4food Menu Descriptions

Opening Menu Item

Vg – Vegan

Spicy

N – Contains Nuts

GF – Gluten Free **FEATURE

Patties

All of our meat patties are produced using fresh, all natural and humanely raised animals and are fed a predominantly grass diet. All meat patties are ground using only whole mussels and no fillers. Fish patties are made using only wild, sustainably sourced fish caught in its season. Our egg patties are made using organic whole eggs. The vegetable patty is comprised of fresh cut vegetables, whole grains and herbs. None of our patties are ever frozen and all are produced in house on a daily basis.

**Beef Patty

Freshly ground beef from Northeast Family Farms cows is seasoned with kosher salt and freshly ground black pepper. We grind fresh chuck which is naturally approximately 25% fat. This produces a very beefy flavored patty due to the flavor profile of chuck which is slightly enhanced with the addition of salt and pepper. The fat content provides a moist and juicy texture while not appearing overly greasy.

Lamb Patty

Freshly ground lamb from Northeast Family Farms is seasoned with kosher salt, freshly ground black pepper, fresh garlic, toasted cumin, coriander seeds, cilantro leaves and spiced with a touch of harissa (a Moroccan chili paste). The lamb patty is not spicy-hot per se but has a "spiced" flavor profile reminiscent of North African or Middle Eastern cuisine.

Pork Patty

Freshly ground pork from Northeast Family Farms is seasoned with kosher salt, freshly ground black pepper, toasted fennel seeds, minced garlic and freshly chopped parsley, rosemary and sage. A bit of ground parmesan cheese adds a richness that ties together the herbs and spices. The flavor is fresh, herbaceous and complimentary to the delicate flavor profile of the naturally raised pork.

Breakfast Pork Patty

The same naturally raised pork used in our alternate pork patty is used for our breakfast pork sausage patty. The meat is seasoned with ground cinnamon, nutmeg, black pepper, kosher salt and sweet maple syrup. The flavor profile is familiar and what one would expect for a hot breakfast sandwich; delicately spiced and slightly sweet with rich pork flavors.

Turkey Patty

Freshly ground turkey from Northeast Family is seasoned with kosher salt, fresh chopped parsley and thyme, minced garlic and cayenne pepper. The addition of cayenne pepper as opposed to black pepper does not make this patty spicy but rather adds a touch of pepper-spice which is a bit more subtle that the more boldly flavored black pepper and is a better compliment to the delicate, natural turkey flavor.

**Salmon Patty

Wild Alaskan King Salmon is used (only when it's in season) during the summer and early winter months. Our fish is ground in house and seasoned with kosher salt, freshly ground black pepper, garlic, lemon zest, parsley and chopped capers. All are very traditional accompanying flavors to be paired with salmon, none of which overpower salmon's natural flavor but seem to enhance the salmon flavor.

Egg Patty

Fresh, whole organic eggs are scrambled with kosher salt and black pepper and cooked first in an oven (like a custard) then lightly browned on the griddle. A scoop is placed in the center of the cooking egg patty just like all of our other patties. The egg patty CAN NOT be ordered as a skewer due to the cooking process.

**Veggie Patty Vg N GF

4food's veggie burger is made from freshly shredded vegetables (carrots, onion, Portobello mushrooms and button mushrooms). This mix is cooked and mixed with quinoa, toasted & ground walnuts and bound with a combination of chickpea flour and oat flour. The quinoa provides a nutty and granular texture to the patty and the combination of flours binds the burger nicely without making the texture "cake-like" in is consistency. Fresh chopped parsley is added to the mixture at the end to lighten and brighten the flavor profile. Our veggie burger is 100% vegan, dairy and gluten free!

Buns

All of our bread is specifically made for 4food by Grimaldi's Bakery in Queens, NY. We offer a variety of buns, breads and vessels for our W(hole)burger burgers including three variations on the classic hamburger bun; a breakfast bagel and a pressed rice cake as a very unique alternative to a bread option that is also gluten free. The bread selections produced by Grimaldi's Bakery are slightly smaller, lighter and artisinaly made using all natural, wholesome ingredients. They provide our W(hole)burger burgers with a very unique and distinct look and feel.

**Brioche

The most traditional of all of our bread selections used for burgers. This bun is made from enriched soft roll dough meaning it contains additional eggs and sugar. This makes for a slightly sweet and delicate roll. The buns are egg washed prior to baking giving them a golden brown color and shine.

Multi Grain

Slightly denser than the brioche and is comprised of various seeds and grains giving this bun a nutty and coarse texture. The bread has a slight sweetness from the addition of honey in the dough. A healthier alternative to the enriched brioche bun with a bit more texture as well.

Pumpernickel

Grimaldi's version of pumpernickel bread but a bit lighter than the traditional. The end result is sharp contrast of the almost black bread, topped with toasted white sesame seeds, above and below the various patty colors, lettuce, tomato, pale cheese etc. The slightly sweet pumpernickel flavor alongside the contrasting flavors of the patties, scoops and condiments is interesting in its look, texture and flavor!

**Pressed Rice Bun Vg GF

This may be the most unique burger vessel we have thus far! The rice bun is a gluten free alternative to a traditional bread roll. It also provides a one of a kind experience for eating a burger on such a unique medium. Very high starch, short grain rice is cooked in water and seasonings. Once cooked the rice is pressed and cooled. Circles are cut out and lightly toasted on the flat top creating a light, slightly toasted "bun" with a unique texture and flavor.

**Bagel

Our 4food bagel is also produced by Grimaldi's Bakery. It is slightly smaller than a traditional bagel size (but still larger than a "mini bagel") and does not contain a hole in the center.... A slight dimple replaces the traditional quarter inch or so size hole generally associated with a bagel shape. These are custom made for 4food just like the rest of our buns and would be a suggested bread for our breakfast builds although the bagel will also be available all day long.

Scoops

The scoops, in conjunction with the hole in the center of the patties, is the biggest fundamental difference between a W(hole)burger and a standard hamburger. The idea of removing a portion of meat from a burger serving and replacing it with a portion of healthy, delicious vegetables is unique, innovative and what sets us apart from the rest. Our scoops are produced fresh, daily from our commissary kitchen using seasonal, local (when available) ingredients prepared simply to maximize flavor and nutritional content.

BBQ Baked Beans GF

Our baked beans scoop is made from pinto beans which are cooked and glazed in our homemade barbecue sauce. The end result is a rich, sweet and slightly spicy mixture full of familiar flavors. A classic accompaniment to any hamburger.

**Mushroom & Onion Vg GF

Arguably the most common accompaniment to any hamburger or W(hole)burger would be sautéed mushrooms and onions! We use sweet Spanish onions, sliced thin and slowly caramelized to bring out their natural sweetness and deep, rich caramel color. Sliced white button mushrooms are added and cooked down releasing their juices and concentrating their earthy flavors. Fresh thyme is added along with freshly ground black pepper and kosher salt.

**Veggie Chili Vg GF

A vegetarian option, although you'd never know it after tasting its big, bold chili and spice flavors. Kidney beans are cooked with a wide variety of fresh, dried and ground chilies and spices along with tomatoes (both fresh and canned) providing lots of layers of flavors and textures. A bit on the spicy side, this vegetarian scoop could stand side by side with its more traditional meat filled chilies.

Red Lentil Dahl Vg 🌽 GF

Dahl (sometimes spelled daal or dal) is essentially a thick lentil soup that is eaten with flat bread and or rice. We use dried red lentils that are stewed with onions, garlic, ginger, a laundry list of spices such as garam marsala & turmeric and the mixture is finished with fresh cilantro leaves and chopped tomatoes. Traditional in its flavor profile of Indian spices and unique in its ability to be paired with a burger.

Roasted Root Vegetables Vg GF

Carrots, celery root, parsnips, fennel and sweet potatoes are all diced very small and roasted on the griddle to cook and caramelize the natural sugars found in these winter root vegetables. Once roasted, the vegetables are finished with freshly chopped thyme and sage.

**Potato & Chorizo Hash GF

4food's interpretation of the classic breakfast 'hash' made from ground chorizo sausage, small diced potatoes, diced peppers and onions. The ground chorizo is rendered slowly to release its fat and become crispy. The potatoes and vegetables are then cooked in the rendered chorizo fat allowing the spiced pork flavor to transfer throughout the entire mix. This is a great accompanying scoop to any of the breakfast builds or at lunch for those seeking to add more substance and protein to their build rather than additional vegetables.

Pickled Peppers Vg GF

Thin strips of varying colors of bell peppers, poblano peppers and jalapeno peppers are cut and stewed with red onions, garlic, crushed red pepper and dried oregano. Once cooked red wine vinegar is then added to brighten all the sweet pepper flavors. The end result is something of an Italian flavor profile reminiscent of the classic street cart flavors of the "sausage and pepper" sandwiches that have become an almost comfort food mainstay in the Tri-State area.

Winter Green Vg GF

Very healthy, leafy green vegetables are quickly cooked to retain as much nutrient content as possible and dressed with a warm olive oil, chili and garlic mixture for lots of flavor and a bit of chili heat. Spinach, Swiss chard and Tuscan kale are

quickly sautéed with red onions, extra virgin olive oil, crushed chili and minced garlic. Once the greens are just wilted they are removed from the heat to prevent further unnecessary cooking and quickly cooled to be reheated inside the W(hole)burger patties.

**Mac n' Cheese

Possibly the most approachable scoop on the menu. Rich & decadent; comfort & familiar, the macaroni and cheese seeks to fill the niche of being tasty, filling and easily accessible for the less adventurous or those seeking a bit of their childhood nostalgia.

Small pasta shells are mixed with a rich bechamel sauce made from whole milk, shredded sharp cheddar cheese and grated parmesan cheese. Nothing fancy, nothing new...simple, classic and delicious!

Cheddar & Scallion Grits

Stone ground yellow corn meal is cooked in whole milk until it's silky and creamy then the mixture is finished with grated cheddar cheese, sliced scallions and sweet whole butter. Once seasoned the mixture is spread onto a sheet tray to fully cool and circles are cut out the same size of the hole in the W(hole)burgers.

**Spinach & Toasted Pine Nuts Vg N GF

Leafy green spinach is quickly sautéed with olive oil, garlic and red pepper flakes. The cooked spinach is finished with toasted pine nuts. This healthy green vegetable scoop has the added texture element of the pine nuts but is still very focused on simple ingredients being prepared quickly and simply to maintain the integrity of the vegetables and nutritional content as much as possible.

Winter Slaw Vg GF

Coleslaw for grownups! Red and green cabbage are very finely shredded and mixed with shredded carrots, julienne granny smith apples, shaved fennel, celery root & red onions and garnished with roasted walnuts, toasted fennel and caraway seeds. This crunchy raw salad is then dressed with a mixture of extra virgin olive oil, walnut oil, cider vinegar, kosher salt and sugar and left to marinate until the vegetables begin to break down and become tender allowing all of their natural juices to meld together and add to the complexity of the dressing. This is dairy/mayonnaise free coleslaw.

**MoFo GF

Mofo, an abbreviated and fun way to describe the classic Latin American dish called Mofongo. This mixture of sweet plantains, bacon, onions and spices is cooked to a chunky mash. The MoFo encompasses many flavor profiles of sweet, savory and salty along with being soft and creamy, chunky with bits of crisp bacon.

Spicy Thai Salad Vg

The need to fill the void of having a "really spicy scoop" on the menu is what lead to the development of this variation of a popular Thai Salad. The base of the salad is comprised of peppery arugula leaves, spicy mustard greens and thinly shaved red onions. These full flavored leafy greens are submerged in a very spicy vinaigrette to almost pickle in the dressing. The dressing is comprised of fresh habanero chilies, dried chili de arbole, fresh garlic, rice wine vinegar, freshly squeezed lime juice, mirin and kosher salt. All the dressing components are added to a blender and pureed until smooth. This is then poured over the mixed lettuces and allowed to sit for several hours before serving. The result is a very spicy but very tasty scoop that served cold, adds to the balance of flavors, textures and uniqueness of this scoop.

Paneer Cheese GF

Paneer cheese is diced into small cubes and mixed with very thinly sliced red onion. Spices such as turmeric, garam marsala, cayenne pepper, cumin, cardamom are lightly toasted in olive oil and fresh garlic. Coconut milk is added and gently cooked to infuse all the flavors. The spiced, creamy coconut mixture is finished with fresh lime juice and cilantro leaves and poured over the diced paneer cheese and onion mix and allowed to sit and marinate. Once this mixture is added to the center of a burger it gets golden brown and lightly crispy while maintaining its creamy curry-like coconut flavor inside.

Moussaka

The best way to describe this scoop is a cross between two popular food items, *lasagna* and *eggplant parmesan*. This is a very traditional Greek dish made by layering roasted eggplant slices with a thick and chunky tomato sauce spiced with cloves, cinnamon and allspice. Traditionally the tomato sauce is made with ground beef or lamb (ours is vegetarian). Once the layers of eggplant and tomato have filled the baking pan it is topped with a thick béchamel made with an aged Greek cheese similar to pecorino. The whole mixture is then baked (like a lasagna) until golden brown on top. The mix is cooled so it sets then circles are cut out and used to fill the scoop hole inside the patties.

Dried Fruit & Nut Vg N GF

Assorted dried fruits such as dates, figs, currants and apricots are all diced to be of similar size and rehydrated in warm water. The reconstituted fruit is mixed with toasted sliced almonds, grated ginger and fresh coriander leaves making a chilled salad that is sweet and savory with varying textures. All the fruit is diced large enough so they are recognizable yet small enough that they fit nicely into the center of a patty. A great accompaniment to the lamb patty or lamb skewers!

Edamame & Sea Salt Vg GF

Edamame or green soy beans are removed from their pods and are simply dressed with olive oil, grated ginger and coarse sea salt. Light, healthy with a bit of salty crunch, this scoop provides a simple and healthy accompaniment to a wide variety of burger builds or skewer meals.

Shredded Brussels Sprouts GF

Whole Brussels sprouts are shredded into thin delicate leaves and quickly sautéed on very high heat with a bit of onion, kosher salt and black pepper. The sprouts caramelize very nicely accentuating their nutty flavor and the fact that the leaves are so finely shredded they are able to be cooked very quickly in an effort to preserve their nutritional content. Yet unlike some of our other green vegetable scoops the hearty nature of the Brussels sprouts gives this scoop a bit more texture then other wilted leafy greens.

Chipotle & Hominy Vg

Cooked hominy is mixed with tomatoes, chilies (both fresh & dried), and spices such as cumin and cilantro; then dressed with a mixture of chipotle peppers, lime juice and fresh scallions. This scoop is hearty & spicy! It embraces so many ingredients and flavors found in traditional Mexican cooking while still providing the uniqueness of a 4food scoop!

Tabouleh Vg

A traditional dish made from cooked Bulgur and mixed with diced tomatoes, parsley, lemon juice and spices. It is served cold. The finished salad is moist and full of bright flavors.

Rice Noodle Stir Fry Vg

A very simple and traditional Chinese stir fry made from hand cut carrots, snow peas, peppers & water chestnuts which are quickly sautéed in sesame oil, ginger, garlic, soy and mirin. Very thin rice noodles are added and the dish is finished with toasted black & white sesame seeds.

Chimmichurry-Yucca GF

Peeled and roughly chopped yucca is boiled with garlic and bay leaf. The yucca is mashed and mixed with homemade chimichurry sauce.

**Avocado & Chili-Mango Vg 🌽 GF

Diced fresh mango is mixed with diced fresh avocado, jalapeno & cilantro. The salad is dressed with freshly squeezed lime juice so the end result is a cool, crisp salad with balancing flavors of sweet, savory, spicy and tangy.

Organic Egg, over-easy or Hard-boiled GF

As simple as it sounds...a wonderful accompaniment to the breakfast pork patty or to add additional protein to a lunch meal. The guest will have the option of either a slice of hard-boiled egg or an egg lightly fried over-easy

**Vegetable Sushi Vg GF

Prepared in standard form & technique; this roll is vegetarian, containing only vegetables, rice and nori paper (no fish). Sushi rice is cooked and seasoned with seasoned rice vinegar and rolled with nori paper and lightly marinated shredded vegetables. The sushi roll is then cut into portions that are the same thickness as the burger patties and the same diameter as the hole in the patty center. The vegetables are carrots, enoki mushrooms, Edamame & kohlrabi and they are marinated in rice vinegar, sugar, ginger & sesame.

Slices

An added accompaniment to any burger build, the *slice* is meant to essentially cover the scoop inside the hole of the W(hole)burger. These can range from the common burger accompaniment of a sliced pickle to more unique burger accompaniments like diakon radish or a thin slice of butternut squash while others will be unique variations on other familiar burger accompaniments like using "discs" of crispy pancetta rather than strips of bacon. In any case the slice is used to enhance the burger by adding another layer of flavor, texture and nutritional content.

Pickles Vg GF

A very classic burger accompaniment for the more conservative or less adventurous. Thin slices of pickles are placed on top of the scoop set inside the W(hole)burger

**Roasted Shiitake Mushroom Vg GF

Large shiitake mushroom caps (with the stems removed) are dressed with olive oil, sherry vinegar, fresh thyme and crushed garlic cloves. The dressed mushrooms are gently roasted allowing the mushrooms to soften and absorb the aromatic flavors and vinegar. One cap will cover the scoop once cooked.

Maple Glazed Butternut Squash Vg GF

Butternut squash is sliced into discs about ¼ inch thick and dressed with maple syrup infused with varying spices. The squash is placed on a roasting rack in a single layer and roasted in the convection oven until tender and nicely glazed. The maple syrup is infused with brown sugar, cinnamon, nutmeg, cardamom and allspice

Pickled Diakon Radish Vg GF

Large diakon radish are peeled and cut into circle discs about ¼ inch thick. Once sliced the diakon slices are submerged in rice wine vinegar and left to pickle for a minimum of 1 week but may be left for several weeks without any product degradation.

**Pancetta Bacon GF

Thin slices of pancetta, approximately 1/8" thick, are crisped in a convection oven creating crispy round discs that lay nicely over the scoop and hole. Crispy, porky and slightly salty, the are 4foods alternative to adding traditional bacon to a burger. This would be considered a premium slice for an additional charge.

Fresh Avocado Vg GF

Avocados are cut in half and peeled. Thin slices are cut and fanned over the scoop and hole in the burger patty. This would be considered a premium slice for an additional charge.

Kim Chi Vg GF

Our kim chi is made in the traditional manor of pickling or fermenting chopped cabbage in a mixture of chili, vinegar, salt and spices. The flavor is pungent and spicy. Once the cabbage is ready for eating, one slice is placed over the scoop filled hole in the center of the burger to add another element of flavor and an added layer of texture.

Fellino Salami Vg GF

One paper thin slice of dried Fellino salami is used to cover the scoop filled hole. Unlike the pancetta slice, the dried sausage slice is not cooked or made crispy. Rather it is served freshly sliced and just warmed through from the heat of the burger. The flavor is similar to a deli slice of salami with a more coarse texture and richer flavor.

Vidalia Onions Vg GF

What's left to complete a burger already containing crisp lettuce and vine ripened tomatoes? Paper thin slices of sweet onion! The super sweet Vidalia onions are sliced paper thin and placed over the scoop filled hole. We use Vidalia onions for their natural sweetness that are less pungent than yellow, Spanish or even red onions when eaten raw.

Cheese

Any burger build may contain the addition of a slice or spread of cheese. Our cheese selection is unique and worldly. We showcase cheese from most major cheese producing regions from around the world. All of our cheeses provide a distinct flavor element to the burger builds they are added to. All of our cheeses that we serve are produced using natural ingredients, whole milk and no fillers. None of the selections on our cheese menu are "cheese products" or are produced from emulsified vegetable oils and coloring agents. They are all natural, delicious and made from old world cheese producing methods.

Tickler Cheddar Cheese GF

This Cheddar is produced in Devon, England. It has incredible depth of tangy, sweet flavor. It is made from cow's milk. The texture is creamy with granular bits formed during the aging process that have the mouth feel of salt granules hidden inside the cheese.

Gruyere, Roth Kase Grand Cru GF

This is an American version of a commonly known Swiss varietal of Gruyere. It's flavor and flavor is both bold and smooth. It is produced in Monroe, Wisconsin from cow's milk. It soft creamy texture makes it ideal candidate for melting.

Smoked Lioni Mozzarella GF

Made in Union City, New Jersey by the Lioni Family. This fresh cheese is produced using cow's milk from upstate NY. Mozzarella cheese is generally un-aged, showcasing the delicate and milky curds produced from generations of mastering the art of cheese making. lightly salted and gently smoked using natural cherry and hickory wood makes for an interesting variation of a very classic cheese.

Bucheron Goat Cheese GF

This is a semi-firm goat's milk cheese from the Loire Valley in France. Aged for approximately 6-10 weeks it has a bit more character and uniqueness than a "fresh" goat cheese which is very commonly seen. It has an assertive, tangy flavor that sharpens with age.

Fontina Fontal GF

Fontal is a semi-soft cow's milk cheese from Italy. It is a young, mild & sweet version that cooks and melts very well. Approachable yet has interesting character

Manchego, El Trigal GF

Perhaps one of the most famous Spanish cheeses available in the US. Manchego is made from sheep's milk and aged for approximately 3 months (which is on the young side for available Manchegos). The flavor is mild, milky and grassy with a gentile, long finish. It has a firm texture with subtle salty undertones.

Black River Blue GF

A classic American blue cheese from Richfield, Wisconsin; this cheese is produced from the North Hendren Cheese Cooperative which has been making cheese for 80 years. The texture is slightly softer than butter and the distinctive *sharp* flavors generally associated with a blue cheese are mellowed by the nice creamy backdrop. Very tame for a blue cheese making this a good pairing for many of our W(hole)burger combinations.

Condiments & Spreads

The standard burger condiments of ketchup, mustard and mayonnaise are taken to another level at 4food. Fruit chutneys, spicy curries, traditional Latin & Jamaican hot sauces are all homemade and add an element of culinary diversity and ethnic authenticity to the menu. Any of which will add to the uniqueness of a build and tailor-made flavor profile for anyone.

Organic Ketchup Vg GF

Ketchup made the way it was intended! No high fructose corn syrup or artificial sweeteners. No preservatives and or stabilizers, just organic tomatoes, organic salt & vinegar and natural sugar.

Dijon Mustard Vg GF

Smooth and creamy with a slight tang

Mayonnaise GF

A simple blend of eggs and oil balanced with the acidity of vinegar. Nothing new or fancy here!!

Homemade Barbecue Sauce GF

Our barbecue sauce is tomato based using organic ketchup, freshly minced garlic & onions and seasoned with an array of ground spices such as cumin, coriander, cayenne pepper and chili powder. Cider vinegar is added to balance the sweetness of honey and molasses giving the final spread and slightly spicy and tangy flavor.

Mango-Vanilla Chutney Vg 🌽 GF

Fresh mango is cleaned and cut away from the seed. It is cooked with fresh chili, ginger and vanilla bean until the flavors are sweet and spiced. The mixture is then pureed with rice wine vinegar and strained making a silky smooth and bright yellow condiment...Sweet and tangy with visible vanilla bean seeds. This condiment is reminiscent of Caribbean and south east Asian flavors!

Tatziki GF

Traditionally a sauce used for gyros or souvlaki; this yoghurt based condiment is made by adding finely chopped or grated cucumber to strained Greek yoghurt with garlic, dill, lemon juice, salt & pepper. The acidity in the sauce cuts the fat and richness of the meat and the tangy yoghurt and fresh herbs makes for a bright, fresh flavor accompaniment.

Hummus Vg GF

Cooked chickpeas are pureed until they are silky smooth with fresh garlic, tahini paste, extra virgin olive oil and lemon juice. The mixture is seasoned with ground cumin and kosher salt. Hummus is a very traditional Middle Eastern food eaten on its own as a dip with warm pita bread or as an accompaniment to falafel, grilled fish, chicken or eggplant.

Thai Peanut Sauce N

Red curry based and full of bright spices and aromatics, this condiment does have a bit of spice and some added richness due to the addition of roasted peanuts that are pureed into the sauce.

Ginger, lemon grass, chili paste & red curry are cooked with sweet mirin, coconut milk and cilantro. Roasted peanuts are added and pureed making a thick, spicy Thai-style red curry sauce.

<mark>Guacamole</mark> Vg 🌽 GF

Fresh avocados are mashed to a smooth spreadable condiment with finely minced jalapeno peppers, red onion cilantro & lime juice.

Two primary flavor components make up this sauce; all spice berries and scotch bonnet peppers. Other ingredients include cloves, cinnamon, thyme and garlic. Everything is pureed to a paste like consistency. The flavor is very spicy and distinct native to Jamaica and the Caribbean.

Made from the combination of crème fraiche and freshly grated horseradish root (not the processed horseradish condiment found in a jar). The horseradish root is peeled and grated releasing its spicy and aromatic flavors into the crème fraiche. The rich horseradish-crème fraiche mixture is brightened a bit with the addition of white wine vinegar and finally, seasoned with kosher salt and black pepper.

Sweet Chili Sauce Vg 🌽 GF

A very traditional Thai-style condiment served with fried meats. Sweet agave nectar is balanced with rice wine vinegar and seasoned with dried chilies, chili paste and fresh ginger. The end result is a condiment that is sweet and sour, spicy and aromatic.

Beet Root Pesto N GF

A pesto, in the traditional Italian sense is made from pureeing basil, grated parmesan cheese, pine nuts and olive oil to create a rustic, thick condiment used for pastas, fish and vegetables. 4food's pesto will be the same technique but omit the basil and substitute it with a wide array of seasonal vegetables. In this case for the opening menu we will use boiled red beets and puree them with freshly grated parmesan cheese, roasted walnuts in lieu of pine nuts and extra virgin olive oil. The end result is a creamy thick and bright pink condiment that tastes sweet from the beets and rich and fruity from the olive oil and cheese.

Habanero Chili Sauce Vg 🍑 GF

This one's the kicker!! Straight forward spice for those that can't get it hot enough. Habanero chilies that have their stems removed are soaked in rice wine vinegar with whole garlic cloves overnight. That mixture is added to a sauce pot and cooked down concentrating the vinegar and cooking the garlic and chilies. The cooked garlic, chili & vinegar mix is pureed in the blender with olive oil and salt.

Lemon Caper Tartar Sauce GF

Chopped capers, lemon and parsley are added to creamy mayonnaise making a chunky and bright condiment perfect for fish or full flavored meat patties such as the lamb.

Salsa Verde Vg 🌽 GF

"Green sauce" as it translates. A traditional Mexican condiment made from tomatillos, cilantro and jalapenos. All the fresh vegetables are roasted in the convection oven to cook off some of their natural juices and slightly caramelize them to add to the depth of flavor in the final product. Once roasted the vegetables are pureed with fresh cilantro and lime juice.

<u>Sides</u>

Four side dishes are offered at 4food; multi grain rice, coconut rice, side salad and French fries. All are better, healthier alternatives to most quick service restaurant side dishes. We use all natural products prepared in house creating healthy, tasty and unique accompaniments to our meals.

**Side Salad Vg GF

The 4food side salad is special & unique yet very approachable and delicious. The salad is comprised of finely shredded leafy, green spinach mixed with finely shaved radicchio lettuce. The salad is garnished with assorted colorful vegetables that are cut into thin matchstick size strips and pickled in a mixture of white wine vinegar, toasted sesame seeds & sesame oil. The vegetables are carrots, yellow carrots, kohlrabi, enoki mushrooms and fresh edamame beans.

The dressing for the salad is made from champagne vinaigrette and extra virgin olive oil.

**Multi Grain Rice Vg GF

Red rice, black rice and brown rice are all cooked separately and combined in the amounts of 50% brown rice, 25% red rice and 25% black rice. Each rice is cooked in homemade vegetable stock, bay leaf and whole garlic. Salt and black pepper seasoning is added at the beginning of the initial cooking process so the end result is grains of rice that are seasoned from the inside out due to the flavorful seasoned liquid they are cooked in. Fresh chopped parsley is added on top as a garnish.

**Coconut Rice Vg GF

Long grain, white rice is cooked in coconut milk and water then seasoned. The end result is light fluffy rice tasting of sweet coconut milk and each order is garnished with toasted coconut.

**Square Roots Vg GF

4food's French fry alternative. Idaho potatoes, sweet potatoes & purple potatoes are all diced into 1 inch by 1 inch cubes. Boiled then roasted for a very crunchy and tasty alternative to a deep fat fried French fry. The potatoes are cooked initially in water seasoned with herbs, fresh garlic and spices to enhance their flavor profile then roasted in a hot oven to give the expected crunchy texture of a crispy fried potato without the addition of a lot of oil. The result is a branded, catchy and appealing alternative to traditional French fries.

Beverages

4food offers several beverage options to quench your thirst: cold, hot and frozen and made to order by our Baristas. Our beverages made with all natural ingredients, and do not contain high fructose corn syrup, artificial colors or flavors.

**Tea & Tonic GF

Our house made soft drinks are tea based herbal fruit infusions that are served over ice, and come standard with fresh fruit. The tonics are produced daily by our pastry department and sweetened naturally with real fruit and agave nectar. Mighty Leaf® Tea supplies our loose tea, which is brewed fresh throughout the day. The tea is then blended with tonic to make a refreshing soft drink that comes in three delicious flavors:

- Hibiscus Berry hibiscus, strawberry, blueberry, blackberry, raspberry, organic English breakfast tea, agave nectar
- White Peach Rosehip peach, rosehip, white orchard tea, agave nectar
- Mango Chai mango, cinnamon, star anise, cloves, cardamom, ginger, black pepper, organic green karigane tea, agave nectar
 - And for those who want the classic original...
- Unsweetened Organic English Breakfast Tea

Smoothies

Real fruit frozen at the peak of freshness blended with yogurt, all-natural juices, pure chocolate and fresh greens go into our variety of decedent smoothies.

- Kick Start banana, mango, orange juice, pineapple Vg GF
- Corazon strawberry, blueberry, blackberry, raspberry, pomegranate juice, açai pulp, vanilla frozen yogurt
- Dirt chocolate frozen yogurt, chocolate syrup (dark chocolate & agave), chocolate pieces, almond milk, almond butter N
- Green kale, almond milk, pineapple, honey
 N

**Espresso

We offer two types of espresso, classic and red. Our baristas make all the classic espresso drinks:

- Cappuccino
- Latte
- Americano
- Single and double shot espresso

Our classic espresso is Haitian Highlands Pic Makaya roasted locally by Irving Farm. The coffee is grown on Haiti's south western peninsula in the Grande Anse province at altitudes between 900 and 1400 meters, by small land owners and is wet processed in micro lots in the region surrounding Pic Makaya, Haiti's second largest peak. Our coffee is purchased directly from the famer for more than the current 'Fair Trade' rate.

Vg GF

Red Espresso® is actually not coffee – its red Rooibos tea! Finely ground red for an espresso portafilter, it has 5 times more antioxidants than green tea and is naturally caffeine free. Rooibos grows only in one extraordinarily unique are in the world – the Cedarberg region in the Western Cape of South Africa. Red Espresso is grown and harvested by the Pretorius family on their tea estate in Biedouw Valley in Cape Town, South Africa. **Vg GF**

**Dessert

What's a meal without dessert? 4food has a selection of desserts to satisfy any sweet tooth. Our mousse is paired with seasonal fruits, and our delicious shortbread cookies are handmade daily.

Mousse

Chocolate Mousse – dark chocolate, silken tofu, soy milk **Vg GF**Chocolate Cherry – black cherry, eggs, milk, heavy cream, sugar, dark chocolate **GF**Apple Crumble – apple, cinnamon, nutmeg, brown sugar, pecan,
flour, sugar, egg, heavy cream, milk, sugar, vanilla bean **N**

Cookies

Plain Shortbread
Chocolate Chipotle
Pistachio Shortbread
N
Sesame Ginger Shortbread