



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!



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

~ est. 2011 ~

SHARE, SAMPLE, SAVOR

Asparagus 'Fries' **v** 9.95

An addictive house favorite, with ranch dipper

Tomato Basil Fondue & Grilled Cheese 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 & Thai Chili sauce

Sizzling Lamb Lollipop Skillet **gf** 13.95

Herb based green harissa sauce

F Cast Iron Queso Dip **gf** 9.5

Three cheeses, chipotle spiced, roasted poblano pepper, tomato, onion & house-made tortilla chips

Add house-made spicy sausage 3

Fork Nachos 12.75

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

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

Boise Fresca mini white corn tortillas topped with Chef's daily creation, cotija cheese, cilantro, red onions & a side of house-made fire roasted salsa

Add fresh avocado 2

Onion Rings **v** 7.95

Thick cut Walla Walla sweet onions, panko breadcrumb crusted & served with house-made smoked jalapeño dipping sauce

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, spiced bacon or (grilled King Salmon+4)

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

Heirloom Rainbow Beet Salad **gf** **v** 10.75

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

F Shrimp Louie Salad **gf** 11.95

Poached & chilled shrimp, iceberg lettuce, avocado, hard boiled egg, cucumber, cherry tomato & red onion with house-made Thousand Island dressing

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

Soup for the Soul 4.95 / 8.95

Your server will inform you of today's creation

ADD-ONS

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

HOUSE-MADE DRESSINGS

Buttermilk Basil-Pesto, Honey Vinaigrette, Thousand Island, 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** 5.95

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

Chicken Tenders 5.95

Served with ranch dipper sauce

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

Acme Bakeshop

Ahaus Honey

Amaru Bakery

Ballard Family Dairy & Cheese

Boise Fresca Tortilla

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

Shoots & Greens

Sweet Valley Organics

Two Rivers Smoked Fish

Wagner Farms

Waterwheel Gardens

Zeppole Bakery



BURGER & 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 brutti bun

Chilled Prime Rib Sammy 14.75

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

F Cubano 10.75

Rotisserie roasted pork loin, slow roasted pulled pork carnitas, Ballard Family Farms Swiss, pickles with Chef's 'mad mustard' sauce hot pressed in Gaston's panini bread

Northwest Shortrib Sliders (3) 12.95

Crispy shallots & creamy horseradish on local Zeppole buns

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 5

F Au Gratin Potatoes v 5

Rosemary-Parmesan Idaho

Smashed Potatoes v 5

French Fries v 5

Onion Rings v 7.95

Veggie of the Moment MKT (ask server)

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 17.75

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

Substitute grilled asparagus for grilled kale 4

Pan Roasted King Salmon gf 23.95

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

Add grilled asparagus 5

Voodoo Chicken gf 16.5

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

Substitute grilled asparagus for smashed potatoes 4

F Sirloin Strip Steak gf 23.5

Topped with fresh herb compound butter and served with grilled broccolini & smoked gouda au gratin potatoes

Local Ale-Braised Boneless Short Ribs 22.75

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 smashed potatoes 4

Center Cut Filet gf 29.95

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

Add Idaho smashed potatoes 4

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 10.5

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 5

Choice of cowboy crunch, strawberry, chocolate or vanilla

FORK POUR OVER COFFEE BAR 3.5

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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