

THE MORNING FORK

Most come with Choice Of- Hash Browns, Seasonal Fruit or Country Potatoes
Make Them Loaded \$1.50- (with Bacon & Cheddar)

& Choice of- Sourdough, Rye or English Muffin Sub Biscuit & Gravy (meat or veggie gravy) \$2

BREAKFAST BURGER \$17

Certified Angus Beef, Over Medium Egg,
Bacon, Cheddar, Caramelized Onion,
Arugula & Garlic Mayo on Brioche Bun
(no toast)

SUB IMPOSSIBLE SAUSAGE BURGER \$17

**EGGS BENEDICT

Poached Medium Eggs & House
Hollandaise on English Muffin (no toast)

TRADITIONAL CANADIAN BACON \$15

IMPOSSIBLE SAUSAGE \$16

BLUE LUMP CRAB & BAY SHRIMP CAKE \$21

CORNED BEEF HASH \$16

Bell Pepper, Poblano, Onion, Yellow &
Red Potato with Two Eggs

POTATO PLATTER & EGGS \$13

Country Potatoes with Tomato, Cheddar,
Avocado, Cilantro, Salsa & Sour Cream
(toast only)

^Add Bacon or Sausage \$3

-Add Carnitas, Chicken Mango Jalapeno
Sausage or Impossible Sausage \$4

VEGGIE PLATE & EGGS \$14

Seasonal Vegetables with Garlic topped
with Herbed Parmesan

TOMATOES & EGGS \$14

Sautéed Garlic, Spinach & Avocado

BURRITO \$15

Carnitas & Peppered Bacon with Eggs,
Cilantro, Jalapeno, Swiss Gouda, Hash
Browns, Black Beans & Side Salsa (no
sides)

MAPLE SAGE FRIED CHICKEN \$17

Boneless Dark & Light Meat, Served with
House Sausage Gravy & Two Eggs

BREAKFAST SANDWICH \$13

Eggs, Swiss Gouda Blend, Tomato, Garlic
Mayo, Avocado & Caramelized Onion on
Brioche Bun (no toast) -Add Bacon or
Sausage \$3 -Add Carnitas, Chicken Mango
Jalapeno Sausage or Impossible Sausage \$4

TWO EGGS & CHOOSE ONE \$14

Applewood Bacon, Link Sausage
½ Bacon & ½ Sausage,
Chicken Mango Jalapeno Sausage, or
Impossible Veggie Sausage

SEAFOOD OMELETTE \$23

Blue Lump Crab, Bay Shrimp, Garlic,
Tomato, Onion & Hollandaise

MEAT OMELETTE \$17

Bacon, Peppered Bacon, Link Sausage,
Canadian Bacon, Caramelized Onion
& Cheddar

SALSA OMELETTE \$16

Salsa, Black Beans, Tomato, Onion,
Poblano, Jalapeno, Avocado, Cilantro,
Cheddar & Sour Cream

WAFFLES

Make it a Combo by adding any
Two Sides \$7

Substitute Gluten Free Batter \$1

HOUSE BELGAIN WAFFLE \$11

Salted Maple Butter

CHICKEN & WAFFLE \$17

Dark & Light Meat with Salted Maple Butter

BLUEBERRY \$14

Blueberry Syrup, Blueberries, Blueberry Sugar & Almond Butter

ORANGE CHOCOLATE \$14

Citrus Batter, Candied Orange, Chocolate, Almonds & Almond Butter

WAFFLE QUEEN \$14

Almond Butter, Banana, Dark Chocolate, Coconut, Reese's Crumbles & Rainbow Sprinkles

CITRUS \$13

Citrus Batter, Pistachios, Candied Citrus & Almond Butter

BACON \$14

Diced Bacon Inside with Salted Maple Butter

CHOCOLATE BANANA \$14

Salted Maple Butter

SWEET POTATO \$13

Sweet Potato Batter, Sweetened Cream Cheese, Streusel & Praline Dust

STRAWBERRY \$15

Strawberry Compote, Rose Raspberry Sugar, Strawberries, Sugared Petals, Streusel & Sweetened Cream Cheese

CINNAMON \$13

Cinnamon Sugar Paste, Sweetened Cream Cheese & Praline Dust

APPLE COBBLER \$14

Warm Apples, Streusel, Praline Dust & Salted Maple Butter

PISTACHIO & ALMOND \$14

Pistachio Icing, Pistachios, Almonds & Almond Butter

FRUIT & ALMOND \$13

Seasonal Fruit, Almonds & Almond Butter

OTHER SWEETS

Make it a Combo by adding any
Two Sides \$7

HOUSE PANCAKE \$8

Large Thin House Cake with Salted Maple Butter

~Add Bacon Inside \$3

~ Add Seasonal Fruit & Almonds \$3

CHALLAH FRENCH TOAST \$12

Grateful Bread Challah with Salted Maple Butter



SIDES

Kids Twelve & Under Choose
Two Sides \$7

Early Bird Special – Choose any Three
Items for \$12

Monday through Friday Only 8 – 8:45

- Biscuit & Sausage Gravy & Bacon or
Veggie Gravy with Impossible Sausage \$5

- Country Potatoes \$5
House Scalloped Purple & Red Potatoes,
Poblano, Bell Pepper & Grilled Onion

- Hash Browns \$4.75

- Fried Chicken (1) \$5.25
with Sausage Gravy or Veggie Gravy

- Applewood Bacon (4) \$5.75

- Link Sausage (3) \$5

- Chicken Mango Jalapeno Sausage (1)
\$4.75

- Sweet Peppered Bacon (3) \$5.75

- Veggies \$5.5
Herbed Parmesan

- Impossible Veggie Sausage (2) \$5.25

- Fresh Seasonal Fruit \$5

- Biscuit with Salted Maple Butter \$4
& Orange Blossom Honey

- Eggs Any Style (2) \$4

LUNCH

WEEKDAYS ONLY 9:30-2

(No Monday Holidays)

Served with Fries or Fruit

VEGGIE SANDWICH \$15

Cucumber, Tomato, Arugula, Avocado,
Fennel, Onion, Swiss Gouda Blend, Garlic
Mayo & Whipped Dill Goat Cheese on
Toasted Marbled Rye

TUNA MELT \$14

Albacore Tuna Salad, Sour Dough, Basil,
Green Apple & Swiss Gouda Blend

BLT \$14

Bacon, Sweet Peppered Bacon, Tomato,
Lettuce & Garlic Mayo on Sour Dough

BREAKFAST BURGER \$18

Certified Angus Beef, Over Medium Egg,
Bacon, Cheddar, Caramelized Onion,
Arugula & Garlic Mayo on Brioche Bun

*WE USE VEGA CAGE FREE EGGS

*18% GRATUITY ADDED TO 6 OR MORE

*ON WEEKENDS, PLEASE LIMIT YOUR STAY
TO 30 MINUTES AFTER YOU ARE FINISHED
WITH YOUR MEAL

***CONSUMING RAW OR UNDERCOOKED
MEATS, POULTRY, SEAFOOD, SHELLFISH OR
EGGS MAY INCREASE YOUR RISK OF
FOODBORNE ILLNESS, ESPECIALLY IF YOU
HAVE CERTAIN MEDICAL CONDITIONS

***MADE WITH RAW EGG. EAT AT YOUR
OWN DISCRETION

BEVERAGES

LOCAL COFFEE WORKS COFFEE \$3.25

Sacramento's Original Roaster - Since 1982 - Dark Star Roast or Decaf

ICED COFFEE \$3.25

- Vanilla, Pistachio or Lavender Syrup 50 cents

HOUSE SODA \$3

Raspberry, Peach, Lemongrass, Vanilla, Spiced Papaya, Lavender, Pistachio or Cucumber (no refill)

CREAM SODA \$3.50

Raspberry, Peach, Vanilla, Spiced Papaya, Lavender, Pistachio or Rose with Club Soda and Half & Half (no refill)

RISHI HOT TEA \$3

One Tea Bag - Black, Green or Chamomile

ICED TEA \$3

- Add Raspberry, Peach, Cucumber, Spiced Papaya, Lemongrass or Lavender Simple Syrup .50

SODA \$2.75

Coke, Diet Coke, Cherry Coke, Sprite, Mr. Pibb or Fruit Punch

JUICE \$2 / \$4

Orange, Apple, Concord Grape, Pineapple, Cranberry or Bloody Mary Mix

SPARKLING WATER \$3

Saratoga 12oz

HOT CHOCOLATE \$3.50

Topped with Whipped Cream, Almonds, Rainbow Sprinkles & Chocolate

LAVENDER or

SPICED PAPAYA HOT CHOCOLATE \$4

Topped with Whipped Cream, Almonds & Chocolate

LEMONADE \$3.50

Lemon & Lemon Grass (no refill)

- Add Rose, Raspberry, Peach, Cucumber, Spiced Papaya or Lavender Simple Syrup 50 cents

MILK \$3.5

Whole, Almond, or Oat Milk \$1 (no refill)

CHOCOLATE OR STRAWBERRY

MILK \$3.50

Whipped Cream, Whole, Almond, or Oat Milk \$1 (no refill)



MIMOSAS

Made with Stanford Champagne or Ginger Beer & Club Soda Mix
8 oz Single or 34 oz Carafe

CLASSIC \$6 / \$17

Choice of - Orange, Cranberry, Pineapple,
or Concord Grape

GOLDEN SPICE \$7 / \$22

Spiced Papaya Syrup & Pineapple Juice



THAT'S PRETTY \$8 / \$23

Edible Glitter, Seasonal Fruit, Edible
Flowers, Lemongrass Peach Syrup
& Ginger Beer
with Rose Raspberry Sugared Rim

TART CUCUMBER \$7 / \$22

Cucumber Syrup & Grapefruit Juice

IT'S GREEN \$8 / \$23

Kiwi Puree, Fresh Muddled Jalapeno,
Mint & Sage in Lemongrass Syrup
with Sour Apple Salted Rim

BEER

UINTA HOP NOSH IPA \$5

7.3% ABV, 12oz Can - Smooth Malt Body,
with Citrus & Caramel Malts

SCRIMSHAW PILSNER \$5

4.5% ABV, 12oz Bottle - Fresh with a
Spicy Hop, Crisp & Clean finish

STEM OFF DRY APPLE CIDER \$5

5.2% ABV, 12oz Can - Fruit forward &
Dry

-Add Bloody Mary Mix to any Beer \$2

BRUNCH

COCKTAILS

All Served in 16oz Pint

SOJU VODKA BLOODY MARY \$10

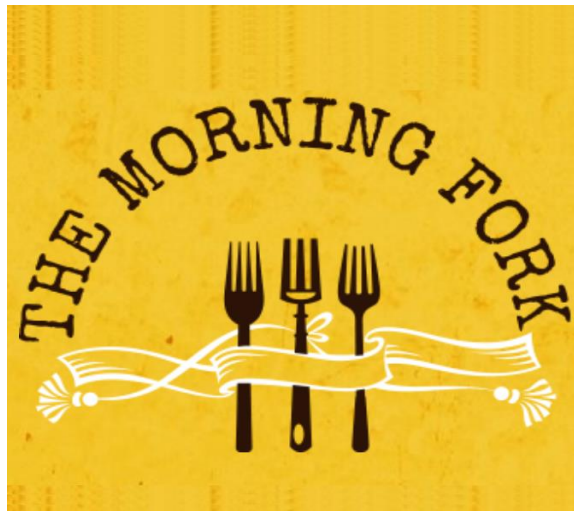
Soju Vodka, House Mix,
with Sweet Peppered Bacon
& Olives

CUCUMBER, LAVANDER or SPICED PAPAYA SPRITZER \$9

Choose House Syrup, Soju Vodka & Club
Soda

SOJU VODKA & JUICE \$9

Choice of Orange Juice, Cranberry,
Grapefruit, Pineapple or Concord Grape



The Morning Fork is a longtime dream come true by Sacramento Natives -
Jennifer & Keith Swiryn.

After years and years of perseverance, The Morning Fork finally became a reality, and have been happily serving since June 21st, 2019. We cannot express our deep gratitude enough for the outpouring support of this wonderful diverse community, and Team, for getting us through the 2020 pandemic. It is a time in history we will vividly remember forever. We look forward to serving, growing, and creating memories with Sacramento for many years to come.

In addition to enjoying your favorite breakfast & lunch diner classics, we genuinely strive to create an overall warm, happy, nostalgic feeling - honoring our predecessor, The Lucky Café; except we have our own spin on things. You will enjoy your food made with love, scratch-made fresh ingredients, local whenever we can, and changed seasonally. Each person on the Team takes great pride in delivering you a delightful experience every visit.

If you are not satisfied for any reason - let us know! We will do our best to resolve the issue. It is our grandest wish to earn you and your taste buds' respect. Thank you!

TheMorningFork.com

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