

## Interesting Stuff

that we really like

### CHICKEN TENDERS

chicken breast fillet with a light bread coating served with French fries and plum sauce.....\$12.49  
Try dipping in sweet chili sauce.....\$0.99

### FISH AND CHIPS

two crispy fish fillets fried to a golden brown with our fresh Fork and Plate coleslaw, French fries and tartar sauce.....\$13.99  
\*One piece fish and chips.....\$11.99



### JAMBALAYA

sausage, chicken and shrimp, with a zingy plum tomato sauce and roasted red peppers mixed together in a long grain and wild rice - just a bit spicy.....\$17.99

### QUESADILLA

flour tortilla with blended cheeses and salsa, topped with green onions, a side of sour cream.....\$11.99  
Add grilled chicken breast or roast beef.....\$5.29

## FORK N' PASTA

### SPAGHETTINI MARINARA

covered with our Fork & Plate made tomato sauce. \$13.99



### SPAGHETTINI BOLOGNAISE

covered with our Fork & Plate made meat sauce.....\$14.99

### CHICKEN PARMESAN

butterfly chicken breast topped with marinara sauce, with a side of spaghetti smothered in our famous marinara sauce.....\$18.49

### AH-LASAGNA

Choice of:  
marinara.....\$15.99  
bolognese sauce.....\$16.99

### FORK UP YOUR PASTA

Add 3 jumbo meat balls to any pasta.....\$3.29  
Add a garden, Greek or Caesar salad side to any pasta for.....\$1.99  
Add a fire grilled chicken breast or (not just one but two) shrimp skewers.....\$5.29

"DO NOT FORGET TO ADD FRESHLY BAKED GARLIC LOAF TO YOUR PASTA."

GLUTEN FREE RICE NOODLES AVAILABLE, ASK YOUR SERVER OPTION

## ENTREES

**All entrees served with a choice of any two of the following sides - mashed potatoes, long grain and wild rice, rice noodles, french fries, kettle chips, fresh vegetables, baked beans, coleslaw. Substitute onion rings or sweet potato fries for \$1.99.**

### FIRE GRILLED STEAK

Ask your server for today's cut - Market price

Add a Garden, Greek or Caesar Salad to any entree for \$1.99

### BABY BEEF LIVER

2 pieces sautéed lightly with fried onions, bacon, and smothered in beef gravy.....\$14.99  
\*1 piece liver dinner.....\$12.99

### OH THOSE BABY BACK RIBS

tender fall off the bone ribs sauced up with a choice of BBQ sauce or Chipotle  
\*Half Rack.....\$17.99  
Full rack.....\$25.99

Add any entree, grilled chicken breast or (not just one but two) shrimp skewers \$5.29

### RAINBOW TROUT

fillet seasoned with applewood smoke, grilled to perfection.....\$18.49

### SHEPHERD'S PIE

just the way Grandma used to make it.....\$14.99



### MEATLOAF DINNER

cozy up with the Fork and Plate meat loaf, with grilled mushrooms and rich beef gravy.....\$14.99

### FORK N' CHICKEN

butterfly skin-on fire-grilled chicken served with a light seasoning, created in our kitchen.....\$18.99

## Stir-fry Bowls

### STIR FRY

enjoy 4 different ways. Tender fresh vegetables tossed in shanghai sauce and served on a bed of long grain and wild rice or rice noodles. (Gluten Free)

Choice of:

GRILLED STEAK.....\$17.99  
SAUTÉED SHRIMP.....\$17.99  
FIRE GRILLED CHICKEN.....\$16.99  
VEGETARIAN.....\$14.99

Please let us know if you have any allergies. We will do our best to accommodate.



Take it Home and Just Put a Fork In It.

Enjoy in the comfort of your home.

Come in and order to go or call and pick-up.

Call (705) 431-0442

"Just Put a Fork In It" and Enjoy.



## Catering Services

We would love to cater your next event.

Ask us how we can help.

From 20-200 people.

Part of Your Community for 10 Years.

2383 25th Side Road, Innisfil, ON L9S 2G3

Tel: (705) 431-0442




Like us on Facebook

www.theforkandplate.com  
Email: eat@theforkandplate.com

## Forkables

starting things off right good to share


 **CROCK OF ONION SOUP**  
caramelized onions in a rich beef broth with a cheese laden crouton oven baked golden brown.....\$6.99

**GARLIC BREAD LOAF**  
pull apart crusty bread oven baked smothered in garlic butter, with a pinch of parmesan.....\$5.29  
Add cheese \$1.99, or add bacon \$1.49

**MUCHO NACHOS**  
strips of tortilla chips, salsa, diced tomatoes, green onions and our 3 cheese blend with a side of sour cream and pepper rings baked in the oven.....\$12.99  
Add grilled chicken breast or roast beef.....\$5.29

**FORK AND PICKLES**  
lightly breaded pickles fried crispy with a side of ranch dressing for dipping.....\$9.49

**BAKED BRIE**  
brie cheese round warmed just so with cranberry salsa.....\$10.49

 **CHEESY SPUD WHEELS**  
grilled potato slices with melted cheese and crisp bacon served with a side of sour cream and topped with green onions.....\$8.99

## Loads of Comfort

 **BASKET OF KETTLE CHIPS**  
fresh fried thin slices of potatoes sea salt and peppered, served with a ranch dip.....\$5.49

**SWEET POTATO FRIES**  
basket of sweet potato fries served with garlic parmesan aoli.....\$7.99

**ONION RINGS**  
served with garlic parmesan aoli dip.....\$6.99

**LARGE POUTINE**  
comfort french fries smothered in shredded mozzarella and gravy.....\$7.99

**LARGE BASKET OF FRENCH FRIES**  
family style.....\$4.99

## Fork Your Greens

**GARDEN SALAD**  
mixed greens, iceberg lettuce, cucumber, cherry tomato, carrot shreds and green onions with your choice of dressing

• Meal size.....\$9.49 • Appetizer size.....\$4.79


**ET TU CAESAR**  
crisp romaine lettuce, real bacon pieces, tossed in caesar dressing with crispy croutons and a lemon wedge, topped with grated parmesan cheese.

• Meal size.....\$9.79 • Appetizer size.....\$4.99

**JUST GET TO THE GREEK**  
crisp iceberg lettuce, cherry tomatoes red onion rings, kalamata olives, crumbled feta cheese with a zesty greek dressing.


• Meal size.....\$9.89 • Appetizer size.....\$4.99


## Specialty Greens

 **SHRIMP AND SPICED PECAN SALAD**  
mixed baby greens, iceberg lettuce, roasted red peppers, mandarin oranges, spiced pecans, cranberries and feta with (not just one but two) grilled shrimp skewers.....\$16.99

**COBB SALAD**  
iceberg, chicken, ham, hard-boiled eggs, shredded carrots, cucumber, cherry tomatoes, shredded cheddar, with your choice of dressing.....\$16.99

## Naanwiches

 **FORK & VEGGIE NAANWICH**  
grilled roasted red peppers, humus and feta on Naan bread with baby garden greens!.....\$13.99

 **FRUITIE 4U**  
Brie and apples grilled with fruit preserve on a crispy Naan!.....\$14.99

**CHICKEN FLAT BREAD STACK**  
a garlic brushed Naan, with grilled chicken breast, bacon, grilled onions, cheddar and mozzarella cheese drizzled with BBQ ranch dressing.....\$14.49


## Forkwiches

**All Forkwiches & Naanwiches come served with your choice of one of the following sides - french fries, kettle chips, coleslaw, baked beans, or small soup. You may substitute a side caesar salad, side garden salad, side greek salad, sweet potato fries or onion rings for \$1.99**

**TUNA WRAP**  
chunk tuna with mayonnaise, lettuce, onion, roasted red peppers and shredded cheese blend, rolled in a soft flour tortilla.....\$11.99

**STEAK SANDWICH**  
grilled steak served on a garlic toasted bun, finished with onion straws.....\$14.99

**BEEF MELT**  
garlic baked baguette with tender slices of beef, sautéed onions, mushrooms and cheese blend baked in the oven.....\$14.99

 **CHICKEN CAESAR WRAP**  
slices of grilled chicken breast, romaine lettuce, diced tomatoes, onions with caesar dressing, shredded cheese, wrapped in a flour tortilla.....\$12.49  
substitute crispy chicken.....\$1.99


**CLUBHOUSE**  
grilled chicken, lettuce, tomato and bacon with mayonnaise, on three slices of texas toast.....\$12.49

 **FRENCH BEEF DIP**  
thinly sliced beef sandwiched on a toasted garlic baguette, sided with a beef au jus for dipping.....\$13.49

**THIS LITTLE PIGGY**  
grilled peameal with cheddar cheese, lettuce, tomato, grilled onions and chipotle mayonnaise.....\$11.99

## Flat Breads

**MARGHERITA FLAT BREAD**  
a garlic herb flat bread with marinara sauce and our cheese blend.....\$11.99  
\*Canadian Up - Add sausage and Peameal bacon..\$1.99

 **BBQ CHICKEN FLATBREAD**  
fire grilled chicken, with zingy BBQ sauce, smoked bacon and onions, drizzled with sour cream.....\$14.99


## Burgers

**All burgers come served with your choice of one of the following sides - french fries, kettle chips, coleslaw, baked beans, or small soup. You may substitute a side caesar salad, side garden salad, side greek salad, sweet potato fries or onion rings for \$1.99**

**APPLE BACON BURGER**  
burger smothered with apple bacon sauce.....\$12.99

 **CANADIAN EH**  
peameal bacon and cheddar cheese.....\$12.99

**CHEDDAR CHEESE BURGER**  
real cheddar cheese.....\$11.99

 **CHUCK NORRIS BURGER**  
Our Famous Chuck Norris Burger served with two beef patties, double cheese, peameal bacon and bacon strips, with the works, served with cajun roundhouse fries. Chuck wouldn't. Eat it all or we'll call you a sissy.....\$16.99

**JUST THE BURGER**  
plain and simple.....\$9.99

**BACON AND CHEDDAR BURGER**  
real bacon and real cheddar.....\$12.99

**MUSHROOM MOZZARELLA BURGER**  
mozzarella cheese and grilled mushrooms.....\$12.99

**Fork Up Your Burger**  
DAILY Double your beef for only.....\$3.99  
Add bacon or peameal bacon.....\$1.99  
Cajun or maple BBQ your fries for.....\$0.69

**The Works:** lettuce leaf, tomato, red onion, with a split of mustard and relish. Ketchup comes to the table. All burgers served on a warm bun.