

### 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.

### 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**

### 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 with sundried tomatoes, pesto, mozzarella, and pasta salad. **Add a Caesar Salad \$2.29**

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

Cilantro lime rice tossed with grilled chicken, roasted veggies, or grilled salmon with jalapeno ranch, black beans, corn, cheddar, avocado **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, 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 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

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

### Forkless Handfuls – Served with a side

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

<b>Fried Chicken Italian Sub</b>	<b>\$11.99</b>
Fried Chicken Tenders with mozzarella, bruschetta, sundried tomato spread, on a sourdough baguette roll.	
<b>Grilled Chicken Pesto</b>	<b>\$11.99</b>
Our grilled chicken, topped with basil pesto, mozzarella, sundried tomato sauce on flatbread	
<b>FB Chicken Salad Sandwich on Croissant</b>	<b>\$11.49</b>
Our house made chicken salad with tomatoes and lettuce on a croissant	
<b>Bacon Turkey Cheddar Club</b>	<b>\$11.99</b>
Roasted Turkey, bacon, tomato, honey mustard sauce topped with cheddar on sourdough toast	
<b>BLTAC</b>	<b>\$10.99</b> add Turkey/Chicken \$3
Bacon, lettuce, tomato, mayo, and avocado on a croissant sandwich	
<b>Roasted Veggie Flatbread Sandwich</b>	<b>\$11.49</b>
Roasted vegetables with sundried tomato goat cheese spread on flatbread	
<b>BBQ Chicken Wrap</b>	<b>\$11.49</b>
Grilled Chicken, BBQ ranch, romaine, diced avocado, cheddar cheese, onion strings on a spinach tortilla	
<b>Southwest Wrap</b>	<b>\$11.49</b>
Grilled Chicken, jalapeno ranch, romaine, diced avocado, cheddar, cilantro lime rice on a spinach tortilla	
<b>Buffalo Chicken Caesar Wrap</b>	<b>\$10.99</b>
Grilled chicken with buffalo sauce, Caesar, parmesan, bleu cheese, mozzarella, lettuce on a spinach tortilla	
<b>Turkey and Brie</b>	<b>\$10.99</b>
Grilled Turkey, hand sliced brie, topped with honey mustard on a flatbread	
<b>Bacon Chicken Ranch</b>	<b>\$11.99</b>
Grilled Chicken, bacon, house made ranch dressing, cheddar, lettuce, tomato on a flatbread	
<b>Oma's Donner Kabob</b>	<b>\$13.49</b>
Beef and Lamb gyro meat, grilled onions, tomatoes, fries, and house made tzatziki sauce on flatbread	

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

Side Caesar or Signature Salad (\$1.99 extra)	French Fries	Fresh Fruit
Criss Cross Sweet Potato Fries	House Chips	Farfalle Pasta Salad



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Visit our website for Catering Menu

[Forkandbowlbistro.com](http://Forkandbowlbistro.com)



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