



## Savory

- Breakfast Burrito** 17  
chorizo, poblano corn rice, two eggs, queso blanco, fresh salsa
- Summer Frittata** 16  
zucchini, summer squash, basil, leeks, three eggs, pesto, topped with goat cheese, fresh tomatoes & arugula
- Chef's Omelet** 16  
ask your server for today's omelet special
- Pair O'Eggs** 14  
two eggs, choice of meat & toast
- The Fork Benedict** 16  
two poached eggs, ham, sprouted whole grain english muffin, herb-cheese sauce, micro greens
- Avocado Toast & Poached Eggs** 16  
• add house-made salmon lox • 6  
dinkelbrot toast, avocado, dijon aioli, radish, red onion, sprouts, two poached eggs
- Sunrise Sandwich** 12  
widmer's cheddar, scrambled egg, house-made krankie's biscuit & choice of meat
- Huevos Rancheros** 14  
• add avocado • 3  
tostada, refried beans, queso, pico de gallo, fresh salsa, two sunny side up eggs
- Pastrami Hash** 18  
house-made pastrami, yukon gold potatoes, leeks, pepper medley, fresno chili aioli, two sunny side up eggs
- Quiché & Two** 16  
quiché of the day with a salad and a soup

## Sweet

- French Toast** 16  
bruleed stefano's italian bread, cherry syrup, fresh cherries, toasted almonds, orange butter
- Belgian Waffle** 14  
belgian waffle, berries, powdered sugar, dulce de leche, sorghum maple syrup
- Fork Pancakes** 13  
• add blueberries • 2  
two buttermilk buckwheat pancakes, orange butter, sorghum maple syrup
- Yogurt** 12  
cherry almond granola, yogurt, mixed berries and assorted fresh fruit, topped with honey
- Chef's Sweets** 14  
ask your server for today's selection

## Sandwiches

- Chicken Quesadilla** 17  
latin spices, peppers, onions, quesadilla cheese, cilantro, salsa verde
- Classic Burger** 13  
• add bacon + 3 • add egg + 2  
6oz local grass-fed beef, widmer's cheddar cheese, parker house roll
- Walnut Burger** 14  
trempealeau walnut patty, alpine cheese, roasted pepper, mustard-horseradish aioli, parker house roll
- Cauliflower Melt** 13  
roasted cauliflower, alpine cheese, honey, tart apple, whole grain toast, curry aioli
- Grilled Chicken** 16  
culatello prosciutto, calabrian mayo, arugula, tomato, mozzarella, house-made croissant
- The Fork Club** 15  
ham, turkey, bacon, avocado, fresno chili aioli, lettuce and tomato on multi-grain bread

## Soups

- Fork Chili** Cup • 7 • Bowl • 9
- Chicken & Wild Rice** Cup • 5 • Bowl • 8
- Soup of the Day** Cup • 5 • Bowl • 8

## Salads & More

- add chicken + 6
- Farmer's Salad** 9  
mixed greens, radish, pickled red onion, tomato, cucumber, summer squash, zucchini, green-goddess dressing
- Napa Wedge Salad** 14  
napa cabbage, bacon, cherry tomatoes, green beans, toasted pecans, blue cheese, blue cheese dressing
- Watermelon Cucumber Salad** 15  
cherries, watermelon, cucumber, fennel, feta cheese, roasted corn, cilantro-honey vinaigrette, micro greens
- Beet Salad** 15  
roasted beets, arugula, pickled red onion, cherry tomatoes, brigantaccio cheese, pistachios, balsamic dressing
- Vegan Bowl** 15  
cucumber, green onion, radish, red cabbage, sushi rice, carrots, soy curls, peanut sauce

## Snacks & Sides on reverse



## Snacks

<b>Cheese Curds</b> <i>fresh, local curds, green-goddess dressing</i>	10
<b>Hand-Cut French Fries</b>	4
<b>Chili-Cheese Fries</b>	6

## Sides

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

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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.

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Our commitment to local, farm-fresh, and humanely raised  
ingredients aligns with the principles of the Slow Food Movement.

This movement celebrates  
food that is good for you,  
good for those who grow it,  
and good for the planet.



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By sourcing our ingredients locally and preparing each dish from scratch, we ensure  
that you enjoy the freshest and healthiest meals possible. Every bite is a celebration of  
our dedication to quality, sustainability, and the rich flavors that come from mindful,  
intentional cooking.