



FORK
restaurant

OUR APPROACH

Fork blends fresh flavors from throughout the Northwest to create an Americana 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** 10.95

An addictive house favorite, with ranch dipper

Crisped Brussels Sprouts 7.95

Fried then glazed with spicy Asian sauce of fresh ginger, garlic & fish sauce

Tomato Basil Fondue & Grilled Cheese 9.95

Ballard Family white cheddar & garlic glazed Zeppole sourdough

F Shrimp & Southern Style Creamy Grits **gf** 12.95

Sautéed garlic spiced shrimp & sliced scallions

Cast Iron Queso Dip 9.95

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

Add house-made spicy sausage 3

Fork Nachos 12.95

Rotisserie roasted pulled pork, Boise Fresca tortilla chips, house-made fire roasted salsa, Ballard Family cheddar, mozzarella, black olives, black beans, red onions, cotija cheese, house-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 onion & side of house-made fire roasted salsa

Onion Rings **v** 7.95

Thick cut sweet onions served with house-made chipotle aioli dipping sauce

F Fire Grilled Artichoke **gf** **v** 13.5

Garlic butter basted & served with a lemon-tarragon dipping sauce
Seasonal availability

FROM THE GARDEN

THE B.C.S. 13.75

Boise Chopped Salad...arugula-spring mix, Ballard Family 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, roasted chicken, spiced maple bacon (grilled King salmon +4 or grilled sirloin strip steak +5)

Northwest Crispy Chicken Salad 12.95

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

F Maple-Bacon Salad **gf** 11.5

Arcadian-spinach mix, spiced bacon, radish, onion, tomato, Ballard Farms halloumi & maple vinaigrette

F 805 Idaho Salad 11.95

Arugula, variety of spring mix, pea shoots, radicchio, grapefruit segments, fennel, shaved parmesan, City Peanut Shop hazelnuts & lemon-mint vinaigrette

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

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 Shrimp (5) 7
Cold Smoked Alaskan Salmon 5
Grilled King Salmon 7
Grilled Sirloin Strip Steak (4oz) 8

HOUSE-MADE DRESSINGS

Buttermilk Basil-Pesto, Ranch, Maple Vinaigrette & Lemon-Mint 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

Grilled Cheese Sammy 6.5

Ballard Family white cheddar on Zeppole sourdough

Spaghetti & Meatballs 7.95

A local favorite served with local bread

Cheese Quesadilla 6.5

Ballard Family white cheddar in a Boise Fresca flour tortilla. Add chicken 2

Crispy Chicken Tenders 6.75

Served with ranch dipper sauce

Kid's Cheeseburger 7.95

Ballard Family Farms white cheddar

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

Acme Bakeshop

Ahaus Honey

Ballard Family Dairy & Cheese

Boise Fresca Tortillas

City Peanut Shop

Cloverleaf Creamery

Double R Ranch

Dorothy's Jam

Ferranti Fresh Pasta

Fish Breeders Of Idaho

Gaston's Bakery

Gluten Free Galaxy Bakery

Idaho's Bounty

J.R. Simplot Company

McIntyre Pastures

Peaceful Belly

Porterhouse Butcher

Purple Sage Farms

Ohana No-Till Farm

Rembrandt's Coffee

Sweet Valley Organics

Two Rivers Smoked Fish

Wagner Farms

Warm Springs Garden

Waterwheel Gardens

Western Sunset Farms

Zeppole Bakery

Zursun Idaho Heirloom Beans



BURGER & SAMMYS

URBAN BURGER 11.5

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

Add Spiced Maple Bacon 2
Ballard Family White Cheddar 2

F Rhubarb BBQ Pulled Pork Sammy 10.95

House pickled crunchy slaw & Ballard Family Farms white cheddar hot pressed on a locally baked Zeppole brotchen roll

BAM Sammy 11.75

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

Sammys are served with natural cut jalapeño-lime seasoned chips.

Spruce up your sammy by adding a local egg, avocado or spiced bacon 2 each

Upgrade from chips to fries, salad or soup 3

Substitute any bun or bread for Gluten Free Galaxy Bakery bun 2

Cubano 11.95

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

F Grilled Sirloin Steak Sammy 14.75

Fresh arugula, grilled red onions & garlic confit aioli on toasted Zeppole brotchen roll

Grown Up Grilled Ham & Cheese 9.5

Ballard Family white cheddar, country ham, caramelized onions & house-made tomato jam on griddled Zeppole sourdough

Substitute tomato-basil soup for chips 3

F Grilled King Salmon Sammy 13.5

Arugula, lemon-tarragon aioli, house pickled fennel & red onion medley on toasted Zeppole brotchen roll

SHAREABLE SIDES

Intended to be shared between 2-3 guests

House Chips v 5

Rosemary-Parmesan Idaho

French Fries v 5

Onion Rings v 7.95

Brown Butter Mashed Idaho Potatoes v gf 5

Veggie of the Moment

v MKT (ask server)

MAIN

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

Seared Beluga Lentil Cake v gf 15.75

Cumin spiced roasted carrot purée & topped with blood orange-watercress salad

Artichoke Heart & Ricotta Ravioli v 16.95

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

Add roasted sliced chicken breast 4

F Idaho Rainbow Trout 17.95

Farro, citrus medley, roasted red pepper purée & balsamic reduction drizzle

Substitute grilled asparagus for farro 4

F Pan Seared King Salmon gf 23.95

Crispy skin, seasonal vegetable succotash and topped with salsa verde

Add grilled asparagus or grilled broccolini 5

Roasted Garlic-Lemon Chicken gf 18.95

1/2 Mary's Organic Chicken house-brined then slow roasted in our Woodstone vertical rotisserie. Served over brown butter mashed potatoes & pan seared brussels sprouts, red wine au jus

Substitute grilled asparagus for mashed potatoes 4

Sirloin Strip Steak gf 24.95

Served with grilled broccolini, brown butter mashed Idaho potatoes & red wine-mushroom demi-glace

Northwest Filet gf 29.95

Flame grilled 8oz Certified Angus Beef tenderloin served over sautéed green bean-pistachio medley & topped with bourbon-porcini peppercorn sauce

Red Wine Braised Boneless Short Ribs gf 24.75

Fork tender Northwest beef, carrot purée, horseradish cream, brown butter mashed Idaho potatoes, topped with Idaho 'potato hay'

Substitute grilled asparagus for mashed potatoes 4

MONDAY

SLOW ROASTED BBQ SPARE RIBS 23

Served with smoky baked beans & house-made crunchy cole slaw

Offered Monday evenings starting at 5pm...until they are gone

TUESDAY

CAST IRON BUTTERMILK FRIED CHICKEN & CHEDDAR WAFFLE 21

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

Offered Tuesday evenings starting at 5pm...until they are gone

FRI & SAT

SLOW ROTISSERIE ROASTED HERB CRUSTED NORTHWEST PRIME RIB 34

14oz Northwest Certified Angus Beef, house au jus, creamy horseradish & choice of brown butter Idaho mashed potatoes OR 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 10.95

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

Salted Caramel Bread Pudding 9.5

With local Cloverleaf vanilla ice cream...enough said

F Orange-Vanilla Cheesecake 8.75

Oreo cookie crust, Cloverleaf Creamery huckleberry ice cream with crushed City Peanut Shop hazelnuts

Gluten Free Brownie Bowl 9.5

Boise's Gluten Free Galaxy Bakery chocolate brownie, choice of Cloverleaf ice cream, chocolate sauce, whipped cream & City Peanut Shop's spicy pecans

Local Cloverleaf Ice Cream (2 scoops) gf 5

Choice of cowboy crunch, huckleberry, 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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