

Bistro Bites

Brie and fruit and with baguette **\$9.29**
Soft Brie with toasted baguette, roasted pecans, grapes, and house made raspberry preserves.

Cup of Tomato Soup **\$3.99**

Hummus and Bruschetta **\$8.79**
Hummus and Italian Bruschetta tomato spread, 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 **\$11.99**
House made chicken salad, with roasted pecans and grapes served on salad greens, topped with a balsamic vinaigrette

Caprese Salad **\$9.99**
Fresh Mozzarella, sliced tomatoes, balsamic glaze, fresh basil, and spices.

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.

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

Chicken Tenders and fries or fruit **Grilled Cheese and fries or fruit**

Cheese Flatbread Pizza **Roasted Turkey Sandwich and fries or fruit**

Tommy Burger \$14.99 (for the big kid)

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

Forks & Bowls and Maybe a Knife (entrees)

F&B Lemon Grilled Chicken or Salmon Entree **\$13.99/\$17.99**
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 **\$12.19 /\$16.98**
Cauliflower rice tossed with grilled chicken, roasted veggies, or grilled salmon with sundried tomatoes, pesto, mozzarella, and pasta salad.

Southwest Rice Bowl with Roasted Veggies, Chicken or Salmon **\$12.19/\$16.98**
Cilantro lime rice tossed with grilled chicken, roasted veggies, or grilled salmon with jalapeno ranch, black beans, corn, cheddar, avocado

What the Fork, you have Burgers?

All served on a sweet sourdough bun and include a side.
Spice up your life with a jalapeno bun or grilled jalapenos, we all deserve to be spicy sometimes!

Keto Burger for our Celiac Friends **\$14.19**
Topped with American cheese, lettuce, tomato, onion, pickle, mayo, and mustard wrapped in our Cauliflower flatbread.

Flame Grilled Cheeseburger **\$12.29**
Topped with American cheese, lettuce, tomato, onion, pickle, mayo, and mustard, spice it up with grilled jalapenos or add bacon!

Bruschetta Burger **\$12.99**
Topped with mozzarella, bruschetta tomato mix, and sundried tomato spread

French Onion Burger **\$13.19**
Topped with fried onion strings, French onion goat cheese spread, and house mayo

Bacon Avocado Burger **\$13.19**
Topped with bacon, avocado, mozzarella cheese, lettuce, tomato, and mayo

BBQ Burger **\$12.59**
Topped with cheddar cheese, BBQ ranch and onion straws

Grilled Salmon Sandwich **\$16.99**
Grilled salmon filet with our house aioli, tomatoes, lettuce, and onions

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

French Fries Fresh Fruit House Chips Farfalle Pasta

Sweet Potato Fries (\$1) Tomato Soup (\$2.99) Side Caesar or Signature Salad (\$1.99)

Forkless Handfuls – Served with a side

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

Grilled Chicken Pesto	\$11.99
Our grilled chicken, topped with basil pesto, mozzarella, sundried tomato sauce on flatbread	
FB Chicken Salad Sandwich on Croissant	\$11.49
Our house made chicken salad with tomatoes and lettuce on a croissant	
Bacon Turkey Cheddar Club	\$12.49
Roasted Turkey, bacon, tomato, honey mustard sauce topped with cheddar on sourdough toast	
Hot Honey Fried Chicken Wrap	\$12.19
Fried Chicken, hot honey mustard, tomatoes, avocado, cheddar cheese and bacon on a spinach tortilla	
Roasted Veggie Flatbread Sandwich	\$11.95
Roasted vegetables with sundried tomato goat cheese spread on flatbread	
BBQ Chicken Wrap	\$11.99
Grilled Chicken, BBQ ranch, romaine, diced avocado, cheddar cheese, onion strings on a spinach tortilla	
Chicken Club Croissant	\$13.19
Grilled Chicken Breast on a croissant, topped with house mayo, bacon, lettuce, tomato, and avocado	
Southwest Wrap	\$12.99
Grilled Chicken, jalapeno ranch, romaine, diced avocado, cheddar, cilantro lime rice on a spinach tortilla	
Buffalo Chicken Caesar Wrap	\$11.99
Grilled chicken with buffalo sauce, Caesar, parmesan, bleu cheese, mozzarella, lettuce on a spinach tortilla	
Turkey and Brie	\$11.99
Grilled Turkey, hand sliced brie, topped with honey mustard on a flatbread	
Bacon Chicken Ranch	\$12.39
Grilled Chicken, bacon, house made ranch dressing, cheddar, lettuce, tomato on a flatbread	
Oma's Donner Kabob	\$13.59
Beef and Lamb gyro meat, grilled onions, tomatoes, fries, and house made tzatziki sauce on flatbread	
Philly Cheesesteak	\$13.99
Thinly sliced ribeye, peppers and onions, house mayo, mozzarella, and American cheese on a sourdough hoagie.	
Hummus and Veggie	\$10.99
House made hummus, with our sundried tomato spread, bruschetta mix, mixed lettuces, parmesan cheese on a flatbread	



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Visit our website for Catering Menu

Forkandbowlbistro.com



Order online, scan above!