

RISE & SHINE! ~

BANANA CARAMEL PANCAKES \$12 (VEG A/GF A)

Pancakes cooked to a golden Brown, Filled w/ Banana & topped w/ Whipped Cream & House-Made Caramel

CARAMELIZED APPLE GERMAN PANCAKE \$12 (VEG A/GF A)

Caramelized Apples & our Pancake mix Baked & served in a Skillet, topped w/ Maple and Walnuts

STRAWBERRY SHORTCAKE PANCAKES \$12 (VEG A/GF A)

Fluffy Golden Pancakes, layered w/ Whipped Cream, Fresh Strawberries & Strawberry Compote

CINNAMON PECAN FRENCH TOAST \$11 (VEG A/GF A)

Golden Brown Brioche, topped w/ a Silky White Glaze, Pecans, Cinnamon, Whipped Cream & Caramel Drizzle

WAFFLES EGGS BENEDICT* \$14 (GF A)

Light & fluffy House Made Waffles topped w/ Grilled Ham & Poached Eggs, topped off w/ Hollandaise Sauce

VERRY BERRY WAFFLES \$13 (VEG A/GF A)

Light & fluffy House Made Waffles filled w/ an assortment of Fresh Berries, topped w/ Strawberry Coulis & Whipped Cream, served w/ Maple Syrup

SUNRISE WRAP* \$10 (GF A)

Scrambled Eggs, Crispy Bacon, Sautéed Spinach, Cheddar Cheese & Tomato on a wrap of your choice, served w/ fresh fruit

MUSHROOM FETA WRAP \$10 (GF A)

Scrambled Eggs, Arugula, Sautéed Mushrooms & Feta Cheese on a wrap of your choice, served w/ fresh fruit

TOFU SCRAMBLE WRAP \$12 (VEG A/GF A)

Arugula, Sliced Tomato, Vegan Bacon Bits, Green Onion, Seasoned Tofu & Green Drizzle on a warm Spinach Wrap, served w/ fresh fruit

HUEVOS RANCHEROS FLATBREAD* \$13 (VEG A/GF A)

Sautéed Red Peppers, Cilantro, Black Beans, Cheddar Cheese, Scallions, topped w/ 2 Fried Eggs, Avocados & Salsa

WESTERN FLATBREAD \$12 (GF A)

Scrambled Eggs, Bell Peppers, Cherry Tomatoes, Grilled Ham, Cheddar Cheese & Green Onion on Seasoned Flatbread

QUINOA BREAKFAST SKILLET* \$14 (VEG A/GF A)

Red Onion, Bell Peppers, Mushrooms, Black Beans & Seasoned Quinoa Topped w/ 2 Over-Easy's & Crumbled Bacon w/ Our ~Signature Green Drizzle

SOUP DU JOUR \$5 Ask your server for Today's Soups

LET'S GET STARTED ~

HOUSE MADE HUMMUS DU JOUR \$10 (VEG/GF A)

Served with Cucumber, Carrot & Celery with Herb Toasted Flatbread

SEITAN SATAY \$13 (VEG)

Seasoned, Marinated Grilled Seitan Skewers served with Peanut Sauce & Cucumbers

CHEESE PLATE \$14 (GF A)

Assortment of Local Cheeses accompanied by fresh sliced Apple & Pear, Walnut Chutney & Grilled Herbed Flatbread

VEGAN CHEESE PLATE \$18 (VEG/GF A)

Assortment of Vegan Cheeses, served with Fresh Sliced Apple & Pear, Seasoned Arugula, Grilled Herbed Flatbread and Walnuts



The Green Fork

115 S. Main St North Wales Pa 19454~ 267-217-7997

DRINKS ~ Fresh Brewed Iced Black Tea \$2.50 Lemonade \$2.50 Hot Tea \$2.75 Coffee \$2.95 Decafe \$2.95 Espresso \$3.75 Latte \$4.95 Cappuccino \$4.95 w/Flavor \$5.50 Orange Juice SM\$2 LG \$3 Apple Juice SM\$2 LG\$3 Milk \$2.50 Chocolate Milk \$2.95 Bottled Coke, Sprite, Fanta, Grape (Natural Cane Sugar) \$2.50 Dasani Sparkling Berry, Lemon \$2.50

GET YOUR GREENS ON ~

THE BEAT GOES ON \$14 (VEG A/GF)

Red & Golden Beets sliced & layered w/ crisp Pears over Fresh Arugula topped w/ heart healthy Walnuts & Goat Cheese drizzled w/ local honey & House Balsamic Vinaigrette / Sub Vegan Chs \$1

BRUSSEL SPROUT & AVOCADO SALAD \$14 (VEG/GF)

Roasted Brussels Sprouts, Sliced Avocado, Cherry Tomatoes, Bean Sprouts & Almonds tossed w/ Sesame Seeds & Mixed Greens w/ Orange Citrus Vinaigrette

CHEFS PLATE \$14

- 1) Choose your Green: Spring Mix – Arugula – Spinach
- 2) Choose 5 Toppings: Almonds, Avocado, Bacon, Vegan Bacon, Banana, Bean Sprouts, Warm Seasoned Black Beans, Blueberries, Warm Seasoned Chick Peas, Dried Cranberries, Green Beans, Roasted Brussel Sprouts, Carrots, Cashews, Cucumber, Jasmine Infused Rice, Jicama Slaw, Mushrooms, Red Onion, Pecans, Bell Peppers, Roasted Peppers, Pumpkin Seeds, Strawberries, Sunflower Seeds, Tomato, Quinoa, Walnuts, Grilled Zucchini & Squash, Cheddar Cheese, Feta Cheese, Havarti Cheese, Mozzarella Cheese, Vegan Cheddar, Vegan Mozzarella
- 3) Dressing: House White Balsamic Vinaigrette, ~Signature Green Dressing, Caesar, Honey Mustard, Citrus Vinaigrette

Protein Toppers: Grilled Chicken \$5 Marinated Shrimp \$7 Seared Salmon \$9 Seasoned Tofu \$7 Seitan \$8 Veggie Burger \$9 Add/Sub Vegan Chs \$1 Tofu Scramble Substitute \$2

QUICHE DU JOUR \$10 Ask your server for Today's Quiche... Served with a Salad & House Vinaigrette

**These items are cooked to order. Consuming raw or undercooked meats, shellfish, or eggs which may contain harmful bacteria may increase your risk of foodborne illness, especially if you have certain medical conditions.*

TOASTED QUINOA KING \$13 (VEG/GF)

Marinated Portobello Mushroom on a bed of Spinach, topped with Grilled Tomato, Roasted Red Pepper, Avocado, Sprouts, Sunflower Seeds with Balsamic Reduction drizzle & our secret Green Fork ~Signature Dressing

FRESH MOZZERELLA STACK \$13 (VEG A/GF)

Fresh Mozzarella, Marinated Grilled Eggplant, Tomato & Fresh Basil drizzled With Pesto & Balsamic Reduction on a bed of Spinach

BLACK BEAN BUTTERNUT SLIDERS \$12 (VEG A/GF A)

2 Handcrafted Sliders with seasoned Black Beans & Roasted Butternut Squash topped with Havarti Cheese & Cilantro on Toasted Brioche Slider Buns with Chipotle Ketchup / Sub Vegan Chs \$1

SEITAN WINGS \$14 (Veg)

House Made Seitan baked to a golden brown, smothered in our BBQ or Spicy Wing Sauce, served w/ Celery & Vegan Ranch Dressing

LET'S SHARE A FLATBREAD OR NOT ~

FABULOUS FLATBREAD! \$10 (VEG A/GF A)

Grilled Sliced Pear, Fresh Arugula, Caramelized Onion, topped with Feta & Green Fork ~Signature Green Drizzle / Sub Vegan Chs \$1

CAPRESE FLATBREAD \$12 (VEG A/GF A)

Fresh Mozzarella, Garden Tomato, Fresh Basil & Home-Made Pesto with Balsamic Reduction / Sub Vegan Chs \$1

THAI SHRIMP FLATBREAD* \$13 (GF A)

Grilled Seasoned Flatbread topped with Grilled Peppers, Sautéed Shrimp, Peanuts & Scallions in a Thai Peanut Sauce

BBQ CHICKEN FLATBREAD* \$13 (GF A)

Grilled BBQ Chicken, jicama Slaw & Cheddar Cheese on top of Grilled Seasoned Flatbread

LUNCH CRUNCH ~ ALL SERVED W/ SIDE SALAD

MEXICAN BLACK BEAN WRAP* \$11 (VEG A/GF A)

Black Beans, Red Onions, Red Peppers, Grilled Chicken, Cilantro, Salsa & Sour Cream

VEGGIE DELIGHT WRAP \$10 (VEG A/GF A)

Roasted local Zucchini, Squash, Red Onions, Feta, Spinach & Pesto

AVO-SHRIMP WRAP* \$13 (GF A)

Grilled Shrimp, Avocado, Bacon, Arugula, Cucumber & Lemon Aioli

HAM IT UP* \$10 (GF A)

Sliced Natural Ham, Sharp Cheddar Cheese, Caramelized Red Onion, Local Honey Mustard spread, served on Cranberry Bread

THE HOT CHICK* \$12 (GF A)

Grilled Seasoned Chicken, Bacon, Roasted Red Peppers, Arugula, Feta, & Lemon Herb Aioli on a Toasted Brioche Bun

THE PHILLY ITALIAN CHICK* \$12 (GF A)

Grilled Seasoned Chicken, Roasted Red Pepper, Sliced Tomato, Spinach, Mozzarella Cheese & Pesto on a Toasted Philly Pretzel Roll

SHROOMER CHEESE STEAK \$10 (VEG A/GF A)

Grilled Marinated White, Portobello & Cremini Mushrooms, Cheddar Cheese & Sweet Caramelized Red Onions on a Toasted Roll
Sub Vegan Chs \$1

ANGUS AMONG US* \$14 (GF A)

8oz. Grass-Fed Angus Beef Burger, Sundried Tomato Spread, Red Onion, Spinach, melted Mozzarella on a toasted Brioche Bun

VEDDER VEGGIE BURGER \$14 (VEG/GF A)

8oz. of Our Secret Homemade Recipe Grilled Veggie & Quinoa Burger, w/ Sliced Tomato, Cucumber, Alfalfa Sprouts, Vegan Cheddar & Avocado Mayo on a Toasted Pretzel Roll

ASIAN BBQ SEITAN SAMMIE \$13 (VEG)

Baked Seitan smothered w/ an Orange Barbeque Sauce topped w/ sweet onion & cremini mushrooms, w/ Jicama Slaw on a Toasted Ciabatta Roll

THE B.L.A.S.T \$14 (GF A)

Bacon, Lettuce, Avocado, Grilled Salmon, Tomato on a toasted Brioche Roll w/ Spring Onion Mayo

BIG CHEESE \$10 (GF A)

Grilled Cheese Sandwich w/ Sharp Cheddar, Creamy Goat Cheese, Roasted Veggies, Apples & Arugula on Cranberry Bread

THE MAIN COURSE ~

FETTUCCINI CAULIFLOWER ALFREDO \$14 (VEG/GF A)

Fettuccini tossed w/ Pureed Seasoned Cauliflower & Fresh Spinach topped w/ Toasted Almonds

CAPRESE STUFFED PORTOBELLO \$15 (VEG/GF)

Marinated Grilled Portobello stuffed w/ Garden Tomato, Fresh Spinach, Mozzarella Cheese & Pesto, served w/ a mix of Seasoned Quinoa, Rice & Toasted Almonds

PAN SEARED SALMON* \$22 (GF)

Orange Teriyaki Glazed Salmon on warm Celery Root Mash topped w/ Green Beans, Roasted Red Peppers & Toasted Sesame Seeds

SPRING GARDEN PASTA \$14 (VEG/GF)

Garden Fresh "Zucchini" Zoodles in a White Wine Garlic Sauce, Bell Peppers, Cherry Tomato, & Mushrooms, topped w/ Fresh Basil

OUR DOWN-SOUTH SHRIMP & GRITS* \$17 (GF)

Grilled Cajun Spiced Shrimp & Crispy Bacon over Creamy Cheddar Grits w/ Fresh Parsley & Scallions

SAVORY SWEET WAFFLE* \$16 (GF A)

Rosemary-Herbed Waffle w/ Sautéed Chicken Breast smothered in an Amaretto Cream Sauce w/ Sautéed Apples, topped w/ Toasted Almonds

TERIYAKI TOFU STIR FRY \$15 (VEG/GF A)

Tofu, Bok Choy, Zucchini, Bell Peppers, Mushroom, Carrot, Scallions & Ginger, over Jasmine Rice topped w/ Sesame Seeds

GRILLED TERIYAKI GLAZED CHICKEN* \$15 (GF A)

Tossed w/ Sundried Tomato, Bell Peppers, Red Onion & Fettuccini, topped w/ Shredded Parmesan Cheese

SIDES: All \$5 Vegan Yukon Gold Mashed Potatoes,

Jicama Slaw, Green Beans w/ Crumbled Bacon & Shallots, Jasmine Tea Infused Rice, Corn Bread Du Jour, Side Salad, Toasted Quinoa, Roasted Veggies, Cheddar Grits

KID STUFF ~ PEANUT BUTTER & JELLY \$5 Served w/ Fruit (VEG

A/GF A) **GRILLED CHEESE \$6** Served w/ Fruit (VEG A/GF A) **PASTA**

W/SEASONED BUTTER \$6 Add Grilled Chicken **\$5** (VEG A/GF A)

CHEESE QUESADILLA \$6 Served w/ fruit (VEG A/GF A) **GRILLED**

CHICKEN* \$11 W/ Mashed Potato OR Jasmine Rice & Green Beans (GF)

(VEG A) Vegan Available (GF A) Gluten Free Available \$1

Maximum of 6 Separate Checks Per Table

Thank you for dining with us here at The Green Fork! We are a small family owned restaurant. We shop each day to have the freshest ingredients available for our menu. All dishes are freshly-made & prepared to order. Sometimes dinners will take longer as we cook exactly as we would in our own home kitchen... FRESH! We do hope you take advantage of our relaxed, unhurried atmosphere & please walk around & check out our *Local Roots Market* (in the back) & the *art wall* where we feature up to 2 artists each month. We also host local musicians & music students, Saturdays @7pm. Go to our Face Book page for upcoming Events. Smile~~ Have a Happy Day!!