

Bistro Bites- fork is optional...but maybe suggested...

Brie and fruit and with baguette

\$8.99

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

Caprese Salad

\$8.99

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

Hummus and Bruschetta

\$8.79

Seasonal hummus, served with flatbread

Pesto Points

\$8.99

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

House Chips and Dip

\$8.99

House Chips with your choice of French Onion Dip or Sundried Tomato Green Onion Dip

Fork and Bowl Salads- hence the name!

And if you do not see your favorite, let us know what you like on your lettuce!

Chicken Salad Salad

\$10.99

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

Caesar Salad

\$11.99/\$15.99

Our large Caesar salad with fresh parmesan, house 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.

What the Fork, you have Burgers?

**Substitute a Grilled Chicken Breast or Fried Chicken Tenders on any burger
Sweet Sourdough Bun, Jalapeno Cheddar Bun or Gluten Cauliflower Flatbread**

Flame Grilled Cheeseburger

\$10.99

With mixed greens, tomato, onion, pickle, mayo and mustard, spice it up with grilled jalapenos

Bruschetta Burger

\$11.99

Grilled and topped with mozzarella and bruschetta tomato mix, and sundried tomato spread

BBQ Burger

\$10.99

Grilled and Topped with cheddar cheese, BBQ ranch, lettuce tomato, and onion straws

Bacon Avocado Burger

\$11.99

Grilled and topped with bacon, avocado, lettuce, tomato, mayonnaise, and mozzarella cheese

Fork & Bowl and Maybe a Knife

F&B Lemon Grilled Chicken \$13.99

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

F&B Lemon Grilled Salmon \$16.99

Our seasoned grilled salmon filet, with pasta salad and a side F&B tossed side salad

Cauliflower Rice Bowl \$10.99/ \$12.99 with a Caesar Salad (substitute salmon \$4.99)

Cauliflower Rice tossed with grilled chicken, sundried tomato pesto, basil pesto, mozzarella cheese and pasta.

Forkless Handfuls – Served with an accompaniment

Grilled Salmon Sandwich \$16.99

Grilled Filet of salmon on a sweet sourdough bun, with lemon aioli, tomatoes, onions and lettuce

BBQ Chicken Wrap \$10.99

Grilled Chicken, BBQ ranch, romaine, diced avocado, cheddar, black beans, onion strings on a spinach tortilla

Caprese Flatbread \$10.99/ with chicken \$13.99

Sliced tomatoes, sliced mozzarella, and basil topped with balsamic glaze

Fried Chicken Italian Sub \$11.99

Fried Chicken Tenders with mozzarella, basil, sundried tomato spread, on a baguette

Grilled Chicken Pesto Sandwich \$11.99

Our grilled chicken, topped with basil pesto, mozzarella, sundried tomato sauce on flatbread

FB Chicken Salad Sandwich on Croissant \$10.99

Our house made chicken salad on a croissant with tomatoes and lettuce

Bacon Turkey Cheddar Club \$11.99

Bacon, Roasted Turkey, sliced tomato, honey mustard sauce topped with cheddar on sourdough

BLTAC \$10.99/ with chicken \$13.99

Bacon, lettuce, tomato, mayo, and avocado on a croissant

Hummus and Veg Flatbread \$9.99

House made Hummus, sundried tomato spread, bruschetta mix, parmesan and shredded lettuce.

Buffalo Chicken Caesar Wrap \$10.99

Grilled chicken, Caesar dressing, buffalo sauce, bleu cheese with romaine lettuce on spinach tortilla

Turkey and Brie Flatbread \$10.99

Grilled Turkey, hand sliced brie, topped with honey mustard

Bacon Chicken Ranch Flatbread \$11.99

Grilled Chicken, bacon, house made ranch dressing, with lettuce and tomato served hot

Accompaniments to keep your fork busy (sides \$2.29)

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