



stir-fry

nutrition info

SUGGESTED STIR-FRY OPTIONS

SPICY GARLIC

freshly made egg white noodles, roasted

Either choose from our six Suggested Stir-Fry offerings or Create-Your-Own. We proudly serve only the highest quality ingredients, cooked over high heat for an incredibly nourishing meal. Customize our Suggested Stir-Fry offerings to your liking or dietary needs, from adding or

FreeBird chicken, bell peppers, broccoli, red onions, pineapples, parsley

SOUR CHERRY BBQ

freshly made egg white noodles, roast pork, bell peppers, green beans, red onions, fried shallots

SESAME GARLIC

freshly made whole wheat noodles, Creekstone Farms beef, mushrooms, broccoli, scallions, sesame seeds

SWEET SOY FIVE SPICE

brown rice, togarashi spiced turkey, green beans, red onions, sesame seeds (sauce contains shellfish)

RED COCONUT CURRY (V) (GF)

rice noodles, organic roasted spicy tofu, pineapples, jalapeños, bean sprouts, scallions, cilantro

PHILLY ROAST PORK (regional)

freshly made egg white noodles, Yards Brawler au jus, roast pork, organic baby spinach, broccoli, chili flakes, asiago shavings (topping not available on other stir-frys)

CHESAPEAKE CRAB (regional)

freshly made egg white noodles, Old Bay tomato broth, blue crab, grape tomatoes, bell peppers, red onions, scallions, parsley (topping + sauce not available on other stir-frys)

removing ingredients to adjusting the amount of our signature homemade sauces, all prepared fresh daily.

HOUSEMADE STIR-FRY SAUCES

spicy garlic (GF), sweet soy five spice (contains shellfish), Yards Brawler au jus, sour cherry BBQ (V) (GF), sesame garlic (V), red coconut curry (V) (GF)

CREATE YOUR OWN STIR-FRY

select from freshly made egg white or whole wheat noodles (+extra), rice noodles, brown rice, or Boston lettuce cups. choose 1 sauce from the options above. 3 vegetables included, more than 3 vegetables +extra (2 garnishes included)

veggies only | roast pork | roasted FreeBird chicken | Creekstone Farms beef | roasted shrimp | roasted organic spicy tofu

add protein

roasted organic spicy tofu | cage-free egg | roast pork | roasted FreeBird chicken | Creekstone Farms beef | roasted shrimp

***all stir-fry options are fully customizable. feel free to modify your ingredients, toppings, sauce + protein to your liking!**





salads

nutrition info

SUGGESTED SALAD OPTIONS

WALNUT ST. NOODLE

walnut lemon dressing, freshly made whole wheat noodles, organic arugula, mushrooms, raw cauliflower, roasted walnuts, parmesan crisps

CARAVAN (GF)

lemon curry yogurt dressing, green kale, organic baby spinach, roasted FreeBird chicken, cucumbers, raw cauliflower, tea-soaked raisins, toasted almonds

ROASTED TOMATO MISO KALE (V)

roasted tomato miso dressing, green kale, organic roasted spicy tofu, apples, carrots, roasted beets, red onions, radishes, sesame sticks

Salads are all about freshness. From the local vegetables and proteins to the homemade toppings + freshly housemade dressings, we are constantly prepping to ensure the highest quality ingredients in every salad. Choose from our suggested menu items or create your own.

DRESSINGS

(V) (GF) walnut lemon dressing, roasted tomato miso dressing, sriracha tahini dressing, olive oil + balsamic vinegar, lemon squeeze

(GF) peppery ranch dressing, lemon curry yogurt dressing, honey ginger vinaigrette, white balsamic vinaigrette, cider herb vinaigrette

(V) mustard soy vinaigrette

COBB (GF)

white balsamic vinaigrette, chopped romaine, roasted FreeBird chicken, hard boiled egg, crispy bacon, apples, grape tomatoes, avocado, crumbled blue cheese

ROASTED WHEAT BERRY

honey ginger vinaigrette, wheat berries, green kale, roasted yams, roasted brussels sprouts, local goat cheese, dried cranberries, toasted pumpkin seeds

THE PEAR-ANORMAL SALAD, our seasonal Fall salad (GF)

cider herb vinaigrette, organic baby spinach + red quinoa, pears, roasted carrots, cranberries, roasted cashews

CREATE YOUR OWN SALAD

select from different bases (lettuces, noodles, wheat berries) + housemade dressings, choose up to 3 vegetables + 2 crunches (additional toppings extra)

additions: roasted shrimp | roasted FreeBird chicken | crispy bacon | roasted organic spicy tofu | avocado | hard boiled egg | cheeses | freshly made whole wheat noodles +extra

(V) = vegan (GF) = gluten-free





nutrition info

Create your own delicious snack or dessert using fresh fruit, a garnish + a local honey (or maple syrup) ranging from wildflower, buckwheat or clover. Add our housemade whipped cream + garnishes including coconut flakes, granola, dark chocolate chips + more.

honeybar

pick 3 fruits, 1 honey (or maple syrup), and 2 toppings of your choice | housemade whipped cream +extra

FRUITS

strawberries, blueberries, pineapples, apples, bananas

TOPPINGS

coconut shavings, dark chocolate chips, granola, local plain yogurt +extra

beverages

hg h2o bottled spring water
san pellegrino
fountain drinks made with real sugar

**ingredients may vary slightly by region based upon availability + season. prices may vary by region.*

we do not serve peanuts or peanut products at any of our locations. please let us know if you have any severe allergies

***the meats we serve are all-natural, antibiotic + hormone-free*