



At Field to Fork, We are committed to bringing you the freshest and most flavorful meals by sourcing everything locally and humanely. We cultivate relationships with local artisan producers and employ “made from scratch” cooking techniques.

Our goal is to shorten the distance from the field to your fork, ensuring every bite is a testament to our dedication to quality and sustainability.

· please inform your server of any allergies or dietary restrictions ·

Brunch

Breakfast Bowl

cilantro rice, black beans, house-made chorizo*, pico de gallo, avocado, salsa verde, two poached eggs

* substitute vegan chorizo

Frittata

three eggs, swiss chard, mushrooms, zucchini, house-made spiced tomato sauce, goat cheese

Chef's Omelet

ask your server for today's omelet special

Pair O'Eggs

two eggs, choice of meat & toast

The Fork Benedict

two poached eggs, ham, house-made sprouted whole grain english muffin, herb-cheese sauce

Avocado Toast & Poached Eggs

· add house-made salmon lox + 6

house-made dinkelbrot toast, avocado, dijon aioli, radish, red onion, sprouts, two poached eggs

Sunrise Sandwich

widmer's cheddar, scrambled egg, house-made krankie's biscuit & choice of meat

Shakshouka

two poached eggs in a bell pepper-tomato sauce, spinach, roasted fennel, topped with feta cheese and pita bread

Pastrami Hash

house-made pastrami, yukon gold potatoes, leeks, pepper medley, fresno chili aioli, two sunny side up eggs

Quiché & Two

quiché of the day with a salad and a soup

* gluten free option available

Sweet

Cinnamon Roll French Toast

house made brioche pullman loaf, roasted pecans, vanilla orange icing, topped with a cinnamon crumb topping.

Waffle

belgian waffle, fresh berries, maple syrup, dulce de leche, powdered sugar

Fork Pancakes

· add blueberries · 2

two buttermilk buckwheat pancakes, cinnamon butter, local maple syrup

Yogurt

cranberry pecan granola, yogurt, mixed berries and assorted fresh fruit, topped with honey

Snacks

Cheese Curds

fresh, local curds, green-goddess dressing

Hand-Cut French Fries

Sweet Potato Fries

Sandwiches

15

Chicken Quesadilla

latin spices, peppers, onions, quesadilla cheese blend, cilantro crema, salsa verde

16

16

Double Smash Burger

· add bacon + 3 · add egg + 2

two 3oz local grass-fed beef patties, widmer's cheddar cheese, bread n' butter pickles, mayo, caramelized onions, on a house-made brioche bun

15

16

Walnut Burger

trempealeau walnut patty, alpine cheese, roasted pepper, mustard-horseradish aioli, on a house-made brioche bun

14

14

Cauliflower Melt

roasted cauliflower, alpine cheese, honey, tart apple, whole grain toast, curry aioli

13

16

Fried Chicken

southern fried chicken thigh, sweet potato hot sauce, red cabbage slaw, on a house-made brioche bun

16

17

The Fork Club

ham, turkey, bacon, avocado, fresno chili aioli, lettuce and tomato on house-made multi-grain bread

15

14

Cubano

ham, roasted pork shoulder, bread & butter pickles, havarti cheese, dijon aioli, served on slo food foccacia

15

14

Soups

18

Fork Chili

Cup • 7 • Bowl • 9

Chicken & Wild Rice

Cup • 5 • Bowl • 8

16

Soup of the Day

Cup • 5 • Bowl • 8

Salads & More · add chicken + 6

16

Farmer's Salad

mixed greens, watermelon radish, pickled red onion, zucchini, tomato, cucumber, house-made green-goddess dressing

9

16

Asian Chicken Salad

chicken, red & green cabbage, scallions, carrots, cilantro, peppers, sesame seeds, soy sauce, ginger, garlic, rice wine vinegar

14

13

Wedge Salad

cherry tomatoes, blue cheese, bacon, blue cheese dressing, artichokes

15

12

Beet & Pear Salad

roasted beets, grilled pear, mixed greens, quinoa, walnuts, feta cheese, honey dressing

15

Sides

10

Egg

2

Bacon

5

Ham

5

Chorizo

5

Vegan Chorizo

5

Breakfast Sausage · pork or chicken ·

5

Potato Veggie Hash

7

Seasonal Fruit

7

Avocado

3

Toast · rustic white or whole wheat ·

4



Fresh from the oven - right next door!

your favorite breads and pastries at
Stefano's Slo Food Market

· baked fresh daily in our Bakery ·

* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness

DRINK MENU

Raw Juice Bar

Fresh Squeezed Orange Juice	5 7
Local Grown Wheatgrass <i>served in a shot glass</i>	6
Morning Blend <i>Carrot, Apple, Lemon, Ginger</i>	7
Apple Ginger Spritz <i>Apple, Ginger, Cinnamon, Seltzer</i>	7
"Ironman" Beet It <i>Beets, Carrot, Apple, Lemon, Ginger</i>	7 ⁵⁰
The Hulk <i>Kale, Celery, Apple, Lemon, Ginger</i>	8
Morning Nectar <i>Orange, Carrot, Turmeric, Ginger, Cayenne, Black Pepper</i>	8
Farmer's Daughter <i>Carrot, Apple, Lemon, Wheatgrass, Ginger, Turmeric</i>	9
The Alkalizer <i>Kale, Mango, Orange, Coconut Water, Chia Seed</i>	9

Smoothies • Made With Grass-Fed Greek Yogurt

Berry <i>Blueberry, Raspberry, Strawberry, Banana, Apple Juice</i>	7
Tropical <i>Mango, Peach, Banana, Pineapple Juice, Coconut Water</i>	8
Cherry <i>Tart Cherry, Banana, Cherry Juice</i>	9

Non-Dairy Smoothies

Joey Blue <i>Blueberry, Banana, Coconut Kefir, Oatmilk</i>	9
Java Power <i>Cold Brew, Banana, Avocado, Date, Oatmilk</i>	9
Lassi <i>Banana, Kefir, Turmeric, Ginger, Honey, Lemon</i>	9
PB2 <i>Banana, Date, PB2 Peanut Butter Powder, Coconut Water, Oatmilk</i>	9 ⁵⁰

Fork Favorite Smoothies

Wake N' Shake <i>Vanilla Gelato, Avocado, Cold-Brew</i>	9
Orange Mango Creme <i>Mango, Banana, Coconut Kefir, Fresh Squeezed Orange Juice</i>	12

Coffee • Almond and Oat Milk Available Fair Trade | Organic Certified | Roasted In-House

Coffee Cold Brew	4.00
Espresso Double Espresso	4.00 4.50
Americano	4.50
Macchiato	4.50
Cappuccino	4.75
Latte	5.25
Mocha	6.00
Chai	6.00
Lavender Latte • iced or hot •	7.00

Other Beverages

Pepsi Diet Pepsi Starry	3.50
Berghoff Root Beer	4.50
Iced Tea Hot Tea	4.00 5.00
Organic Lemonade	4.00
Milk Chocolate Milk	4.00 4.50
Hot Chocolate	6.00

Cocktails

Loaded Bloody Mary <i>House Mix, Vodka, Deli Garnish</i> add chaser + 2	10
Beer-Mosa <i>Pale Ale, Fresh Squeezed Orange Juice</i>	7
Mimosa <i>Fresh Squeezed Orange or Blood Orange Juice, Prosecco</i>	12 55
Bellini <i>Peach Liqueur, Chambord, Prosecco</i>	13
Blood Orange Margarita <i>Blanco, Solerno, Lime, Agave, Blood Orange</i>	13
Lychee Fizz <i>Vodka, St. Germaine, Lychee, Lemon, Prosecco</i>	13
Aperol Spritz <i>Aperol, Prosecco, Seltzer</i>	12
Espresso Martini <i>House Espresso, Vodka, Mr. Black</i>	14
Irish Cream Coffee <i>House Hot or Cold Brew, Five Farms Irish Cream</i>	12
House Made Limoncello	8

Red Wine

Montepulciano d'Abruzzo • Valle Reale • 2021 • Abruzzo	14 / 60
Aglianico • Colli di Lapio • 2023 • Campania	13 / 55
Valpolicella Ripasso • Speri • 2022 • Veneto	16 / 70

White Wine

Verdeca • Cantele • 2023 • Puglia	14 / 60
Pecorino • Jasci • 2022 • Abruzzo	11 / 45
Moscato • Vino dei Fratelli • 2023 • Piemonte	11 / 45

Rosé & Sparkling

Ciro Rosato • Librandi • 2023 • Calabria	11 / 45
Prosecco • Sommariva • NV • Veneto	12 / 50

Beer

Arrivederci Roma <i>Italian Pilsner • 5,0%</i> Gathering Place Brewing Co. • Milwaukee, WI	6
Spotted Cow <i>Farmhouse Ale • 4,8%</i> New Glarus Brewing Co. • New Glarus, WI	6

Draft Beer

Ask the staff about our rotating seasonal drafts! 5

Non-Alcoholic

N/A Italian Lager • Untitled Art	6
Hoppy Refresher • Lagunitas	6

Fresh Features

Rose Berry Kombucha • RMBR • add vodka, gin, or tequila + 5 •	14oz 7 To Go (16oz) 8
Lavender Lemonade • Lavender Syrup, Organic Lemonade • add vodka, gin, or tequila + 5	6