



**FORK**  
restaurant

## OUR APPROACH

Fork blends fresh flavors from throughout the Northwest to create an American dining experience that is both surprising and comforting. Whenever possible, we follow the "Farm to Fork" approach that includes sourcing farm-fresh ingredients locally, then preparing them in such a way as to enhance, but never cover, their natural qualities. Enjoy!



~ est. 2011 ~

**gf** can be prepared gluten free **v** Vegetarian menu item **F** New menu item

## SHARE, SAMPLE, SAVOR

### Asparagus 'Fries' **v** 9.95

An addictive house favorite, with ranch dipper

### Tomato Basil Fondue & Grilled Cheese **v** 8.95

Ballard Family Farms white cheddar & garlic glazed Zeppole sourdough

### Glazed Brussels Sprouts 7.95

Crisped, then drizzled with fresh ginger, garlic, fish sauce, soy & Thai Chili sauce

### Sizzling Lamb Lollipop Skillet **gf** 13.95

Herb based green harissa sauce

### **F** Ahi Poke Tostadas (2) 13.95

Wasabi-avocado mousse on crispy Boise Fresca tostadas with pickled radish & Ohana micro greens

### **F** Chilled Spinach & Artichoke Dip **v** 8.5

Cream cheese, garlic, parmesan, roasted red bell peppers & house-made tortilla chips

### Fork Nachos **gf** 12.75

Rotisserie roasted pork, Boise Fresca tortilla chips, house-made fire roasted salsa, Ballard Family Farms cheddar, black olives, black beans, diced onions & cilantro-crème fraîche

### Grilled Artichoke **gf** **v** 12.95

Fire grilled, garlic butter basted & served with Dijon remoulade & black Alderwood smoked sea salt, Seasonal availability when can be sourced at peak season

### 8th Street Tacos (5) **gf** 11.95

Boise's Fresca mini white corn tortillas topped with Chef's daily creation & a side of house-made fire roasted salsa

Add fresh avocado 2

## FROM THE GARDEN

### THE B.C.S. 12.95

Boise Chopped Salad...fresh arugula, Ballard Family Farms white cheddar, dried sweet corn, balsamic tomatoes, pepitas, pearl couscous & dried black currants with our buttermilk basil-pesto dressing

Choice of cold-smoked Alaskan salmon, crispy chicken, baked chicken or (grilled King Salmon +4)

### House Salad **gf** **v** 5.95 / 9.95

Organic Spring mix, sliced cucumber, tomato, red onion, Ballard Family Farms white cheddar & choice of house-made dressing

### **F** Heirloom Rainbow Beet Salad **gf** **v** 10.5

Fresh arugula, Ballard Family Farms cow cheese feta, candied walnuts & local Ahaus honey vinaigrette

### **F** Mediterranean Market Salad **v** 9.95

Summer greens, roasted cauliflower, avocado, cucumber, sweet corn, cherry tomato, red onion, crisped garbanzo beans & lemon-tahini vinaigrette

### Northwest Crispy Chicken Salad 11.95

Organic spring mix, cherry tomatoes, red onion, dried sweet corn, roasted red bell pepper, Boise Fresca crisped tortilla strips, Ballard Family Farms white cheddar, chipotle BBQ sauce & ranch dressing

## ADD-ONS

Spiced Maple Bacon 2  
Grilled or Crispy Chicken 4  
Grilled Salmon 5  
Smoked Alaskan Salmon or Smoked Idaho Trout 4

## HOUSE-MADE DRESSINGS

Buttermilk Basil-Pesto, Honey Vinaigrette, Lemon-Tahini Vinaigrette, Bleu Cheese, Ranch & Red Wine Vinaigrette

## KID'S MENU

All kids under 12: Meals come with local milk, juice or a soda & side of fresh fruit, fresh veggies or scoop of local ice cream

### Fresh Fruit & Veggies **gf** 5.75

Local produce & fun fruit...keeping it healthy

### Grilled Cheese Sammy 5.95

Ballard Family Farms white cheddar on Zeppole sourdough

### Spaghetti & Meatballs 6.95

A local favorite served with Zeppole bread

### Fork Tenders 5.95

Served with ranch dipper sauce

## WE WOULD LIKE TO THANK THE LOCAL FARMERS, RANCHERS, & ARTISANS WHO MAKE THIS MENU POSSIBLE

Agri Beef Co. /  
Double R Ranch  
Acme Bakeshop  
Ahaus Honey  
Amaru Bakery  
Ballard Family Farm

Boise Fresca Tortilla  
Ca Bull Elk Ranch  
City Peanut Shop  
Cloverleaf Creamery  
Dorothy's Jam  
Ferranti Fresh Pasta

Fish Breeders Of Idaho  
Gaston's Bakery  
Idaho's Bounty  
Lava Lake Lamb  
Mcintyre Family Farms  
Malheur River Meats

Peaceful Belly  
Porterhouse Butcher  
Purple Sage Farms  
Ohana Micro Greens  
Rembrandt's Coffee  
Robbins Family Farm

Shoots & Greens  
Sweet Valley Organics  
Two Rivers Smoked Fish  
Wagner Farms  
Waterwheel Gardens  
Zeppole Bakery



# BURGERS & SAMMYS

Sammys are served with natural cut jalapeño-lime seasoned chips.  
Spruce up your sammy by adding a local egg, avocado or onion ring 2 each  
Substitute any bun or bread for Gluten Free bun 2

## URBAN BURGER 10.75

Our custom Wagyu & ground chuck beef blend 'dragged through the garden' & Fork sauce on Gaston's brioche bun. Served with fries.

Add Spiced Maple Bacon 2  
Ballard Family Farms white cheddar 2

## BAM Sammy 10.95

Double cut house-braised maple-spiced bacon, avocado, mozzarella, tomato & basil pesto on grilled Zeppole sourdough...BAM!

## Grilled Salmon Sammy 12.95

House-pickled red onions, fresh arugula & house remoulade on grilled local brotchen bun

## F Chilled Prime Rib Sammy 14.75

Double R Ranch prime ribeye slow rotisserie roasted, chilled then sliced, Ballard Family Farms white cheddar on brutti roll with hot beef au jus & creamy horsey sauce

## House Bánh Mi 10.5

House-made Vietnamese style sausage, house pickled veggies, crisp cucumber, raw jalapeño on toasted local baguette

## Shortrib Sliders (3) 11.95

Crispy shallots & creamy horseradish

## Grown Up Grilled Ham & Cheese 8.95

Ballard Family Farms cheddar, country ham, caramelized onions & house-made heirloom tomato jam on toasted Zeppole whole wheat

Substitute tomato-basil soup for chips 3

## SHAREABLE SIDES

Intended to be shared between 2-3 guests

House Chips v 3.95

F Baja Style Local Sweet Corn v 5

Rosemary-Parmesan Idaho

French Fries v 4.95

Veggie of the Moment MKT

Onion Rings v 7.95

# MAIN

Available for lunch & dinner Mon-Fri & after 4pm on Saturday & Sunday

## Artichoke Heart & Ricotta Ravioli v 15.95

Boise's Ferranti Fresh ravioli pillows, white wine-pesto-cream sauce, sunflower seeds & shaved parmesan

Add roasted sliced chicken breast 4

## Idaho Rainbow Trout gf 16.95

Grilled local kale, roasted pepper coulis, balsamic reduction & basil oil drizzle

Substitute grilled asparagus for grilled kale 4

## F Pan Roasted King Salmon gf 23.95

Crisp potato wedges, herb remoulade, reduced balsamic, local Ohana micro greens & lemon

Add grilled asparagus 5

## F Seared Ahi Tuna gf 29.95

Pistachio-pink peppercorn-sesame seed crusted, served with roasted corn-wasabi sauce & fresh julienne salad

Add grilled asparagus 5

## Local Ale-Braised Short Ribs 21.75

Fork tender Northwest beef braised with ale-wild mushroom sauce honey-thyme carrot purée, horseradish cream, served over Idaho smashers & topped with Idaho Yukon Gold 'potato hay'

Substitute grilled asparagus for Idaho smashers 4

## Voodoo Chicken gf 16.5

1/2 Mary's chicken house-brined Moroccan style with warm spices & citrus then slow roasted. Served over Idaho smashers with herb jus

Substitute grilled asparagus for Idaho smashers 4

## Double R Ranch Filet gf 28.95

8oz all natural flame kissed beef served over sautéed green beans-pistachio medley & topped with bourbon-porcini peppercorn sauce

Add Idaho smashers 3

MONDAY

## SLOW ROASTED COCONUT RUM CURRY SPARE RIBS 22

Served with cornbread & local Ahaus honey-orange infused butter

Offered Monday nights only...until they are gone

TUESDAY

## CAST IRON BUTTERMILK FRIED CHICKEN & CHEDDAR WAFFLE 20

Balsamic infused maple syrup & local Ahaus honey-orange infused butter

Offered Tuesday evenings only...until they are gone

FRI & SAT

## SLOW ROTISSERIE ROASTED NORTHWEST PRIME RIB 30.95

Double R Ranch Signature beef, house jus, creamy horseradish & rosemary-parmesan Idaho fries

Offered Friday & Saturday evenings starting at 5pm, until they are gone

### STEAK TEMPERATURES:

Rare: red, cool center

Medium rare: red, warm center

Medium: pink center

Medium-well: slightly pink center

Well: gray-brown throughout

# SWEETS

## FORK'S SIGNATURE WARM BUTTER CAKE 9.95

Our age ol' recipe topped with local Cloverleaf vanilla ice cream & Oregon berry coulis

## Salted Caramel Bread Pudding 8.95

Bread pudding with local Cloverleaf ice cream... enough said

## Gluten Free Brownie Bowl gf 9.5

Locally baked Amaru Bakery gluten free chocolate brownie, Cloverleaf chocolate ice cream, house chocolate sauce, whipped cream & City Peanut Shop's spicy pecans

## Local Cloverleaf Ice Cream (2 scoops) gf 4

Choice of cowboy crunch, strawberry, chocolate or vanilla

## FORK POUR OVER COFFEE BAR 3

We proudly brew each cup of our Full Circle Exchange (roasted at Rembrandt's in Eagle, ID) Reserve Roast Fair Trade coffee to order. Available in Regular or Decaf. Includes one free refill

### Please Note

- Fork is not a nut-free environment.
- Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness
- The smoking of cigarettes or non-combustible cigarettes (e-cigs) is prohibited in the restaurant, bar and patio areas. Thank you.

For a truly unique Locally Inspired Italian experience... please visit our sister concept:

**ALAVITA**

An Italian Joint

located next door at 807 W. Idaho St.  
ALAVITAboise.com | 208.780.1100

BoiseFork.com



Drink Responsibly Drive Responsibly



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