



SHAREABLES

Charcutier Boards \$40 Serves 4-6 people

Local and international meats and cheeses, custom preserves, spreads, herb oil, fresh fruits and vegetables, and warm fresh bread

Bread & Spread Flight \$11

A dozen bite size pieces of crunchy ciabatta bread served with butter and two spreads of your choice

Choose two spreads:

Almond butter, apple butter, cinnamon pear jam, fig jam, house herb oil, onion marmalade, pimento cheese, raspberry jam, smokey mustard, sweet potato butter

Burrata \$16

House herb oil, toasted ciabatta, cherry tomatoes, & balsamic glaze

Sofrito Shrimp \$16

Sizzling grilled Argentinian red shrimp, garlic butter, white wine, tomato, onion, jalapeno, lime, & sweet peppers served with garlic bread

PIZZA

The Classic \$15 Add chicken \$5

3 cheese blend, pomodoro sauce
Add \$2.50 each: fresh mozzarella, smoked gouda, sliced prosciutto, pepperoni, chorizo
Add \$1.50 each: arugula, olives, roasted peppers, basil, herb oil, tomato, extra cheese

SALADS

Florida Caesar Salad \$12 Add Grilled Chicken \$5

Mixed greens, seasonal berries, fresh citrus, garlic toast, topped with pecorino & caesar dressing

SANDWICHES

Steak Sandwich \$14.50

Sliced ribeye steak, mozzarella, provolone, italian roasted peppers on a hoagie

Chicken Club \$13.50

Sliced chicken breast with a dijonae dressing, fig jam, honey, bacon, lettuce, tomato on croissant

PASTA

Fettuccine Alfredo \$12 Add Grilled Chicken \$5, Add Shrimp \$6

Aldente pasta, butter cream, black pepper, pecorino

Tortellini Pomodoro \$13 Add a Meatball \$4

Cheese stuffed tortellini baked in pomodoro sauce, ricottabbq glazed chicken breast, avocado spread, heirloom tomato pico, jack cheese & chipotle



MEZZE STYLE STARTERS

Triada \$18

Hummus, tzatziki, melitzanosata, assorted grilled breads

Saganaki \$14

Kefalotyri cheese, blistered tomatoes, olive oil, capers

Toast \$12

Chef's selection of seasonal ingredients

Charred Octopus \$18

Marinated chickpea salad, sweet pickled peppers, frisée

MAIN COURSES

Lavraki \$35

Grilled mediterranean sea bass, garlic crisps, capers, ladolemono

Gyro \$18

Grilled chicken souvlaki, tzatziki, roasted tomatoes, gem lettuce, red onions, pickled fresno, fries

Youvetzi \$32

Local shrimp, mussels, toasted orzo, tomato-saffron broth, feta

Braised Lamb \$32

Celeriac skordalia, asparagus, frisée, pickled onions

Moussaka \$32

Spiced beef mince ragout, roasted potatoes, eggplant, bechamel



Fork & Hen

BEGINNINGS

Fork & Hen Cobb Salad \$14 Add blackened grilled chicken or fried chicken tenders \$4

Heirloom tomato, artisan blue cheese, sweet & sour pickles, beet pickled hard boiled egg

Fries \$7

HANDHELDS

F & H Original Fried Chicken Sandwich \$15

House garlic ranch, sweet and sour pickles, purple cabbage slaw, served with waffle fries

Orlando Hot Chicken Sandwich \$16

Fresno sambal, artisan blue cheese, sweet and sour pickles, purple slaw, served with waffle fries

Buffalo Fried Chicken Wrap \$16

Pulled bbq pork, fried chicken, garlic ranch, sweet and sour pickles, purple cabbage slaw, served with waffle fries

The Fire Bird Sandwich \$18

Original fried chicken, house mac and cheese, sweet and sour pickles, purple cabbage slaw, served with waffle fries

BURGERS

Farmhouse Burger \$16

Pound certified angus burger, caramelized onions, pimento cheese, house pickles, LTO, served with waffle fries

The Hitman \$19

Pound certified angus burger, panko crusted fried mozzarella, bacon, pimento cheese, house pickles, LTO

F&H SPECIALS

Fork & Hen Mac & Cheese \$14

Cavatappi pasta, four cheese mornay sauce, four cheese crust, grated parmesan

Fried Chicken Mac & Cheese \$18

Cavatappi pasta, four cheese mornay sauce, four cheese crust, grated parmesan, make it Orlando hot for \$1 more

House Recipe Chicken Tender Plate \$15

Four jumbo tenders served with waffle fries and your choice of sauce

Country Chicken & Buttermilk Waffles \$19

Honey lavender butter, house pickles, maple syrup, tenders & thighs

SAUCES

House Garlic Dill Ranch, Honey Mustard, Buffalo, Chipotle BBQ, Honey BBQ

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

HUMBL

All of our items are made from plants not animals

SHAREABLES

Nacho's \$12

Blue corn tortilla chips, chorizo, cashew queso, pickled jalapeño's, black bean & charred corn pico, cashew crema, avocado, and cilantro

Fried Green Tomatoes \$13

Hand breaded fried green tomatoes, topped with a jalapeno cream cheese spread, finished with finely chopped parsley

Italian Meatballs \$15

House meatballs served in rustic marinara, oat milk ricotta, topped with garlic crostini

FLATBREADS

Margarita \$16

Hand tossed 00 dough, house made rustic marinara, oat milk mozzarella burrata, and fresh basil

Meat Lover \$18

Hand tossed 00 dough, topped with house made rustic marinara, oat milk shredded mozzarella, plant-based pepperoni, and smoked tempeh "bacon"

BBQ Chicken \$18

Hand tossed 00 dough, caramelized onions, oat milk mozzarella, bbq carnitas jackfruit, drizzled with our house made bbq sauce, and charred pineapple

Truffle \$20

Hand tossed 00 dough, truffle alfredo sauce, oat milk mozzarella, herb roasted cremini, mushrooms, citrus kale, caramelized yellow onions, & herb roasted mushrooms

Artesian Cauliflower Crust add \$3, Any Additional Toppings \$2 each

HANDHELDS

Humbl Cheeseburger \$14

Our signature 17 ingredient plant-based burger, with cashew cheddar cheese, humbl sauce, pickles, lettuce, and tomato

Truffle Burger \$16

Our signature 17 ingredient plant-based burger, herb roasted cremini mushrooms, cashew truffle sauce, and sweet tomato jam

Nashville Hot Chicken \$14

Nashville seasoned plant protein chicken breast topped with pickles, and cole slaw

3 Baja Fish Tacos \$15

Crispy "fishless filet", served in flour tortillas, with jalapeno slaw, pico de gallo, avocado crema, topped with cilantro, served with house made chips & pico

3 Grilled Adobo Jackfruit Tacos \$14

Adobo grilled jackfruit chicken in a flour tortilla, with mango cilantro salsa, pico de gallo, and cilantro, served with house made chips & pico

3 BBQ Carnitas Street Tacos \$14

House made burnt ends jackfruit carnitas in a flour tortilla, topped with charred pineapple pico de gallo, cilantro lime crema, and cilantro, served with house made chips & pico

Toppings: humbl sauce, truffle aioli, lettuce, tomato, pickles, nashville sauce, onions, pico de gallo, and jalapeños

Premium Toppings: avocado, roasted mushrooms, caramelized onions, and queso

ENTREES

Hand Made 16 Layer Lasagna \$18

An Italian classic! Layers of pasta, italian sausage, rustic meat marina sauce, ricotta, mozzarella, & parmesan cheeses, made fresh daily

Truffle Mushroom Risotto \$24

Creamy risotto served with herb roasted sauteed mushrooms, topped with parmesan, parsley, and light drizzle of white truffle oil

SIDES

Homefries Plate \$5

Truffle Fries Plate \$7



APPETIZERS

Deep Water Walu Ceviche \$18

Our take on a classic deep water sashimi grade Hawaiian walu marinated in lime, lemon and fresh squeezed oranges layered with chilled coconut broth and sweet Peruvian peppers, shallots and micro cilantro with warm salted chili lime plantains

Gulf Shrimp Ceviche \$16

Lightly poached and chilled shrimp tossed with lime, tomato, Fresno chilis and avocado served with warm chile lime tortilla chips

Yucatan Style Polpo Ceviche \$18

Thinly sliced octopus tossed with a fresh orange vinaigrette with serrano chilies, pickled carrots and cilantro and minced red onion served with warm chile lime tortilla chips

White Chihuahua Cheese Dip \$9 *with Aged Iberico Chorizo \$11

A blend of white American and chihuahua cheeses seasoned with toasted chilies and served with salted chile lime tortilla chips

Our House Made Guacamole Salad & Chips \$12

Fresh avocados tossed with roasted Fresno chile honey, apple cidef and virgin olive oil and served with salted chile lime tortilla chips

Pasion Taco-Quito Project \$16

In our kitchen we have created a unique take on the classic taquito; we roll them in flour tortillas and pan roasted them in garlic infused olive oil

1) Choose a Tacoquito:

The Elote

Fresh poblano peppers, mushrooms, sweet onions and roasted street corn and folded with cotija and chihuahua cheeses, lime salt, cilantro and pickled carrots

Hatch Green Chile Chicken

Slow braised chicken thigh meat hand shredded and combined with caramelized onions, green chilies and chihuahua cheese

Local Smoky Beef

Local beef ground chuck, pan charred and tossed with caramelized red bell peppers and smoked cheddar cheese

2) Choose a Sauce:

Hatch Green Chili, Pasilla & Ancho Mole or Birria Consume

PLATED ENTRÉE CREATIONS

Sauteed Gulf Shrimp and Mofongo \$28

Charred gulf shrimp served over a toasted garlic- lime butter sauce with a smoky bacon sweet plantain mofongo

Pork Pozole Verde \$25

Slow braised heritage pork shoulder with roasted green chilies and hominy then garnished with sliced avocado, shredded cabbage, radishes, lime and cilantro

Adobe Blackened Mahi Mahi Tostada \$24

Crispy corn tortilla topped with lightly blackened mahi, pickled cabbage, marinated cherry tomato, avocado, chile lime crema and fresh cilantro

Barria Style Queso Tacos \$19

3 flour tortillas smothered in chihuahua cheese and grilled in garlic oil filled with smoky beef and caramelized red bell peppers. Finished with pickled vegetables, cilantro and served with Birria sauce, plantain chips

Chipotle Chicken Quesadilla \$16

Chipotle braised chicken, chihuahua cheese and caramelized onions griddled golden brown with sour cream and salsa verde



QUICK BITES

Kathi Wrap \$15

Your choice of marinated grilled chicken or Paneer (Indian cottage cheese) wrapped in flaky Paratha bread with veggies and chef's secret sauces

Tikka Masala Flatbread Cheese \$12 Chicken \$14

Naan bread topped with tikka sauce and fresh herbs

Indo-Chinese Sweet & Tangy Boneless Wings \$14

Boneless fried wings tossed in yummy sautéed ginger, garlic & chili Manchurian sauce full of flavor.

Frontier Chicken or Paneer \$14

Tangy and spicy boneless grilled chicken or paneer tossed with bell peppers and onion.

Zazzy Masala Fries \$8

Classic potato fries gets a modern makeover with Chef's robust Indian spice coating and finished with garlic aioli

Samosa (Veg/Vegan) \$12 Chicken \$14

Crispy Indian snack with delicious ground meat packed with potato/green peas or ground chicken.

Spinach Pakora (Veg/Vegan) \$12

Crisp and tasty deep-fried spinach fritters made with spinach, lentil flour (Besan) onions, herbs & spices.

Seekh Kabob (GF) (Chicken or Lamb) \$16

Kabobs are juicy bites of delicious ground meat packed with fresh herbs, citrus, spices and grilled to perfection.

CHEF'S MASTERPIECE (PICK ANY 2 SIDE ITEMS)

Butter Chicken (GF) \$22

Boneless chicken cooked in zesty rich tomato gravy, enriched with fenugreek leaves and fresh cream.

Lamb Loin Chops (GF) \$22.00

Lamb loin chops marinated in chef's secret spice, grilled on open flame & cooked to perfection.

Tandoori Chicken (GF) \$22

A classic favorite of Indian cuisine, chicken marinated in ginger, garlic, yoghurt & spices for irresistible flavor & fragrance.

Tikka Masala (GF) Shrimp \$21 Paneer (Veg) \$22

Marinated with chef's secret spice and cooked in zesty rich tomato gravy, enriched with fenugreek leaves and fresh cream

Chole Curry (Veg/Vegan/GF) \$18

Chickpeas cooked home style with Onions, Tomatoes, garlic & Ginger.

SIDE ITEMS

Paratha (Indian flaky bread) \$5

Poori (Fluffed deep fried Indian bread) \$5

Basmati White Rice \$4

Saffron Rice \$5 (\$1 up charge with Chef's Masterpiece)

Steamed Broccoli \$4



SMALL PLATES

Beef Tartare \$16

Aged beef sirloin steak minced with fresh shallots, herbs, red wine, spices and egg in a light dressing with herbs, grilled breads, egg yolk

Caramelized Cauliflower with Local Whipped Goat Cheese \$14

Pan roasted cauliflower seasoned with fresh herbs and sea salt, served on grilled focaccia crostini, whipped goat cheese, pistachio pesto, candied nuts and local honey

Granny Smith Apple & Arugula Salad \$13

Peppery arugula tossed with granny smith apple matchsticks, imported feta cheese, roasted red bell peppers, and candied nuts, tossed in a roasted fresno chile and local honey vinaigrette

Roasted Butternut Caprese Salad \$13

Pan roasted butternut squash medallions layered over thick cut beefsteak tomatoes, fresh whole milk mozzarella cheese and our house pistachio pesto, finished with virgin olive oil and balsamic vinegar glaze

House Pimento Cheese & Bacon \$14

Our house made pimento cheese blend with gouda and sharp cheddar folded with roasted red bell peppers, garlic spread on Focaccia toasts with smoky bacon lardons, sweetend bourbon glaze

Warm Focaccia With Local Honey Toasted Pecan Butter \$7

Lobster & Gulf Shrimp Thai Coconut Bisque \$16

A rich lobster stock infused with roasted butternut squash coconut milk and sherry, finished with charred spiced gulf shrimp, smoky paprika oil and a parmesan cheese focaccia baton

ENTREE CREATIONS

Seared Jumbo Sea Scallops \$36

Seared jumbo scallops served with a creamy forest mushroom risotto then finished with parsley, capers, orange zest and parmesan

Pan Roasted Beef Tenderloin \$34

Hand cut beef shoulder tenderloin, seasoned with cracked pepper and sea salt, cooked medium rare and served with whipped Yukon potatoes, smoked charred cherry peppers and a red wine demi-glaze

Duck & Waffles \$32

Crispy skinned farm raised duck breast, cooked medium and sliced over duck fat sage buttered waffles with macerated maple blackberry syrup

Pan Roasted Marinated Salmon \$28

Fresh salmon marinated in olive oil, brown sugar, chilies and soy sauce, pan roasted and topped with house pickled vegetables and finished with our unagi glaze and horseradish cauliflower

Hot Salt Chicken \$21 (Child Entree Available)

House spiced crispy chicken breast served with buttermilk ranch roasted hasselback potato, house pickle tartar sauce, hot salt romesco sauce and fresh coriander

Patty Melt \$16

Ground brisket and short rib beef patty cooked medium with caramelized sweet onions, chipotle aioli and smoked cheddar cheese on garlic focaccia



APPETIZERS

Coconut Shrimp \$15

Shrimp toss in shredded coconut fried golden served with sweet, spicy sauce

Wings \$14

Jerk or honey glazed bbq

Mini Beef Patties Chicken \$7 Beef \$9

Fresh baked crust filled with seasoned meat

Jamaican Patty (Chicken or Beef) \$5

Fresh baked crust filled with jerk chicken or beef

ENTREES

Served with any two sides

Caribbean Beach Salad Chicken \$16 Shrimp \$20

Crisp romaine lettuce, black beans, tomatoes, diced pineapple, red peppers, onions served with mango dressing

Jamaican Pepper Steak \$30

Thin cut sirloin prepared with bell peppers

Jerk Chicken \$18

Grilled chicken season and marinated in a classic jerk sauce, served medium to spicy

Curry Chicken \$18

Seasoned well, cooked down in a savory curry sauce, busting with flavor, this delicious dish is one for chicken lovers

Curry Shrimp \$22

Flavorful island curry shrimp with bits of potatoes that island lovers would surely relish in

Steam Snapper \$30

Whole snapper fish season and cooked with spices and vegetables including okra and carrots

Escovitch Fish \$30

Crispy fried whole snapper topped with a spicy pickled vegetable medley

Oxtail \$28

Braised oxtail with butter bean cooked until meat is tender and juicy

Chicken/Shrimp Rasta Pasta \$20/\$26

Tender chicken breast or shrimp, penne pasta cook in coconut milk, sweet peppers, and a hint of jerk seasoning served medium to spicy

SIDES

Rice and Peas \$6

White Rice \$4

Steam Veggie or Garden Salad \$4

Plantains \$4

Roti \$8

Patty \$6



MOTHRA BAO BUNS

Mix and Match Bao \$12 per order of 2

Pork Belly

Cucumber, pickled slaw, crushed peanut, hoisin

Crackling Shrimp

Cucumber, pickled slaw, crushed peanut, sambal mayo

Karage Fried Chicken

Cucumber, crushed peanuts, pickled slaw, chili crema

Chili Crisp Mushroom

Cucumber, pickled slaw, togarashi

Assorted Family Style Bao Bun Platter \$26

Comes with all of the above and 6 bao buns

WABI FRIED RICE

Crispy Brussels & Vegetable Fried Rice \$16

Chili ginger mushrooms, baby bok choy

Karage Fried Chicken Fried Rice \$17

Scallion, bean sprouts, ginger, roast garlic, chili aioli, scrambled egg, purple cabbage slaw

Cracklin Shrimp Fried Rice \$19

Scallion bean sprouts, ginger, roast garlic, chili aioli, scrambled egg, purple cabbage slaw

WABI SABI RAMEN

Tajuana Short Rib Birria Ramen \$25

Five chili roasted shoyu broth, street corn, scallion, watermelon raddish, baby bok choy, sesame, beet pickled egg, chicharon, tajjin, chili threads

Porky Pig Ramen \$17

Wok seared pork belly, ground chili pork, toasted sesame, pickled beet egg, bean sprouts, baby bok choy, chili threads

WABI HOUSE SPECIALTIES

Coconut Curry Ramen \$17

Shoyu broth, scallions, beets pickled eggs, bok choy, watermelon radish, chicharon, chili threads

Wabi Ahi Tuna Poke \$19

Jasmin rice, tuna, spacy aioli, scallion, watermelon radish, edamame, avocado crema, cilantro, sesame seeds, daily greens

Dragon Noodles \$12

Gluten free wild rice noodle, scallion, bean sprouts, mint, thai basil, cilantro
Add karage fried chicken \$3, add cracklin shrimp \$4, add chili crisp mushroom \$3

DONBURI RICE BOWLS

Ahi Tuna Tataki Tostada \$23

Spicy Aioli, Radish, Pickled Cabbage, Wasabi Avocado Crema, Duro Tostada, Pickled Ginger

Coconut Curry Chicken \$16

Pickled slaw, jasmine rice, crushed peanuts, cilantro, baby bok choy, chili mayo, sesame, scallions

Firecracker Shrimp \$19

Pickled slaw, jasmine rice, cilantro, baby bok choy, kewpie mayo, wok seared log beans, scallions