



Here at The Old Fork we pride ourselves in the quality and value of our food.

We believe that everything should be made from scratch, the way Grandma used to make it. Everything from our hollandaise sauce, sausage gravy to ranch dressing ... even the jam and the hot sauce are all made in house!

We aim to provide you with variety and choice at a great value, from healthy alternatives to downright island comfort. We make quality food into incredible meals, at a massive value! Ask about **Gluten-Free** options, **Vegan** or **Vegetarian** substitutions, or any other health concerns you may have and we will do everything we can to make sure your dining experience is *forking* amazing!

## HOURS OF OPERATION

### **Breakfast**

Daily 7am - 2:00pm

### **Lunch & Dinner**

Daily 11am - Late

# BREAKFAST

served from 7am–2:00pm

## Breakfast Banana Split 9

fresh or deep fried banana, cinnamon yogurt, berry compote, house-made granola

## Earl Grey Oatmeal 9

steeped in earl grey tea, raisins, coconut, almonds, cinnamon yogurt

## Pancakes 10

three buttermilk pancakes, berry compote, whip cream

## Peanut Butter Banana Pancakes 13

three buttermilk pancakes, layered with peanut butter, banana caramel sauce, almonds, shaved coconut

## The Fork's French 11

three thick slices of baked french toast layered with cream cheese, berry compote, whip cream

## Huevos Rancheros 13

two eggs over easy, grilled chorizo, black beans, melted cheddar cheese, sour cream, avocado, tomato, green onion, cilantro, house-made hot sauce, two crisp tortillas, served with crispy home-style potato

## The Simple Scotty 9

two eggs your style, choice of bacon, ham or sausage, served with crispy home-style potato and toast

### Simple Scotty Weekday Special

\$6.50

\*with beverage purchase\*



## The Island Breakfast 13

two eggs your style, two slices of bacon, two slices of ham & two sausage links, served with crispy home-style potato and toast

## Voss Bandito Breakfast Burrito 12

bbq sirloin beef, scrambled egg, melted cheddar cheese, rancheros bean mix, sautéed peppers, avocado, cilantro, served with crispy home-style potato

## Old Fork Breakfast Sandwich 8



scrambled egg, ham, cheddar cheese, grilled tomato, chipotle aioli, english muffin, served with crispy home-style potato

## Breakfast Poutine 9

cheddar cheese curds, white sausage gravy, eggs your style, green onion, house-made hot sauce, over crispy home-style potato

### ON THE SIDE

biscuit & jam	2
fresh fruit	3
sausage gravy	3
egg	2
four slices of bacon	4
two sausages	3
two slices of ham	2
toast & jam	3
grilled tomatoes	3
home-style potato	3



Mealshare will provide one meal to someone in need.

## BENEDICT

all of our benedicts are served on your choice of buttermilk biscuit or english muffin and crispy home-style potato.

*trade your potato for sliced grilled tomatoes \$1*

*trade your potato for house-cut fruit salad \$2*

### **Classic Benedict 11**

grilled ham, poached eggs, hollandaise

### **Crab Cake Benedict 14**

crispy crab cakes, poached eggs, hollandaise

### **Chorizo Benedict 12**

chorizo sausage, grilled tomato, poached eggs, hollandaise

### **BC Benedict 13**

bacon, cheddar, roasted red pepper, poached eggs, hollandaise

### **Asparagus & Tomato Benedict 12**

asparagus, grilled tomato, poached eggs, hollandaise

### **Bacon Florentine Benedict 13**

bacon, spinach, goat cheese, poached eggs, hollandaise

## BISCUIT BOARD

with house-made jam 2

with sausage gravy 5

with sausage gravy and egg 7

**Reggie's Old Fork 12**

over easy egg, house-battered fried chicken,

bacon, cheese, white sausage gravy

double the egg 2

## OMELETTE

all of our 3 egg omelettes are served with crispy home-style potato and toast

*trade your toast for buttermilk biscuit \$1*

*trade your potato for sliced grilled tomatoes \$1*

*trade your potato for house-cut fruit salad \$2*

### **A Boy Named Sue 12**

spinach, mushroom, goat cheese

### **Bird on a Wire 13**

shaved turkey breast, grilled asparagus, roasted red pepper, grana padano parmesan

### **Tennessee Stud 12**

sausage, caramelized onions, jalapeño peppers, swiss cheese

### **Rock Island Line 12**

ham, sautéed peppers, green onion, cheddar

### **Folsom Prison 12**

ham, bacon, sausage, cheddar

### **A Satisfied Mind 13**

chorizo sausage, blended cheese, rancheros bean mix, sautéed peppers, green onion



## LITTLE FORKERS

### **Barnyard Scramble 6**

your style of egg, shredded cheddar, choice of bacon, sausage, or ham, served with crispy home-style potato, toast and house-made jam

### **Earl Grey Oatmeal 6**

steeped in earl grey tea, raisins, coconut, almonds, cinnamon yogurt

### **Mini Jack Stack 5**

flap jacks, house-made berry compote, whip cream, canadian maple syrup

### **Waffle & Berries 5**

half waffle, house-made berry compote, whip cream



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# LUNCH & DINNER

served from 11am - Late

## STARTERS

### Deep Fried Pickles 6

crispy fried dill pickle slices, chipotle aioli

### Chicken Tenders & Fries 10

house-battered fried chicken tenders,  
signature house-made hot sauce, ranch dip

### Classic Montréal Poutine 7

house-cut french fries, classic montréal gravy,  
white cheddar cheese curds

### Potato Skins 11

crispy fried potato skin, bacon, cheddar,  
green onion, sour cream, salsa

### Tropical Potato Skins 12

crispy fried potato skin, bbq, ham, cheddar, pickled  
shallots, pineapple, ranch, house-made hot sauce

### Roasted Garlic Spinach Dip 10

creamy garlic spinach dip, warm corn tortilla chips

### Veggies & Dip 6

cucumber, carrot sticks, grape tomato,  
sliced peppers, hummus & ranch dressing

### Crab Cakes 13

three crispy crab cakes, white truffle tartar sauce,  
lime cilantro aioli, house slaw

### Macaroni & Cheese Poppers 9

crispy fried macaroni balls,  
muddy water bbq & cheese sauce

### Wings 12

hot, honey garlic, sexy mama, muddy water bbq,  
sweet thai chili, all dressed, suicide hot, \*szechuan,  
teriyaki, black & blue, buffalo blue, maple bacon,  
caribbean, turks & caicos, salt & pepper, lemon  
pepper, dry garlic, cajun, curry, chipotle brown sugar  
*ask about our monthly feature flavor!*

GLUTEN FREE WINGS  
AVAILABLE UPON REQUEST

## SALADS

### Sweet Broccoli Salad 9

broccoli florets, bacon, cheddar, red onion,  
honey aioli, french bread garlic toast

### Local Organic Greens 8

tomato, carrot, beets, cucumber, choice of  
house-made apple-thyme or ranch dressing,  
french bread garlic toast

### Caesar Salad 8

house-made croutons, french bread garlic toast

### Taco Salad 15

cajun sirloin beef, tomato, olive, avocado,  
jalapeño, cilantro, cheddar, tortilla chips,  
jalapeño ranch dressing

### Crab Cake Salad 13

crispy crab cakes, tomato, carrot, beets,  
cucumber, lime cilantro aioli,  
house-made grapefruit-poppy seed or ranch dressing  
*also available as an appy with an extra crab cake!*

## BIG FORKERS

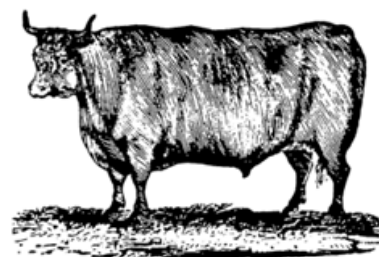
### Fish & Chips 9 | 2 Pieces 13

beer-battered cod loin, house slaw, white truffle tartar  
sauce, house-cut french fries



### Fried Chicken & Waffle 13

house-battered fried chicken tenders,  
house-made waffle, white sausage gravy, house slaw



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## LITTLE FORKERS

*for children and seniors only*

### **Old Fork Cheeseburger Sliders 7**

two house-made mini burgers, house-cut french fries

### **Crispy Tenders & Waffle 8**

fried chicken tenders, half waffle, house-made ranch, house slaw, white sausage gravy

### **Crispy Tenders & Fries 7**

fried chicken tenders, house-made ranch, house-cut french fries



### **Grilled Cheese Sandwich 6**

on your choice of bread, house-cut french fries

*add bacon or ham \$1.00*

### **Mac & Cheese Poppers 6**

crispy fried macaroni balls, muddy water bbq & cheese sauce

### **One Piece Fish & Chips 8**

house-battered cod loin, house-cut french fries, house slaw

## SANDWICHES & WRAPS

### **Bacon Club Wrap 12**



grilled cajun breast, bacon, cheddar, lettuce, tomato, house-made ranch dressing, in a flour tortilla wrap

### **Sweet & Savoury Sandwich 11**

hummus, lettuce, tomato, avocado, roasted red pepper, sweet corn bruschetta, pickled shallots

*add grilled chicken breast \$4*

### **Beef Dip 13**

sirloin beef, crispy fried onions, melted swiss cheese, hoagie bun, rosemary red wine jus

### **Hot BBQ Beef Sandwich 13**

muddy water bbq, shredded sirloin beef, caramelized onions, swiss cheese, sautéed peppers, hoagie bun

### **Smoked Turkey Sandwich 13**

sliced smoked turkey breast, bacon, swiss cheese, lettuce, tomato, sundried tomato aioli

### **Triple Decker Clubhouse 13**

three tiers of toasted bread, grilled chicken breast, bacon, cheddar, lettuce, tomato, chipotle aioli

all sandwiches & wraps come with your choice of soup, green salad, or fries

*upgrade to caesar or broccoli salad \$2 | upgrade to waffle or yam fries \$1 | upgrade to a large poutine \$3*

*substitute for a gluten-free bun \$1, want a lettuce wrap? –just ask!*

**\$1 add ons...**

*bacon, fried egg, sautéed mushrooms, caramelized onion, crispy onion, muddy water bbq, roasted red peppers, hummus, avocado, corn bruschetta, pineapple, cheddar, swiss, blue cheese*



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# LAND BURGERS

## BEEF

*6oz house-made certified angus beef patties*

### **Burger Next Door 13**

bacon, cheddar, crispy fried onions, lettuce, tomato, pickle, sweet onion relish, house aioli

### **Mushroom & Swiss Burger 13**

garlic sautéed mushrooms, swiss cheese, lettuce, tomato, pickle, sweet onion relish, house aioli

### **Big Kahuna 16**

muddy water bbq sauce, bacon, swiss cheese, grilled pineapple, avocado, pickled shallots, lettuce, tomato, chipotle aioli

### **California Dreamin' 14**

swiss cheese, roasted red peppers, avocado, red onion, lettuce, tomato, pickles, sundried tomato aioli  
*good "on such a winter's day"*

### **Leaning Tower of Cheesa 15**

cheddar, swiss, blue cheese, crispy onions, lettuce, tomato, pickle, sweet onion relish, house aioli

### **Black & Blue 14**

cajun beef patty, melted blue cheese, crispy fried onion, lettuce, tomato, pickle, roasted garlic aioli  
*like rocky after losing to clubber!*

### **Red Bullet 13**

suicide hot sauce, jalapeño peppers, swiss cheese, sweet corn bruschetta, lettuce, chipotle aioli

### **Peanut Butter & Jam 13**

cheddar, bacon, lettuce, tomato, peanut butter, house-made jam

### **Double Stack Heart Attack 17**

two beef patties, bacon, cheddar, crispy fried onions, lettuce, tomato, pickle, sweet onion relish, house aioli

### **Heart Attack Challenge 27**

double the above...finish it and its free  
*\*ask your server for details\**

## LAMB

*6oz house-made ground lamb patties*

### **Lamb-Bo Diablo 13**

goat cheese, spinach, tomato, sweet onion relish, sundried tomato aioli  
*"O to full ... what a rush!"*

### **National Lamb-poon 12**

muddy water bbq sauce, crispy onions, cheddar, lettuce, tomato, pickle, roasted garlic aioli

### **Assa-lamb-ualaykum (not halal) 12**

curried patty, bacon, swiss cheese, roasted red peppers, coconut, lettuce, tomato, pickle, roasted garlic aioli

## VEGETARIAN

### **Nacho Average Veggie Burger 11**

garden vegetarian patty, cheddar, house-made guacamole, salsa, lettuce, tomato, chipotle aioli

### **Keener Burger 11**

house-made quinoa patty, hummus, swiss cheese, sweet corn bruschetta, lettuce, tomato, sundried tomato aioli

all sandwiches & wraps come with your choice of soup, green salad, or fries

*upgrade to caesar or broccoli salad \$2 | upgrade to waffle or yam fries \$1 | upgrade to a large poutine \$3*

*substitute for a gluten-free bun \$1, want a lettuce wrap? -just ask!*

**\$1 add ons...**

*bacon, fried egg, sautéed mushrooms, caramelized onion, crispy onion, muddy water bbq, roasted red peppers, hummus, avocado, corn bruschetta, pineapple, cheddar, swiss, blue cheese*



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# SEA & SKY BURGERS

## CHICKEN

### That's a Blue Jay! 12

golden crispy breast, blue cheese, lettuce, tomato, house-made hot sauce, ranch

### The Ragin' Cajun 12

grilled cajun breast, cheddar, lettuce, tomato, chipotle aioli

### Chicken or The Egg? 12

grilled cajun chicken breast, cheddar, fried egg, avocado, pickled shallots, lettuce, tomato, chipotle aioli

### Out of The Pan Into The Fryer 12

golden crispy chicken breast, salsa, cheddar, lettuce, tomato, roasted garlic aioli

### What the Cluck? 13



grilled breast, bacon, smokey maple glaze, swiss cheese, lettuce, tomato, roasted garlic aioli

## FISH

### In Cod We Trust 12

crispy cod loin, avocado, pickled shallots, lettuce, tomato, roasted garlic aioli

### Fish & Chip Burger 12

beer-battered cod, house slaw, white truffle tartar sauce

### Golden Oppor-TUNA-ty 12

grilled rare tuna steak, roasted red peppers, lettuce, grilled pineapple, red onion, sundried tomato aioli

### Deadliest Catch 12

grilled rare tuna steak, bacon, pickled shallots, lettuce, tomato, house-made hot sauce, white truffle tartar sauce



## DESSERT

### Banana Foster 6

fresh bananas cooked in rich caramel sauce, vanilla ice cream, almonds, coconut shaving

### Classic Ice Cream Sundae 5

chocolate, strawberry, or vanilla

### Daily Feature Dessert

We pride ourselves on making food from scratch; we bring in fresh, natural ingredients and prepare them into masterpieces daily. This is true of our desserts as well. With a fondness for innovative cheesecakes and decadent dishes, we aim to please each and every guest with something sweet.

all sandwiches & wraps come with your choice of soup, green salad, or fries  
upgrade to caesar or broccoli salad \$2 | upgrade to waffle or yam fries \$1 | upgrade to a large poutine \$3  
substitute for a gluten-free bun \$1, want a lettuce wrap? -just ask!

\$1 add ons... bacon, fried egg, sautéed mushrooms, caramelized onion, crispy onion, muddy water bbq, roasted red peppers, hummus, avocado, corn bruschetta, pineapple, cheddar, swiss, blue cheese



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