



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

Breakfast Bowl 15
cilantro rice, black beans, veggie or regular chorizo, pico de gallo, avocado, two poached eggs

Fall Frittata 16
three eggs, caramelized shallots, roasted winter squash, kale, smoked gouda, topped with an arugula salad

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 13
widmer's cheddar, scrambled egg, house-made krankie's biscuit & choice of meat

Chilaquiles 14
tortilla chips, salsa verde, quesadilla cheese, red onions, two eggs, cilantro crema, micro cilantro

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, bourbon caramelized apple compote, candied hickory nuts, cinnamon butter

Pumpkin Waffle 15
belgian waffle, maple glaze, dulce de leche, sorghum maple syrup, toasted pecans

Fork Pancakes 13
• add blueberries • 2
two buttermilk buckwheat pancakes, cinnamon butter, sorghum maple syrup

Yogurt 12
cranberry pecan granola, yogurt, mixed berries and assorted fresh fruit, topped with honey

Snacks

Cheese Curds 10
fresh, local curds, green-goddess dressing

Hand-Cut French Fries 4

Sweet Potato Fries 4

Sandwiches

Chicken Quesadilla 16
latin spices, peppers, onions, quesadilla cheese, cilantro, salsa verde

Double Smash Burger 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

Walnut Burger 14
trempealeau walnut patty, alpine cheese, roasted pepper, mustard-horseradish aioli, on a house made brioche bun

Cauliflower Melt 13
roasted cauliflower, alpine cheese, honey, tart apple, whole grain toast, curry aioli

Fried Chicken 16
southern fried chicken thigh, sweet potato hot sauce, red cabbage slaw, on a house made brioche bun

The Fork Club 15
ham, turkey, bacon, avocado, fresno chili aioli, lettuce and tomato on multi-grain bread

Chef's Sandwich MP
ask your server for today's sandwich special

Soups

Fork Chili Cup • 7 • Bowl • 9

Chicken & Wild Rice Cup • 5 • Bowl • 8

Soup of the Day Cup • 5 • Bowl • 8

Salads & More

Farmer's Salad 9
mixed greens, radish, pickled red onion, carrots, roasted squash, tomato, cucumber, green-goddess dressing

Chicken Romaine Salad 14
mini-romaine, shredded beets, carrots, red cabbage, grilled chicken, mustard yogurt vinaigrette

Fall Apple Salad 15
roasted pecans, spiced pumpkin seeds, arugula, pomegranate seeds, lardons, gorgonzola, grilled apple, roasted squash, apple dressing

Beet & Pear Salad 15
roasted beets, grilled pear, mixed greens, quinoa, walnuts, feta cheese, honey dressing

Sides

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

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, Orange 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

Featured

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, with 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
Lavender Lemonade <i>Organic Lemonade, Lavender Syrup • add vodka or gin + 2</i>	11
House Made Limoncello	8

Red Wine

Montepulciano d’Abruzzo • Valle Reale	14
Aglianico • Colli di Lapio - Romano Clelia	12
Valpolicella Ripasso • Speri	16

White Wine

Verdeca • Cantele	14
Pecorino • Jasci	11
Moscato • Vino dei Fratelli	11

Rosé & Sparkling

Ciro Rosato • Librandi	11
Prosecco • Sommariva	12

Beer

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