



Unforked

Description



Images via [Unforked](#)

One of my favorite places to meet friends for a quick bite to eat is Unforked. Unforked opened on 119th St. in Overland Park, Kansas the summer of 2011. It's a great place to get healthy fast food made

with high quality ingredients. They use local ingredients first and also offer gluten free options on their menu. Cross contamination with wheat is possible though if you're highly allergic to gluten. You can view Unforked's full menu [here](#). My friend is addicted to the Hail to the Kale salad. I have to admit that I'm hooked now as well. Who knew kale could taste so good and it's good for you? I also love the tacos. If you are burned out from cooking due to Thanksgiving festivities and can't bear to eat another bite of turkey, give Unforked a try for a quick bite to eat. Do you have any favorite menu items from Unforked? Let me know and I'll give them a try.

Date Created

2012/11/24

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