FORKS DINER
PACIFIC NORTHWEST

BREAKFAST

OMELETS

AVIATE GF
cage free egg omelet with ham, peppers, onions, cheddar cheese
$6.25 480 CALS

PICADO GF
two cage free eggs with pico de gallo, jack cheese, avocado & bacon
$6.25 510 CALS

BUILD YOUR OWN OMELET
two cage free eggs & choice of vegetable, meat, or cheese
$6.25

CHEESE:
cheddar, pepper jack, american, provolone, swiss

PROTEIN:
bacon, ham, sausage

VEGETABLES:
peppers, onions, mushrooms, tomato, spinach

TECATE WRAP
cage free scrambled eggs, sausage, cheddar cheese, pico de gallo, bell peppers, wheat wrap
$5.75 550 CALS

STEAK BREAKFAST BURRITO
chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa
$7.50 670 CALS

AVOCADO TOAST VG
seasoned avocado, sourdough bread
$4.00 400 CALS

BREAKFAST GRILLED CHEESE
choice of bacon, pork sausage or ham, choice of american, cheddar or provolone cheese, 9 grain or sourdough bread
$7.25 530 CALS

FEATURED

CHORIZO BREAKFAST SANDWICH
chorizo patty, pepper jack, cage-free egg, chipotle aioli, ciabatta
$7.50 810 CALS

OFF TO THE RIGHT START

PUMPKIN OVERNIGHT OATS V
rolled oats, almond milk, pumpkin puree, pumpkin spice, maple syrup, candied walnuts
$5.00 500 CALS

OPTIONS

BACON (2) GF DF
$2.25 130 CALS

CHEESE (1) V GF
$1.25 110 CALS

AVOCADO V
$1.25 60 CALS

BREAKFAST POTATOES V DF
$2.25 90 CALS

EGG OR EGG WHITE V GF DF
$1.50 77-44 CALS

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.