



At Field to Fork, We are committed to bringing you the freshest and most flavorful meals by sourcing everything locally and humanely. We cultivate relationships with local artisan producers and employ “made from scratch” cooking techniques.

Our goal is to shorten the distance from the field to your fork, ensuring every bite is a testament to our dedication to quality and sustainability.

· please inform your server of any allergies or dietary restrictions ·

Brunch

Breakfast Bowl

cilantro rice, black beans, house-made chorizo*, pico de gallo, avocado, salsa verde, two poached eggs

* substitute vegan chorizo

Frittata

three eggs, swiss chard, mushrooms, zucchini, house-made spiced tomato sauce, goat cheese

Chef's Omelet

ask your server for today's omelet special

Pair O'Eggs

two eggs, choice of meat & toast

The Fork Benedict

two poached eggs, ham, house-made sprouted whole grain english muffin, herb-cheese sauce

Avocado Toast & Poached Eggs

· add house-made salmon lox + 6

house-made dinkelbrot toast, avocado, dijon aioli, radish, red onion, sprouts, two poached eggs

Sunrise Sandwich

widmer's cheddar, scrambled egg, house-made krankie's biscuit & choice of meat

Shakshouka

two poached eggs in a bell pepper-tomato sauce, spinach, roasted fennel, topped with feta cheese and pita bread

Pastrami Hash

house-made pastrami, yukon gold potatoes, leeks, pepper medley, fresno chili aioli, two sunny side up eggs

Quiché & Two

quiché of the day with a salad and a soup

* gluten free option available

Sweet

Cinnamon Roll French Toast

house made brioche pullman loaf, roasted pecans, vanilla orange icing, topped with a cinnamon crumb topping.

Waffle

belgian waffle, fresh berries, maple syrup, dulce de leche, powdered sugar

Fork Pancakes

· add blueberries · 2

two buttermilk buckwheat pancakes, cinnamon butter, local maple syrup

Yogurt

cranberry pecan granola, yogurt, mixed berries and assorted fresh fruit, topped with honey

Snacks

Cheese Curds

fresh, local curds, green-goddess dressing

Hand-Cut French Fries

Sweet Potato Fries



Fresh from the oven next door – our signature house-made specialties, baked at Stefano's Slo · Food Market just around the corner.

Sandwiches

15

Chicken Quesadilla

latin spices, peppers, onions, quesadilla cheese blend, cilantro crema, salsa verde

16

Double Smash Burger

· add bacon + 3 · add egg + 2

two 3oz local grass-fed beef patties, widmer's cheddar cheese, bread n' butter pickles, mayo, caramelized onions, on a house-made brioche bun

16

Walnut Burger

trempealeau walnut patty, alpine cheese, roasted pepper, mustard-horseradish aioli, on a house-made brioche bun

14

16

Cauliflower Melt

roasted cauliflower, alpine cheese, honey, tart apple, whole grain toast, curry aioli

17

Fried Chicken

southern fried chicken thigh, sweet potato hot sauce, red cabbage slaw, on a house-made brioche bun

14

The Fork Club

ham, turkey, bacon, avocado, fresno chili aioli, lettuce and tomato on house-made multi-grain bread

14

Cubano

ham, roasted pork shoulder, bread & butter pickles, havarti cheese, dijon aioli

18

Soups

Fork Chili

Cup · 7 · Bowl · 9

Chicken & Wild Rice

Cup · 5 · Bowl · 8

16

Soup of the Day

Cup · 5 · Bowl · 8

Salads & More · add chicken + 6

16

Farmer's Salad

mixed greens, watermelon radish, pickled red onion, zucchini, tomato, cucumber, house-made green-goddess dressing

16

Asian Chicken Salad

chicken, red & green cabbage, scallions, carrots, cilantro, peppers, sesame seeds, soy sauce, ginger, garlic, rice wine vinegar

13

Wedge Salad

cherry tomatoes, blue cheese, bacon, blue cheese dressing, artichokes

12

Beet & Pear Salad

roasted beets, grilled pear, mixed greens, quinoa, walnuts, feta cheese, honey dressing

Sides

Egg

2

Bacon

5

Ham

5

Chorizo

5

Vegan Chorizo

5

Breakfast Sausage · pork or chicken ·

5

Potato Veggie Hash

7

Seasonal Fruit

7

Avocado

3

Toast · rustic white or whole wheat ·

4

* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness

03/20/25

DRINK MENU

Raw Juice Bar

Fresh Squeezed Orange Juice	5 7
Local Grown Wheatgrass <i>served in a shot glass</i>	6
Morning Blend <i>Carrot, Apple, Lemon, Ginger</i>	7
Apple Ginger Spritz <i>Apple, Ginger, Cinnamon, Seltzer</i>	7
"Ironman" Beet It <i>Beets, Carrot, Apple, Lemon, Ginger</i>	7 ⁵⁰
The Hulk <i>Kale, Celery, Apple, Lemon, Ginger</i>	8
Morning Nectar <i>Orange, Carrot, Turmeric, Ginger, Cayenne, Black Pepper</i>	8
Farmer's Daughter <i>Carrot, Apple, Lemon, Wheatgrass, Ginger, Turmeric</i>	9
The Alkalizer <i>Kale, Mango, Orange, Coconut Water, Chia Seed</i>	9

Smoothies • Made With Grass-Fed Greek Yogurt

Berry <i>Blueberry, Raspberry, Strawberry, Banana, Apple Juice</i>	7
Tropical <i>Mango, Peach, Banana, Pineapple Juice, Coconut Water</i>	8
Cherry <i>Tart Cherry, Banana, Cherry Juice</i>	9

Non-Dairy Smoothies

Joey Blue <i>Blueberry, Banana, Coconut Kefir, Oatmilk</i>	9
Java Power <i>Cold Brew, Banana, Avocado, Date, Oatmilk</i>	9
Lassi <i>Banana, Kefir, Turmeric, Ginger, Honey, Lemon</i>	9
PB2 <i>Banana, Date, PB2 Peanut Butter Powder, Coconut Water, Oatmilk</i>	9 ⁵⁰

Featured

Wake N' Shake <i>Vanilla Gelato, Avocado, Cold-Brew</i>	9
Orange Mango Creme <i>Mango, Banana, Coconut Kefir, Fresh Squeezed Orange Juice</i>	12

Coffee • Almond and Oat Milk Available Fair Trade | Organic Certified | Roasted In-House

Coffee Cold Brew	4.00
Espresso Double Espresso	4.00 4.50
Americano	4.50
Macchiato	4.50
Cappuccino	4.75
Latte	5.25
Mocha	6.00
Chai	6.00
Lavender Latte • iced or hot •	7.00

Other Beverages

Pepsi Diet Pepsi Starry	3.50
Berghoff Root Beer	4.50
Iced Tea Hot Tea	4.00 5.00
Organic Lemonade	4.00
Milk Chocolate Milk	4.00 4.50
Hot Chocolate	6.00

Cocktails

Loaded Bloody Mary <i>House Mix, Vodka, Deli Garnish</i> add chaser + 2	10
Beer-Mosa <i>Pale Ale, Fresh Squeezed Orange Juice</i>	7
Mimosa <i>Fresh Squeezed Orange or Blood Orange Juice, with Prosecco</i>	12 55
Bellini <i>Peach Liqueur, Chambord, Prosecco</i>	13
Blood Orange Margarita <i>Blanco, Solerno, Lime, Agave, Blood Orange</i>	13
Lychee Fizz <i>Vodka, St. Germaine, Lychee, Lemon, Prosecco</i>	13
Aperol Spritz <i>Aperol, Prosecco, Seltzer</i>	12
Espresso Martini <i>House Espresso, Vodka, Mr. Black</i>	14
Irish Cream Coffee <i>House Hot or Cold Brew, Five Farms Irish Cream</i>	12
Lavender Lemonade <i>Organic Lemonade, Lavender Syrup • add vodka or gin + 2</i>	11
House Made Limoncello	8

Red Wine

Montepulciano d'Abruzzo • Valle Reale	14
Aglianico • Colli di Lapio - Romano Clelia	12
Valpolicella Ripasso • Speri	16

White Wine

Verdeca • Cantele	14
Pecorino • Jasci	11
Moscato • Vino dei Fratelli	11

Rosé & Sparkling

Ciro Rosato • Librandi	11
Prosecco • Sommariva	12

Beer

Arrivederci Roma <i>Italian Pilsner • 5,0%</i> Gathering Place Brewing Co. • Milwaukee, WI	6
Spotted Cow <i>Italian Pilsner • 5,0%</i> Gathering Place Brewing Co. • Milwaukee, WI	6
M-43 <i>Italian Pilsner • 5,0%</i> Gathering Place Brewing Co. • Milwaukee, WI	7

Draft Beer

<i>Ask the staff about our rotating seasonal drafts!</i>	5
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Non-Alcoholic

Phony Negroni • St. Agrestis	14
N/A Dry Secco • Grüvi	12
N/A Italian Lager • Untitled Art	16
Hoppy Refresher • Lagunitas	16