 570 CALS

Tuna salad, lettuce and tomato served on wheat berry bread

TURKEY BACON .. \$10.99 | 590 CALS

Sliced turkey breast, garlic aioli, tomato, lettuce, pepper jack cheese and pork bacon served on wheatberry bread



ALL INCLUDED IN MEAL EXCHANGE

includes fountain, Tractor® or coffee beverage


build your own

SANDWICH

\$10.99

SERVED WITH HOUSEMADE SALT & PEPPER POTATO CHIPS, HOMESTYLE MACARONI SALAD OR A FRESH FRUIT CUP

CHOOSE YOUR BREAD

Wheatberry | 80 cal 

Country White | 160 cal 

Pita | 210 cal 



6" Hoagie | 190 cal 

Ciabatta | 270 cal 

12" Wheat Wrap | 290 cal 

Wheat Bread | 80 cal

Made Without Gluten Udi's



Multigrain Bread | 140 cal  


CHOOSE 2 PROTEIN


Salami | 460 cal  



Ham | 150 cal 

Pastrami | 160 cal  

Cajun Tofu | 220 cal  

Tuna Salad | 300 cal 

Sliced Turkey Breast | 100 cal 

Chickpea Salad | 140 cal  



Grilled Chicken Breast | 310 cal 

GREENS & GRAINS

CHOOSE 1 CHEESE

Cheddar | 110 cal  



Provolone | 80 cal  

White American | 100 cal  

Vegan Cheddar | 50 cal 

Pepper Jack | 100 cal  

Fresh Mozzarella | 70 cal  

Feta | 80 cal  

Swiss | 110 cal  

CHOOSE 3 TOPPINGS OR SPREADS


Arugula | 5 cal  

Baby Spinach | 10 cal  

Cherry Peppers | 10 cal  

Red Onion | 5 cal  



Lettuce | 2 cal  


Cucumber | 10 cal  

Tomato | 10 cal  


Pickles | 0 cal  

Brown Mustard | 4 cal  



Mayo | 100 cal  

Vegan Mayo | 90 cal  

Balsamic Glaze | 70 cal  

Olive Oil | 130 cal  

Pesto Hummus | 100 cal  

Avocado | 90 cal  
(+\$1.25)



MEAL EXCHANGE

includes a side of fries or chips and a fountain, Tractor® beverage, or coffee

SANDWICHES

SERVED WITH YOUR CHOICE OF SIDE

Add extra protein +\$3.99

SPICY JALAPENO BURGER

960 CALS | \$10.99

Fresh beef patty topped with cheddar cheese, lettuce, tomato, charred grilled jalapeno and chipotle mayo
Served on a potato bun

NASHVILLE HOT CHICKEN

830 CALS | \$10.99

Crispy chicken, Nashville sauce, old fashioned coleslaw and pickles
Served on a potato bun

GRILLED CHICKEN AVOCADO

1000 CALS | \$10.99

Grilled chicken breast topped with arugula, pepper jack cheese, tomato, avocado and chipotle mayo
Served on a potato bun

SIDES

CHILI LIME CUCUMBER SALAD

20 CALS | \$2.49

Lime ancho chili vinaigrette, cucumber, red onion and cilantro

HOMESTYLE MACARONI SALAD

250 CALS | \$2.49

Elbow macaroni, celery, bell pepper, and green onions blended in a creamy vegan mayonnaise dressing

HOUSEMADE SALT AND PEPPER POTATO CHIPS

530 CALS | \$2.49

— BROAD ST LUNCH MENU —

BUILD YOUR SANDWICH | \$10.99

CHOOSE 1 BREAD, 1 PROTEIN, 1 SAUCE AND 3 TOPPINGS

SERVED WITH YOUR CHOICE OF SIDE

BREAD

POTATO BUN | 220 CALS

CIABATTA ROLL | 270 CALS

MADE WITHOUT GLUTEN
UDI'S BUN | 240 CALS

SAUCES

VEGAN MAYO | 180 CALS

BALSAMIC GLAZE | 70 CALS

GARLIC AIOLI | 200 CALS

CHIPOTLE MAYO | 220 CALS

TERIYAKI PINEAPPLE
CHUTNEY | 100 CALS

HONEY MUSTARD | 300 CALS

PROTEIN

BEEF BURGER
PATTY | 390 CALS

TURKEY PATTY | 300 CALS

GRILLED CHICKEN
BREAST | 310 CALS

CRISPY CHICKEN | 340 CALS

SPICY BLACK BEAN PATTY | 170 CALS

BEYOND® BURGER | 230 CALS

TOPPINGS

WHITE AMERICAN CHEESE | 100 CALS

PROVOLONE CHEESE | 80 CALS

CHEDDAR CHEESE | 110 CALS

SWISS CHEESE | 110 CALS

PEPPER JACK CHEESE | 100 CALS

VEGAN CHEDDAR
CHEESE | 100 CALS

ARUGULA | 1 CAL

TOMATO | 10 CALS

SAUTÉED MUSHROOMS | 80 CALS

CARAMELIZED ONIONS | 110 CALS

CHARRED GRILLED JALAPENOS | 25 CALS

PICKLED RED ONION | 15 CALS

LETTUCE | 2 CALS

BACON (+\$1.49) | 120 CALS

CRISPY FRIED ONIONS | 30 CALS

AVOCADO SPREAD (+\$0.99) | 90 CALS

FRIED EGG (+\$0.99) | 90 CALS

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Vegetarian Vegan Made without gluten



includes fountain or Tractor® beverage

— BROAD ST POWER BOWL —

\$10.99

HOW IT WORKS

- ✓ ALL POWER BOWLS ARE SERVED ON JASMINE RICE
- ✓ PICK A PROTEIN (extra protein +\$2.99)
- ✓ TOP IT HOW YOU LIKE IT
- ✓ SAUCE IT UP
- ✓ ENJOY

CUSTOMIZE IT

PROTEINS

- BEEF BURGER PATTY | 390 CALS
- BEYOND® BURGER | 230 CALS
- CRISPY CHICKEN | 340 CALS
- GRILLED CHICKEN BREAST | 310 CALS
- BLACK BEAN BURGER | 170 CALS
- TURKEY PATTY | 300 CALS

SAUCES

- VEGAN MAYO | 180 CALS
- BALSAMIC GLAZE | 70 CALS
- GARLIC AIOLI | 200 CALS
- CHIPOTLE MAYO | 220 CALS
- HONEY MUSTARD | 300 CALS

TOPPINGS

- SAUTÉED MUSHROOMS | 80 CALS
- CARAMELIZED ONIONS | 110 CALS
- CHARRED GRILLED JALAPENOS | 25 CALS
- PICKLED RED ONION | 15 CALS
- CRISPY FRIED ONIONS | 30 CALS
- AVOCADO SPREAD (+\$0.99) | 90 CALS
- PICO DE GALLO | 10 CALS
- WHITE AMERICAN CHEESE | 100 CALS
- PROVOLONE CHEESE | 80 CALS
- CHEDDAR CHEESE | 110 CALS
- SWISS CHEESE | 110 CALS
- VEGAN CHEESE | 100 CALS
- ARUGULA | 1 CALS
- FRIED EGG (+\$0.99) | 90 CALS



2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Vegetarian Vegan Made without gluten



BYO Jollof Rice Bowl

Tomato-based rice sauteed vegetable, and a touch of house stew sauce.

\$11.99

Stewed Meat Option

**Steak (Vegan)
Chicken
Beef
Goat**

You can order a side.

Sides

Sauteed Veggies \$5 Cabbage \$5
Plantain \$5



BYO Fried Rice Bowl

Vegan fried rice loaded with tender vegetables.



614-966-9969

WWW.FORKINNIGERIA.COM