

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

Brie and Fruit and with Baguette

\$9.29

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

Caprese Salad

\$9.99

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

Hummus and Bruschetta

\$8.79

Seasonal hummus and house made Bruschetta, 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

\$11.99

House made chicken salad, with roasted pecans, tomatoes, served on salad greens, with 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 strings, 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

Fork & Bowl and Maybe a Knife

F&B Lemon Grilled Chicken or Salmon

\$13.99/\$17.99

Our marinated and grilled chicken breast or salmon, with pasta salad and a side signature salad.

Cauliflower Rice Bowl

\$11.99/ \$16.98

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

Southwest Rice Bowl with Roasted Veggies, Chicken or Salmon

\$11.99/\$16.98

Cilantro lime rice tossed with choice of grilled chicken/roasted veggies/grilled salmon with jalapeno ranch, black beans, corn, cheddar, avocado

Sides

French Fries

Sweet Potato Fries

Pasta Salad

Fresh Fruit

House Chips

Caesar Salad (\$1.99 extra)

Signature Salad (\$1.99 extra)

Tomato Soup (\$1.99 extra)

What the Fork, you have Burgers? Served with a side

Substitute a Grilled Chicken Breast or Fried Chicken Tenders on any burger.
Sweet Sourdough Bun, Jalapeno Cheddar Bun or Gluten Cauliflower Flatbread (\$1.99)

Flame Grilled Cheeseburger	\$12.19
With American cheese, lettuce, tomato, onion, pickle, mayo and mustard, spice it up-add grilled jalapenos	
Bruschetta Burger	\$12.99
Grilled and topped with mozzarella and bruschetta tomato mix, and sundried tomato spread	
BBQ Burger	\$12.49
Grilled and topped with cheddar cheese, BBQ ranch, lettuce, tomato, and onion strings	
Bacon Avocado Burger	\$13.19
Grilled and topped with bacon, avocado, lettuce, tomato, mayonnaise, and mozzarella cheese	
Keto Burger for our Celiac Friends	\$14.19
Still with our fresh, certified Angus burger topped with American cheese, lettuce, tomato, onion, pickle, mayo and mustard but wrapped in our Cauliflower flatbread.	
Grilled Salmon Sandwich	\$16.99
Grilled Filet of salmon on a sweet sourdough bun, with lemon aioli, tomatoes, onions and lettuce	

Forkless Handfuls – Served with a side

Oma's Donner Kabob	\$13.49
Lamb and Beef gyro meat, on a flatbread with grilled onions, tomatoes, and house made tzatziki sauce	
BBQ Chicken Wrap	\$11.99
Grilled Chicken, BBQ ranch, romaine, diced avocado, cheddar, black beans, onion strings on a spinach tortilla	
Fried Chicken Italian Sub	\$12.19
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	\$11.49
Our house made chicken salad on a croissant with tomatoes and lettuce	
Bacon Turkey Cheddar Club	\$12.49
Bacon, Roasted Turkey, sliced tomato, honey mustard sauce topped with cheddar on sourdough	
BLTAC	\$11.25
Bacon, lettuce, tomato, mayo, and avocado on a croissant	
Hummus and Veg Flatbread	\$10.99
House made Hummus, sundried tomato spread, bruschetta mix, parmesan and shredded lettuce.	
Buffalo Chicken Caesar Wrap	\$11.99
Grilled chicken, Caesar dressing, buffalo sauce, bleu cheese with romaine lettuce on spinach tortilla	
Turkey and Brie Flatbread	\$11.99
Grilled Turkey, hand sliced brie, topped with honey mustard	
Bacon Chicken Ranch Flatbread	\$12.19
Grilled chicken, bacon, house made ranch dressing, lettuce and tomato	
Southwest Wrap	\$12.99
Grilled Chicken, jalapeno ranch, romaine, diced avocado, cheddar, cilantro lime rice on a spinach tortilla	
Roasted Veggie Flatbread Sandwich	\$11.95
Roasted vegetables with sundried tomato goat cheese spread on flatbread	