



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

<p>Breakfast 7:00am - 2:00pm</p> <p>Lunch 11:00am - 9:00pm</p> <p>Dinner 4:00pm - 9:00pm</p>

BREAKFAST

served from 7:00am - 2:00pm

Breakfast Banana Split 9

fresh or deep fried banana, cinnamon-maple yogurt, berry compote, house-made granola, whipped cream topped with a maraschino cherry

Earl Grey Oatmeal 9

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

Buttermilk Pancakes 12

three buttermilk pancakes, berry compote, whipped cream

The Fork's French 13

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

Reggie's Old Fork 12

over easy egg, house-battered fried chicken, bacon, cheddar, white sausage gravy, biscuit

Huevos Rancheros 14

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

The Simple Scotty 10

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

Simple Scotty
\$8 Special

not available on weekends or holidays



The Island Breakfast 14

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 13

slow roasted bbq brisket, scrambled egg, cheddar, rancheros bean mix, sautéed peppers, avocado, cilantro, served with sour cream & crispy home-style potato

Old Fork Breakfast Sandwich 9

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

Breakfast Poutine 12

cheddar cheese curds, white sausage gravy, eggs your style, crispy fried onions, fresh parsley, comfort hot sauce, on 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
two 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
with crispy home-style potato
trade your potato for sliced grilled tomatoes \$1
trade your potato for house-cut fruit salad \$2

Classic Benedict 12

grilled ham, poached eggs, hollandaise

Chorizo Benedict 13

chorizo sausage, rancheros bean mix,
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

Crab Cake Benedict 14

crispy crab cakes, poached eggs, hollandaise

SKILLETS

Garden Skillet 13



two eggs your style, sautéed peppers, asparagus,
caramelized onions, cheddar, fresh tomato, green
onion on crispy home-style potatoes

BBQ Short Rib Skillet 15

two eggs your style, tender braised beef short rib,
muddy water bbq sauce, sautéed peppers, button
mushrooms, swiss cheese, crispy fried onions,
crispy home-style potatoes



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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 13

spinach, mushroom, goat cheese

Rock Island Line 13

ham, sautéed peppers, green onion, cheddar

Folsom Prison 13

ham, bacon, sausage, cheddar



LITTLE FORKERS

for children only

Barnyard Scramble 6

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

Gulf Island 8

one egg your style, one slice of bacon,
one slice of ham & one sausage link,
served with crispy home-style potato and toast

Earl Grey Oatmeal 6

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

Mini Jack Stack 6

pancakes, whipped cream, canadian maple syrup
**add house-made berry compote \$1*

Kids French Toast 6

one piece of thick cut french toast
served with butter and maple syrup
**add house-made berry compote \$1*

LUNCH

served from 11:00am - 9:00pm

STARTERS

Deep Fried Pickles 7

crispy fried dill pickle slices, chipotle aioli

Chicken Tenders & Fries 13

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

Classic Montreal Poutine 7

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

Potato Skins 12

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

Roasted Garlic Spinach Dip 11

creamy garlic spinach dip, warm corn tortilla chips

Crab Cakes 14

three crispy crab cakes, house slaw,
white truffle tartar sauce

Brisket Chimichanga 12

slow roasted brisket, rancheros bean mix, jalapeño,
muddy water bbq sauce, cheddar, cilantro, crispy
fried flour tortilla, sour cream, corn tortilla chips

Buck Shots 12



crispy fried pork loin bites, crispy gyoza chips,
tossed in your choice of sauce

see wing flavours for sauce options

Wings 14

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 12

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

Poached Pear Salad 12

ginger-cinnamon poached anjou pear, goat cheese,
crispy yam chips, cucumber, grape tomato,
heritage greens, house-made seasonal dressing,
french bread garlic toast

Caesar Salad 11

crisp romaine, tangy caesar dressing, parmesan,
house-made croutons, french bread garlic toast

Crab Cake Salad 14

two crispy crab cakes, grape tomato, carrot, beets,
cucumber, white truffle tartar sauce,
house-made seasonal dressing

PASTA

Smoked Marinara 15

house-made fettuccini pasta, sautéed peppers,
spinach, tossed in house smoked marinara sauce,
parmesan cheese, french bread garlic toast

Carbonara 15

house-made fettuccini pasta, mushrooms, bacon,
parmesan cheese, tossed in garlic cream sauce,
french bread garlic toast

ADD IT ON \$4

crab cake
grilled chicken
grilled cajun chicken
crispy fried chicken
beef patty
quinoa patty
veggie patty



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LITTLE FORKERS

for children only

Old Fork Cheeseburger Sliders 8

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

Crispy Tenders & Fries 8

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



Grilled Cheese Sandwich 7

your choice of bread, cheddar, house-cut french fries

add bacon or ham \$1.00

One Piece Fish & Chips 9

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

Cheesy Noodles 8

house-made fettuccini pasta, cream sauce, parmesan cheese, french bread garlic toast

BIG FORKERS, SANDWICHES & WRAPS

Fish & Chips ~ 1 Piece 12 | 2 Pieces 15

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

Bacon Club Wrap 13

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

Sweet & Savoury Sandwich 11

toasted multi-grain bread, house-made guacamole, lettuce, tomato,
roasted red pepper, pickled shallots

add grilled chicken breast \$4

Triple Decker Clubhouse 13

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

Beef Short Rib Sandwich 14

tender braised beef short rib, sourdough bread, caramelized onions, sautéed mushrooms,
swiss cheese, garlic horseradish aioli, braised beef au jus

all sandwiches & wraps come with your choice of soup, green salad, or house-cut french 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, roasted red peppers,
avocado, cheddar cheese, swiss cheese, blue cheese, goat cheese*



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GOURMET BURGERS

Burger Next Door 15

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

Mushroom & Swiss Burger 14

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

Big Kahuna 16

angus beef, muddy water bbq sauce, bacon, swiss cheese, avocado, pickled shallots, lettuce, tomato, chipotle aioli

Black & Blue 14

cajun angus beef, melted blue cheese, crispy fried onion, lettuce, tomato, pickle, sweet onion relish, house aioli

Double Stack Heart Attack 18

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

The Ragin' Cajun 13

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

What the Cluck? 13

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

Nacho Average Veggie Burger 12

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

Keener Burger 12

house-made quinoa patty, swiss cheese, lettuce, tomato, roasted garlic aioli

PICK YOUR PATTY!

we make a forking good burger... but feel free to make any special requests or modifications with the toppings below

want to try a burger with your favorite patty?

let your server know!

you can have any of our burgers with any of the following patty options:

*angus beef, cajun angus beef,
grilled chicken breast,
grilled cajun chicken breast,
crispy fried chicken breast,
garden veggie, or quinoa*

HEART ATTACK CHALLENGE

Double Stack Heart Attack Challenge 30

...finish it and its free!

*two 'Double Stack Heart Attack' burgers
with double the fries...*

Challenge Rules

45 minute time limit

must remain in the room for the duration

no substitutions or modifications

nobody is allowed to help the competitor

can only be completed once to obtain free meal

all sandwiches & wraps come with your choice of soup, green salad, or house-cut french 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, roasted red peppers,
avocado, cheddar, swiss cheese, blue cheese, goat cheese*



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DINNER ENTRÉES

served from 4:00pm - 9:00pm

We pride ourselves on making delicious meals from quality ingredients that are locally sourced as much as possible. This may take a few extra minutes while we prepare your dinner entrée, as we make everything fresh, from scratch. Sit back and enjoy a beverage or two while our chefs prepare you a delicious meal.

Coffee and Ancho Chili Braised Beef Short Rib 24

tender braised beef short rib, caramelized onions, red peppers,
parmesan-white truffle baked polenta,
assorted seasonal vegetables

Crusted Pork Loin Chops 21

sticky szechuan glaze, crusted with crisp rice and fresh basil, herb &
garlic roasted baby potatoes, assorted seasonal vegetables

Blackened Double Chicken Breast 24

house-smoked marinara, blue cheese gratin, herb & garlic roasted baby potatoes,
assorted seasonal vegetables

DESSERT

Poached Pear 7

sweet red wine and ginger-cinnamon poached anjou
pear, crusted deep fried vanilla bean ice cream, crème anglaise

Lava Cake 7

rich chocolate, liquid center lava cake,
vanilla bean ice-cream, caramel sauce

Seasonal Trifle 7

our creative and talented chefs will create something
new to savour each season

****please ask your server for details****



What does this symbol mean?

When a guest purchases a meal with this symbol located next to it, we will provide a meal to someone in need. Meals are served right here in the Cowichan Valley through Warmland House and around the world through Save the Children.

You buy one. We give one. It's that simple.



Mealshare will provide one meal to someone in need.