

Salads

Garden Salad, mixed greens iceberg lettuce cucumber tomato shredded carrot green onions with your choice of dressing
meal size 8.49 appetizer size 3.99

Hail Caesar Salad, crisp romaine lettuce real bacon bits tossed in our caesar dressing finished with fresh parmesan cheese
meal size 8.99 appetizer size 4.59

Greek Salad, crisp iceberg lettuce tomato wedges cucumber onion rings kalamata olives with crumbled feta and a zesty greek dressing
meal size 8.99 appetizer size 4.59

add fire grilled chicken or shrimp 4.49
breaded butterfly shrimp 4.79

Signature Salads

Shrimp and Spiced Pecan Salad, mixed baby greens roasted red peppers mandarin oranges spiced pecans cranberries 2 grilled shrimp skewers with a citrus vinaigrette dressing 14.99

Crunchy Thai Chicken Salad, breaded crispy chicken tenders fried golden brown served on a bed of tender greens with fresh pineapple wedges fire roasted peppers almonds and a zesty asian dressing 14.99

Other Stuff

Chicken Tenders, plump chicken breast with a light bread coating fried to a crispy tender crunch served with french fries and plum sauce 11.69

Quesadilla, flour tortilla filled with salsa and blended cheeses and topped with green onions served with sour cream 9.99

Forkables

Soup Kettle, what today brings 4.39

French Onion Soup, caramelized onions in a rich beef broth topped with a cheese laden crouton and oven baked 5.79

Escargot, succulent escargot and garlic butter topped with cheese served with Crisp toasties 6.99

Garlic Bread Loaf, crusty loaf butter brushed with garlic and herbs with a pinch of parmesan cheese oven baked 4.59
add cheese 1.79 marinara sauce 1.99

Crispy Fried Calamari, salt and pepper calamari fried to a golden brown served with aoli dip 9.99

Kettle Chips, crispy thin slices of potato sprinkled with sea salt black pepper and ranch dip 4.99

Nacho's, fresh fried tortilla chips drizzled with salsa topped with mozzarella and cheddar cheese capped off with green onions and a side of sour cream and pepper rings 10.99

add a fire grilled chicken breast
or roast beef 4.49
6 oz new york steak 7.99

Jumbo Shrimp Cocktail, plump jumbo shrimp served in a martini glass with seafood sauce and lemon 9.99

Combination Platter, calamari, kettle chips, butterfly shrimp ,and meatballs marinara served with an asian dipping sauce and ranch dip 14.99

Butterfly Shrimp, panko breaded butterfly shrimp lightly fried with an Asian dipping sauce 7.99

Fork and Pickles, lightly breaded deep fried and crunchy with a ranch dip 7.99

Sandwiches and Wraps

Chicken Caesar Wrap, slices of grilled chicken lettuce tomato shredded cheese onions lightly coated with caesar dressing in a flour tortilla 11.99
substitute crispy chicken 1.69

Steak Sandwich, 6oz strip loin steak cooked to your liking served on a garlic toasted baguette topped with steakcut onion rings 13.99

Beef Melt, garlic baked baguette with tender slices of beef sauteed onions mushrooms covered with blended cheeses and baked in the oven 13.49

Clubhouse Sandwich, grilled chicken breast lettuce tomato and strip bacon with mayonnaise on 3 slices of texas toast 10.99

Veggie Wrap, steamed vegetable medley feta cheese drizzled with rustic italian dressing rolled in a soft tortilla 9.99

Buffalo Chicken Sandwich, breaded chicken breast golden fried with tangy buffalo sauce served on a warm bun 12.49

Chicken Flatbread Stack, garlic toasted flatbread with fire grilled chicken onions bacon cheese and a bbq ranch sauce 12.99

French Beef Dip au jus, thinly sliced beef between a garlic baguette with a beef and onion au jus for dipping 12.89

Chicken Parmesan Sandwich, breaded chicken breast on a skillet bun with marinara sauce and melted mozzarella cheese 12.49

Meatball Melt, italian style meatballs with marinara sauce under a layer of melted mozzarella cheese 12.89

Haddock on a Baguette, crispy fried haddock on a garlic toasted baguette with aoli 10.99

all sandwiches served with a choice of french fries kettle chips coleslaw baked beans or side garden salad substitute side caesar .99
sweet potato fries or onion rings 1.69

Pasta Bowls and Italian

Pasta Alfredo, pappardelle pasta al dente in a creamy alfredo sauce 13.69

Pasta Carbonara, pasta alfredo with sauteed mushrooms and bacon 15.49

Pasta Primavera, fresh grilled vegetables compliment pasta alfredo 14.99

Spagettini Marinara, with our homemade tomato sauce 11.99

Spagettini Bolognese, with our home made meat sauce 12.99

Spaghettoni and Meat Balls, home made meat sauce with our italian meatballs 14.99

make any pasta rose 1.49

Lasagna, house made lasagna meat sauce topped with cheese baked in the oven 14.49

Vegetarian Lasagna, house made lasagna with marinara sauce topped with cheese Baked in the oven 13.49

Chicken Parmesan, breaded chicken breast topped with cheese and spagettini sauced over with homemade marinara sauce 16.99

all pasta bowls and italian dishes are served with a side garden salad substitute side caesar 1.29

add fire grilled chicken breast 4.49
2 grilled shrimp skewers 4.49
butterfly shrimp 4.79



Take Home

Menu

Tel: 705-431-0442

"Just Put a Fork in It"

Catering Services

We would love to cater your next event
Ask us how we can help
From 20 – 200 people

2383 25th Side Road,
Innisfil, Ontario L9S 2G3
Tel: (705) 431-0442 Fax: (705) 431-6875
email: eat@theforkandplate.com
www.theforkandplate.com/

Fire Grilled Burgers

The Chuck Norris, two beef patties double cheese peameal bacon strip bacon on a warm roll served with a side of cajun roundhouse fries *no substitutions* chuck wouldn't 14.99

Canadian Eh!,
cheddar cheese and peameal bacon 11.99

Just the Burger, 8.99

Cheddar Cheese Burger 10.49

La Fromage Bleu Burger 9.99

Mushroom Mozzarella Burger 11.79

Tex Mex Burger 11.79

burgers served with the works lettuce tomato red onion mustard and relish on a warm bun.

double the beef 3.99
add bacon or peameal bacon 1.99

served with your choice of side
french fries kettle chips coleslaw
baked beans or side garden salad
Substitute side caesar .99
sweet potato fries or onion rings 1.69

extras

sweet potato fries in a basket 6.29
fries in a basket 3.99
gravy 1.49
poutine 6.99
stack of onion rings with aoli dip 5.49
fried mushrooms 3.29
vegetables of the day 3.49
coleslaw 1.69

Dinners

The Steak, ask your server for the cut today (sometimes we forget to tell you) market price add fire grilled chicken breast or 2 grilled shrimp skewers 4.49 butterfly shrimp 4.79

Baby Beef Liver, sauteed baby beef liver topped with fried onions
Crispy bacon and gravy 12.99
One piece liver dinner 11.49

Meat Loaf, homemade topped with mushrooms and rich gravy 13.99

Baby Back Ribs, tender fall off the bone ribs basted with our special bbq sauce
half rack 17.99 full rack 24.99

Salmon, atlantic salmon seared in soya sauce draped with pineapple salsa 15.99

All above dinners served with a choice of two sides, french fries long grain and wild rice fresh seasonal vegetables kettle chips baked beans coleslaw mashed potatoes, substitute sweet potato fries or onion rings 1.69

Fish and Chips, battered haddock fried to a crispy golden brown served with french fries tartar sauce and coleslaw 12.99
One piece fish dinner 10.99

Stir Fry Bowls and Saute`

Ginger Beef, tender beef strips with seasonal vegetables coated in an orange ginger soya sauce served on a bed of long grain and wild rice 14.99

Chicken saute` New Orleans style, chicken breast slices mixing it up with mushrooms, peppers, green onions and sun dried tomatoes in a vodka cream sauce with toasted garlic bread wedges 14.99

Shrimp Mediterranean, jumbo shrimp sauteed with seasonal vegetables drizzled with a warm greek vinaigrette covering fresh greens topped with feta cheese and cherry tomatoes 15.99

add a caesar or garden side salad to any Dinners or Stir Bowls and Saute` for only 1.99



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