


MIDDLE

• FORK •
LUNCH
menu

ITALIAN
MONDAY- TUESDAY
11AM – 2PM

SPINACH AND ZUCCHINI LASAGNA V house baked lasagna served with garlic bread & caesar salad	10.50 1180 cal
BEEF LASAGNA house baked lasagna served with garlic bread & caesar salad	10.50 1240 cal
SEAFOOD RISOTTO creamy arborio rice served with roasted rainbow carrots & topped with parmesan cheese	12.25 1200 cal

CHIANG MAI
WEDNESDAY-FRIDAY
11AM – 2PM

JACKFRUIT HUNG LAY CURRY WITH CASHEW SAUCE VN jackfruit, slow-simmered in a sweet and tangy cashew curry sauce with pickled garlic, fresh ginger, cilantro and fresno chilies	10.50 575 cal
PORK HUNG LAY CURRY pork belly and shoulder, slow-simmered in a sweet and tangy curry sauce with pickled garlic, fresh ginger, cilantro and fresno chilies	10.50 625 cal
CHICKEN KHAO SOI chicken, thai curry broth with tender noodles, pickled greens, cilantro, mint, shallots and crispy noodles	12.25 480 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 CAESAR VN 620 cal 8.40

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

SOUTHWEST V 660 cal 8.40

spring mix, cabbage, cilantro, avocado, peppers, corn, crispy tortilla, cotija cheese, chipotle vinaigrette

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 CLUB 810 cal 10.40

grilled chicken, garlic aioli, bacon, tomato, provolone, romaine, sourdough

CHIMMICHURRI 620 cal 10.40

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

ROAST BEEF & CHEDDAR 795 cal 10.40

roast beef, cheddar, arugula, horseradish aioli, peppers, hoagie roll

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

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