FORKS DINER
PACIFIC NORTHWEST

GRILLED LUNCH

BURGERS

THE 1/3 POUNDER
1/3 pound of juicy black angus beef
$7.25 720 CALS | **CHEESE: $8.25** 840 CALS
BACON + CHEESE: $9.25 930 CALS

CHICKEN SANDWICH
classic chicken sandwich
$7.25 600 CALS | **CHEESE: $8.25** 700 CALS
BACON + CHEESE: $9.25 810 CALS

TURKEY BURGER
1/3 pound of juicy turkey patty
$7.25 550 CALS | **CHEESE: $8.25** 670 CALS
BACON + CHEESE: $9.25 760 CALS

IMPOSSIBLE BURGER VG DF
1/3 pound of juicy plant based meat
$8.50 450 CALS

INGREDIENTS

choice of griddled onion, tomato, lettuce on a toasted bun with choice of secret sauce, onion aioli or chipotle aioli

CHIPOTLE CHICKEN WRAP
crispy chicken, cheddar, pico de gallo, lettuce, chipotle dressing, wheat tortilla
$8.50 800 CALS

BUFFALO CHICKEN WRAP
crispy chicken, chopped romaine, cucumber, tomato, cheddar, buttermilk ranch, buffalo sauce, wheat tortilla
$8.50 970 CALS

SESAME GARLIC BIBIMBAP V GF
carrots, kimchi, scallions, quinoa, sesame ginger vinaigrette topped with a fried egg
$8.00 380 CALS

PHILLY
griddled chopped chicken or steak, bell peppers & onions topped with provolone & pepper jack cheese on a french roll
$8.25 620 CALS

CHICKEN TENDERS
crispy fried chicken tenders made to order
3 PC **$5.00** 550 CALS | 6 PC **$8.75** 790 CALS

FEATURED

BLACKENED CHICKEN SAMMY
blackened chicken, lettuce, tomato, garlic aioli, ciabatta
$7.50 610 CALS

OFF TO THE RIGHT START

JERK BOWL
marinated shrimp, brown rice, mango salsa, jerk sauce
$8.50 400 CALS

CHEESE QUESADILLA V
adobo seasoned chihuahua, pepper jack & cheddar cheese on a flour tortilla topped with pico de gallo, sour cream, onions & green pepper
$8.00 870 CALS | **+$3.50** CHICKEN / STEAK

OPTIONS

FRENCH FRIES VG GF DF
$2.50 220 CALS

SWEET POTATO FRIES VG GF DF
$2.75 280 CALS

BACON (2) GF DF
$2.00 130 CALS

AVOCADO VG GF DF
$1.25 60 CALS

CHEESE V GF
$1.00 110 CALS

BREAD SUBSTITUTE

for any sandwich, bread can be substituted with gluten-free bread

V-VEGETARIAN VG-VEGAN GF-GLUTEN FREE DF-DAIRY FREE CN-CONTAINS NUTS

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.

FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.