

Bistro Bites

Brie and fruit and with baguette **\$9.29**

Soft Brie with toasted baguette, roasted pecans, grapes, and raspberry preserves.

Caprese Salad **\$9.99**

Fresh Mozzarella, sliced tomatoes, balsamic glaze, fresh basil, and spices.

Hummus and Bruschetta **\$8.79**

House made Hummus and Italian Bruschetta, served with flatbread

Pesto Points **\$8.99**

Sliced baguette, topped with goat cheese, basil pesto and a sundried tomato.

House Chips and Dip **\$8.99**

House chips with house made French Onion or Sundried Tomato Chive Dip

Fork and Bowl Salads- hence the name!

Chicken Salad Salad **\$11.29**

House made chicken salad, with roasted pecans and grapes served on salad greens, topped with a balsamic vinaigrette

Grilled Chicken or Grilled Salmon Caesar Salad **\$11.99/\$15.99**

Our large Caesar salad with fresh parmesan, croutons, and our house made Caesar Dressing, with chilled grilled Chicken or grilled to order Salmon.

F&B Grilled Chicken Salad **\$11.99**

Tossed Greens with pears, gorgonzola, cranberries, roasted pecans, sweet sherry vinaigrette, topped with chilled grilled chicken.

BBQ Chicken Salad **\$11.99**

Tossed Greens topped with chilled grilled chicken, onion straws, cheddar cheese, black beans, roasted corn, avocado, and BBQ ranch dressing.

Bruschetta Chicken Salad **\$12.99**

Tossed Greens with house made bruschetta mix, white beans, grilled chicken, roasted corn, shaved parmesan cheese, and balsamic dressing

Greek Salad Chicken or Gyro/Salmon **\$11.99/\$15.99**

Mixed Greens topped with the protein of your choice, hand crumbled feta, sliced tomatoes, onions, Salonica peppers and a balsamic dressing.

The Department of Health requires that we inform you that consuming raw or undercooked meats, poultry, or seafood may increase your risk of foodborne illness

Fork & Bowl and Maybe a Knife (entrees)

F&B Lemon Grilled Chicken or Salmon **\$13.99/\$16.99**

Our marinated and grilled chicken breast or grilled salmon, with pasta salad and an F&B tossed side salad.

Cauliflower Rice Bowl with Roasted Veggies, Chicken or Salmon **\$11.49/\$16.48**

Cauliflower rice tossed with grilled chicken, roasted veggies, or grilled salmon mixed with sundried tomatoes, pesto, mozzarella, and pasta salad. **Add a Caesar Salad \$2.29**

What the Fork, you have Burgers?

Substitute grilled or fried chicken on any burger

All served on a sweet sourdough bun and include a side

Spice up your life with a jalapeno cheddar bun or grilled jalapenos!

No extra charge, as we all deserve to be spicy sometimes!

Keto Burger for our Celiac Friends **\$13.99**

Still with our fresh, certified Angus burger topped with American cheese, lettuce, tomato, onion, pickle, mayo and mustard but wrapped in our Cauliflower flatbread.

Flame Grilled Cheeseburger **\$11.49**

Our fresh, certified Angus burger topped with American cheese, lettuce, tomato, onion, pickle, mayo and mustard, spice it up with grilled jalapenos or add bacon!

Bruschetta Burger **\$11.99**

Our fresh, certified Angus burger, grilled and topped with mozzarella and bruschetta tomato mix, and sundried tomato spread

Bacon Avocado Burger **\$12.49**

Our fresh, certified Angus burger, grilled and topped with bacon, avocado, mozzarella cheese

BBQ Burger **\$11.99**

Our fresh, certified Angus burger, with cheddar cheese, BBQ ranch and onion straws on a sourdough bun

Grilled Salmon Sandwich **\$16.99**

Grilled salmon filet with our herb lemon mayonnaise, tomatoes, lettuce and onions

For the Kiddos- still use a big fork \$5.99

Chicken Tenders and fries or fruit

Grilled Cheese and fries or fruit

Roasted Turkey Sandwich and fries or fruit

Forkless Handfuls – Served with a side

Looking for KETO/Celiac friendly options, ask about our Cauliflower Flatbread

- BBQ Chicken Wrap** **\$11.49**
Grilled Chicken, BBQ ranch, romaine, diced avocado, cheddar cheese, onion strings on a spinach tortilla
- Caprese Flatbread Sandwich** **\$11.49** add grilled chicken \$3
Sliced tomatoes, sliced mozzarella, and fresh basil topped with balsamic glaze
- Fried Chicken Italian Sub** **\$11.99**
Fried Chicken Tenders with mozzarella, bruschetta, sundried tomato spread, on a sourdough baguette roll.
- Grilled Chicken Pesto Flatbread** **\$11.99**
Our grilled chicken, topped with basil pesto, mozzarella, sundried tomato sauce
- FB Chicken Salad Sandwich on Croissant** **\$11.49**
Our house made chicken salad with tomatoes and lettuce on a croissant
- Bacon Turkey Cheddar Club** **\$11.99**
Bacon, Roasted Turkey, sliced tomato, honey mustard sauce topped with cheddar and grilled on sourdough
- Country BBQ Flatbread** **\$11.99**
Grilled Chicken, topped with cheddar cheese, tangy BBQ sauce, pickles, and onions on flatbread
- BLTAC** **\$10.99** add Turkey/Chicken \$3
Bacon, lettuce, tomato, mayo, and avocado on a croissant sandwich
- Hummus Flatbread** **\$10.99**
House made Hummus, with sundried tomato spread, bruschetta mix, and mixed lettuce.
- Buffalo Chicken Caesar Wrap** **\$10.99**
Grilled chicken topped with buffalo sauce, Casar dressing, parmesan, bleu cheese topped with shredded Romaine lettuce on a spinach tortilla
- Turkey and Brie Flatbread** **\$10.99**
Grilled Turkey, hand sliced brie, topped with honey mustard and toasted
- Bacon Chicken Ranch Flatbread** **\$11.99**
Grilled Chicken, bacon, house made ranch dressing, cheddar, lettuce and tomato
- Oma's Donner Kabob** **\$13.49**
Beef and Lamb gyro meat, on flatbread with grilled onions, fresh tomatoes, French fries, and house made Tzatziki Sauce.

Sides to keep your fork busy (ala carte \$2.99)

Side Caesar Salad (\$1.99 extra) French Fries Fresh Fruit Tomato Soup (\$1.99 extra)

Criss Cross Sweet Potato Fries House Chips Farfalle Pasta Salad



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Visit our website for Catering Menu

Forkandbowlbistro.com



Order online, scan above!