



**Located In Beautiful
Downtown**

**424 Washington St.
Columbus IN 47201**

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Email

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We Offer...

Dine In

Carry Out

Catering

**Variety of Catering Options
Available. We Offer individual
Lunches & Buffet Style.**

**If You Have Any Questions
Please Email Us or Call Us
Or Visit Us**

**Our Team Believes in a Better
Way of Doing Fast Food. The
Quality & Service You Deserve.**

Tandoori Chicken Grain Bowl

- Ancient Grains, Brussel Blend, Eggplant, Broccoli, White Beans, Roasted Red Peppers, Cucumber Yogurt, Chicken, Tandoori Cream & Seasoning (Contains Chicken)

Protein Cauliflower Rice Bowl

- Cauliflower Rice, Brussel Blend, Black Beans, Mango, Feta, Jalapeno, Roasted Red Peppers, Avocado, Tofu, & Cilantro Aioli (Vegetarian)

Apple Crunch Salad

- Spring Mix, Red Onion, Celery, Cranberries, Apples, Cold 5 - Grain, & Apple Vinaigrette Dressing (Vegetarian)

Backyard Pork Bowl

- Ancient Grains, Carrots, Corn, Relish, Black Beans, Cheddar Jack, Green Onion, Pork, BBQ Sauce (Contains Pork)

BETTER. HEALTHY. FAST.



GRAIN BOWLS – One Size

Thai Vegan

- Ancient Grains, Brussel Blend, Broccoli, Peanuts, Shredded Carrots, Red Onion, and Green Onion with a Drizzle of Sesame Ginger Dressing on top. (Vegetarian, Vegan, & Gluten Free if made with Rice)

South by Southwest

- Basmati Rice, Brussel Blend, Avocado, Cheddar Jack Cheese, Black Beans, Corn, Roasted Red Peppers, Pico, and Chipotle Lime Vinaigrette on top. (Gluten Free, Vegetarian)

Chicken Teriyaki

- Basmati Rice, Shredded Carrots, Red Onion, Rice Noodles, Broccoli, Shredded Chicken, Green Onion, and a Drizzle of Teriyaki Sauce on top. (Contains Chicken)

Greek Ancient Grain

- Ancient Grains, Brussel Blend, Red Onion, White Beans, Cucumber Salsa, Grape Tomato, Hummus, and Feta Crumbles with a Drizzle of Olive Oil on top. (Vegetarian)

Mexican Street Corn

- Basmati Rice, Brussel Blend, Red Onion, White Beans, Feta Crumbles, Shredded Parmesan, Roasted Corn, and Pico with a Drizzle of Cilantro Aioli and Tajin Seasoning on top. (Vegetarian)

Nacho Chili Bowl

- Basmati Rice, Tortilla Chips, Jalapeno, Cheddar Jack, FTK Chili Topping, Cheese Sauce, & Green Onion (Contains Beef)

SALADS – Small or Regular

Buffalo Chicken

- Lettuce Blend, Red Onion, Grape Tomato, Shredded Carrots, Diced Celery, Blue Cheese Crumble, Egg, Shredded Buffalo Chicken, and Blue Cheese Dressing on the side. (Gluten Free)

Santa Fe

- Lettuce Blend, Avocado, Cheddar Jack Cheese, Black Beans, Corn, Roasted Red Peppers, Pico, and Chipotle Lime Vinaigrette on the side. (Vegetarian, Gluten Free)

Sweet Carnitas

- Lettuce Blend with Red Onion, Pico, Mango, Pineapple, Tortilla Strips, Cheddar Jack Cheese, and Braised Pork Topped with Green Onion. Served with a Side of Our House Made Chipotle Honey Vinaigrette. (Contains Pork)

Greek Crunch

- Lettuce Blend, Red Onion, Grape Tomato, Cucumber Salsa, Hummus, White Beans, Feta, Olives, and Greek Vinaigrette on the side. (Vegetarian)

Farmers Market

- Lettuce Blend, Spring Mix, 5 Grain, Carrot, Broccoli, Red Onion, Corn, Sunflower Seeds, White Beans, and Ranch Dressing on the side. (Vegetarian, Vegan)

Fire Roasted Caesar

- Lettuce Blend, Roasted Red Peppers, Crouton, Parmesan, Corn, and Caesar Dressing on the side. (Vegetarian)

Mandarin Thai

- Lettuce Blend, Spring Mix, Red Onion, Carrots Radish, Oranges, Rice Noodles, and Sesame Ginger Dressing on the side. (Vegetarian, Vegan)



WRAPS w/Chips & Salsa

Buffalo Chicken

- Shredded Lettuce, Red Onion, Grape Tomato, Shredded Carrots, Diced Celery, Blue Cheese Crumble, Egg, Shredded Buffalo Chicken, and Blue Cheese Dressing (Contains Chicken)

Santa Fe

- Shredded Lettuce, Avocado Aioli, Cheddar Jack Cheese, Black Beans, Corn, Roasted Red Peppers, Pico, and Chipotle Lime Vinaigrette (Vegetarian)

Mediterranean

- Shredded Lettuce, Red Onion, Olives, Grape Tomato, Feta Crumbles, Hummus, White Beans, Cucumber Salsa and a Greek Vinaigrette (Vegetarian)

Sweet Carnitas

- Basmati Rice with Red Onion, Pico, Mango, Pineapple, Tortilla Strips, Cheddar Jack Cheese, Braised Pork, and Our House Made Chipotle Honey Vinaigrette. (Contains Pork)

Chicken Bacon & Ranch

- Shredded Lettuce, Black Beans, Pico, Roasted Corn, Cheddar Jack Cheese, Shredded Chicken, Bacon Crumbles, and Ranch (Contains Chicken & Bacon)

Thai Vegan Tofu

- Spring Mix, Brussel Blend, Broccoli, Peanuts, Shredded Carrots, Red Onion, Tofu, and Green Onion with a Drizzle of Sesame Ginger Dressing. (Vegetarian)

Chicken Teriyaki

- Shredded Lettuce, Shredded Carrots, Red Onion, Rice Noodles, Broccoli, Shredded Chicken, Green Onion, and a Drizzle of Teriyaki Sauce (Contains Chicken)

FTK Daily SOUPS

Tomato

- House made soup made with Onion, Celery, Carrot, Vegetable Stock, Various Spices, and Plum Tomatoes. (Vegan & Vegetarian)

Broccoli

- Home Made with Butter, Onion, Garlic, Flour, Vegetable Stock, Broccoli, Heavy Cream, and Cheddar Jack Cheese. (Vegetarian)

Additional Soups Vary by Week

Small - 8 oz. Soup

Regular - 16 oz Soup

Combo - 16 oz Soup, Chocolate Chip Cookie, Bread, & Drink

Drinks

Lemonade

Berry lemonade

Agua Fresca

Coke Fountain Drinks

Black Tea

Sweet Tea



Potatoes

Buffalo Chicken

- Cheddar Jack, Buffalo Soup Topping, Buffalo Sauce, & Green Onion

Broccoli Cheddar

- Cheddar Jack, Broccoli Florets, & Broccoli Soup Topping

BBQ Pork

- Pickled Chilies, Green Onion, Cheddar Jack, Pork, & BBQ Sauce

Tex Mex

- Black Beans, Pico, Corn, Cheddar Jack, & Chipotle Lime

Mexican Street Corn

- Red Onion, Corn, Pico, White Beans, Tajin Seasoning, Feta, Parmesan, Cilantro Aioli

Sides

Pita Chips

Pita Chips & Hummus

Chips & Salsa

Chips & Cheese

Breadsticks & Cheese

Falafel & Tzatziki

Baked Lays

Side of Mac & Cheese

Side of Tomato Pasta

Desserts

Lemon Bar

Salted Caramel Pretzel Brownie

Chocolate Chip Cookie

PASTA - One Size

Mac & Cheese

- Cavatappi Noodles tossed in our House Made Cheese Sauce

BBQ Pork Mac

- Cavatappi Noodles with Roasted Corn and Roasted Red Peppers topped with our House Made Cheese Sauce, Shredded Pork, BBQ Sauce, & Green Onion.

Buffalo Chicken Mac

- Cavatappi Noodles covered in our House Made Cheese Sauce topped with Chicken, Buffalo Sauce, Diced Celery, Blue Cheese Crumbles, and Green Onion.