



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.

## Brunch

<b>Breakfast Bowl</b>	15
cilantro rice, black beans, housemade chorizo, pico de gallo, avocado, salsa verde, two poached eggs *substitute vegan chorizo	
<b>Fall Frittata</b>	16
three eggs, caramelized shallots, roasted winter squash, kale, smoked gouda, topped with an arugula salad	
<b>Chef's Omelet</b>	16
ask your server for today's omelet special	
<b>Pair O'Eggs</b>	14
two eggs, choice of meat & toast	
<b>The Fork Benedict</b>	16
two poached eggs, ham, sprouted whole grain english muffin, herb-cheese sauce, micro greens	
<b>Avocado Toast &amp; Poached Eggs</b>	16
• add house-made salmon lox • 6 dinkelbrot toast, avocado, dijon aioli, radish, red onion, sprouts, two poached eggs	
<b>Sunrise Sandwich</b>	13
widmer's cheddar, scrambled egg, house-made krankie's biscuit & choice of meat	
<b>Chilaquiles</b>	14
tortilla chips, salsa verde, quesadilla cheese, red onions, two eggs, cilantro crema, micro cilantro	
<b>Pastrami Hash</b>	18
house-made pastrami, yukon gold potatoes, leeks, pepper medley, fresno chili aioli, two sunny side up eggs	
<b>Quiché &amp; Two</b>	16
quiché of the day with a salad and a soup	

## Sweet

<b>French Toast</b>	16
bruleed stefano's italian bread, bourbon caramelized apple compote, candied hickory nuts, cinnamon butter	
<b>Pumpkin Waffle</b>	15
belgian waffle, maple glaze, dulce de leche, sorghum maple syrup, toasted pecans	
<b>Fork Pancakes</b>	13
• add blueberries • 2 two buttermilk buckwheat pancakes, cinnamon butter, sorghum maple syrup	
<b>Yogurt</b>	12
cranberry pecan granola, yogurt, mixed berries and assorted fresh fruit, topped with honey	

## Snacks

<b>Cheese Curds</b>	10
fresh, local curds, green-goddess dressing	
<b>Hand-Cut French Fries</b>	4
<b>Sweet Potato Fries</b>	4

## Sandwiches

<b>Chicken Quesadilla</b>	16
latin spices, peppers, onions, quesadilla cheese, cilantro, salsa verde	
<b>Double Smash Burger</b>	15
• 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	
<b>Walnut Burger</b>	14
trempealeau walnut patty, alpine cheese, roasted pepper, mustard-horseradish aioli, on a house made brioche bun	
<b>Cauliflower Melt</b>	13
roasted cauliflower, alpine cheese, honey, tart apple, whole grain toast, curry aioli	
<b>Fried Chicken</b>	16
southern fried chicken thigh, sweet potato hot sauce, red cabbage slaw, on a house made brioche bun	
<b>The Fork Club</b>	15
ham, turkey, bacon, avocado, fresno chili aioli, lettuce and tomato on multi-grain bread	
<b>Chef's Sandwich</b>	MP
ask your server for today's sandwich special	

## Soups

<b>Fork Chili</b>	<b>Cup • 7 • Bowl • 9</b>
<b>Chicken &amp; Wild Rice</b>	<b>Cup • 5 • Bowl • 8</b>
<b>Soup of the Day</b>	<b>Cup • 5 • Bowl • 8</b>

## Salads & More

<b>Farmer's Salad</b>	9
mixed greens, radish, pickled red onion, carrots, roasted squash, tomato, cucumber, green-goddess dressing	
<b>Chicken Romaine Salad</b>	14
mini-romaine, shredded beets, carrots, red cabbage, grilled chicken, mustard yogurt vinaigrette	
<b>Fall Apple Salad</b>	15
roasted pecans, spiced pumpkin seeds, arugula, pomegranate seeds, lardons, gorgonzola, grilled apple, roasted squash, apple dressing	
<b>Beet &amp; Pear Salad</b>	15
roasted beets, grilled pear, mixed greens, quinoa, walnuts, feta cheese, honey dressing	

## Sides

<b>Egg</b>	2
<b>Bacon</b>	5
<b>Ham</b>	5
<b>Chorizo</b>	5
<b>Vegan Chorizo</b>	5
<b>Breakfast Sausage • pork or chicken •</b>	5
<b>Potato Veggie Hash</b>	7
<b>Seasonal Fruit</b>	7
<b>Avocado</b>	3
<b>Toast • rustic white or whole wheat •</b>	4

\* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness  
• please inform your server of any allergies or dietary restrictions •

# DRINK MENU

## Raw Juice Bar

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

## Smoothies • Made With Grass-Fed Greek Yogurt

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

## Non-Dairy Smoothies

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

## Featured

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

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

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

## Other Beverages

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

## Cocktails

<b>Loaded Bloody Mary</b> <i>House Mix, Vodka, Deli Garnish</i> <b>add chaser + 2</b>	10
<b>Beer-Mosa</b> <i>Pale Ale, Fresh Squeezed Orange Juice</i>	7
<b>Mimosa</b> <i>Fresh Squeezed Orange or Blood Orange Juice, with Prosecco</i>	12   55
<b>Bellini</b> <i>Peach Liqueur, Chambord, Prosecco</i>	13
<b>Blood Orange Margarita</b> <i>Blanco, Solerno, Lime, Agave, Blood Orange</i>	13
<b>Lychee Fizz</b> <i>Vodka, St. Germaine, Lychee, Lemon, Prosecco</i>	13
<b>Aperol Spritz</b> <i>Aperol, Prosecco, Seltzer</i>	12
<b>Espresso Martini</b> <i>House Espresso, Vodka, Mr. Black</i>	14
<b>Irish Cream Coffee</b> <i>House Hot or Cold Brew, Five Farms Irish Cream</i>	12
<b>Lavender Lemonade</b> <i>Organic Lemonade, Lavender Syrup • add vodka or gin + 2</i>	11
<b>House Made Limoncello</b>	8

## Red Wine

<b>Montepulciano d'Abruzzo</b> • Valle Reale	14
<b>Aglianico</b> • Colli di Lapio - Romano Clelia	12
<b>Valpolicella Ripasso</b> • Speri	16

## White Wine

<b>Verdeca</b> • Cantele	14
<b>Pecorino</b> • Jasci	11
<b>Moscato</b> • Vino dei Fratelli	11

## Rosé & Sparkling

<b>Ciro Rosato</b> • Librandi	11
<b>Prosecco</b> • Sommariva	12

## Beer

<b>Arrivederci Roma</b> <i>Italian Pilsner • 5,0%</i> <i>Gathering Place Brewing Co. • Milwaukee, WI</i>	6
<b>Spotted Cow</b> <i>Italian Pilsner • 5,0%</i> <i>Gathering Place Brewing Co. • Milwaukee, WI</i>	6
<b>M-43</b> <i>Italian Pilsner • 5,0%</i> <i>Gathering Place Brewing Co. • Milwaukee, WI</i>	7

## Draft Beer

<i>Ask the staff about our rotating seasonal drafts!</i>	5
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## Non-Alcoholic

<b>Phony Negroni</b> • St. Agrestis	14
<b>N/A Dry Secco</b> • Grüvi	12
<b>N/A Italian Lager</b> • Untitled Art	16
<b>Hoppy Refresher</b> • Lagunitas	16