


MIDDLE

• FORK •
LUNCH
menu

BIBIMBAP
MONDAY - TUESDAY
11AM – 2PM

GOCHUJANG TOFU VN

carrot, daikon, scallion, shiitake mushroom, zucchini, kimchi, egg, sesame, gochujang sauce, white rice

10.50 | 845 cal

GOCHUJANG CHICKEN

carrot, daikon, scallion, shiitake mushroom, zucchini, kimchi, egg, sesame, gochujang sauce, white rice

10.50 | 900 cal

BEEF BULGOGI

carrot, daikon, scallion, shiitake mushroom, zucchini, kimchi, egg, sesame, gochujang sauce, white rice

12.25 | 980 cal

GINGER REPUBLIC
WEDNESDAY - FRIDAY
11AM – 2PM

SESAME TOFU VN

sauteed tofu served with lo mein, fried rice and stir-fried vegetables

10.50 | 1180 cal

ORANGE PEEL CHICKEN

deep fried chicken tossed in a sweet and spicy sauce served with lo mein, fried rice and stir-fried vegetables

10.50 | 1400 cal

BEEF AND BROCCOLI

sauteed beef with broccoli served with lo mein, fried rice and stir-fried vegetables

12.25 | 1450 cal

V vegetarian VN vegan

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

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have medical conditions*



WILD • BLOSSOM

LUNCH

menu

11AM – 2PM

SALADS

SMOKED ALMOND 700 cal 8.40

AVOCADO COBB V
romaine, arugula, red cabbage, cherry tomatoes, cucumbers, grilled corn, pickled onions, hard-boiled egg, smoked almonds, avocado, red wine vinaigrette

KALE CAESER V 620 cal 8.40

kale, romaine, parmesan, croutons, lemon & caesar dressing

INSALATA RANCHERO V 660 cal 8.40

romaine, cabbage, cilantro, cotija, avocado, pickled red onion, corn, salsa verde ranch

ADD PROTEIN +4.25

MARINATED GRILLED TOFU VN +150 cal
GRILLED CHICKEN BREAST +250 cal
GRILLED BEEF +450 cal
SEASONAL FISH +175 cal

SANDWICHES

SMASHED CHICKPEA 370 cal **10.40**

SALAD SANDWICH VN
tomatoes, arugula on multigrain

CHICKEN APPLE BRIE 620 cal **10.40**

brined & grilled chicken, caramelized apples, brie, arugula, roasted garlic aioli on ciabatta

CHIMMICHURRI 620 cal **10.40**

STEAK SANDWICH
flank steak, roasted peppers, caramelized onion, arugula, tomato, balsamic drizzle, demi baguette

REUBEN 795 cal **10.40**

pastrami, swiss, second chance aioli, sauerkraut, rye

SOUPS

8 oz 3.35 | 12 oz 4.45 | 16 oz 5.45

MONDAY

TOMATO BASIL V 340/500/670 cal

CHICKEN LEMON ORZO 165/250/330 cal

TUESDAY

WILD MUSHROOM BISQUE V 220/280/340 cal

CHICKEN TORTILLA 165/250/330 cal

WEDNESDAY

RED PEPPER GOUDA V 260/390/520 cal

BEEF & BEAN CHILI 385/575/770 cal

THURSDAY

TOMATO BASIL V 360/540/720 cal

CHICKEN NOODLE 180/270/360 cal

FRIDAY

MINISTRONE VN 120/180/240 cal

CLAM CHOWDER 475/715/950 cal

Add Ons

House-Made chips VN 2.25

House-baked cookie 2.00

V vegetarian VN vegan

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

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have medical conditions.