

THE MORNING FORK

Served with Sourdough or Wheat & Choice of Hash Browns or Fruit
For 75 cents Sub Country Potatoes or Yogurt Fruit Parfait

EGGS BENEDICTS

Poached Cage Free Eggs & House
Hollandaise on Grilled English Muffin

CANADIAN BACON \$16

MUSHROOM & ASPARAGUS \$17

Topped with Cajun Remoulade

CHIPOTLE CHICKEN \$18

Onion, Bell Pepper & Poblano

BLUE LUMP CRAB & BAY SHRIMP CAKE \$23

IMPOSSIBLE VEGGIE SAUSAGE \$16

BREAKFAST BURGER \$18

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

TWO EGGS & CHOOSE ONE \$15

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

CORNED BEEF HASH \$18

House Ground & Seared Well with Bell
Pepper, Poblano, Onion, Yellow & Red
Potatoes & Two Eggs

BISCUIT & GRAVY & TWO EGGS \$14

Biscuit with Sausage Gravy Topped with
Bacon or Impossible Sausage Veggie
Gravy

Add Ons

- Cheddar & Diced Bacon to your Hash
Browns or Country Potatoes \$1.25

- Chopped Bacon or Link Sausage \$3

- Carnitas, Chicken Mango Jalapeno
Sausage or \$4.50

-Impossible Sausage \$5.50

MAPLE SAGE FRIED CHICKEN \$19

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

BREAKFAST SANDWICH \$14

Eggs, Swiss Gouda Blend, Aioli, Avocado
& Caramelized Onion on Brioche Bun

POTATO PLATTER & EGGS \$15

Country Potatoes with Avocado,
Cheddar, Cilantro Pesto, Salsa & Sour
Cream (no side choice)

VEGGIE OMELETE \$16

Seasonal Roasted Vegetables with Garlic
& Swiss Gouda Blend

MEAT OMELETE \$18

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

SEAFOOD OMELETE \$27

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

SALSA OMELETE \$17

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

WAFFLES

and more

Combo: Add Any Two Sides \$8 / Substitute Gluten Free Batter \$1

HOUSE BELGAIN WAFFLE \$11

Salted Maple Butter

CHICKEN & WAFFLE \$19

Boneless Dark & Light Meat with Salted Maple Butter

BLUEBERRY \$16

Blueberry Sauce, Blueberries & Marzipan Butter

WAFFLE QUEEN \$14

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

CHOCOLATE BANANA \$14

Salted Maple Butter

CARROT COCONUT CAKE \$16

Sweetened Cream Cheese, Praline Dust & Candied Carrot

PEANUT BUTTER \$15

Peanut Butter Sauce, Reese's Crumbles, Sweetened Cream Cheese & Chopped Peanuts

CINNAMON \$14

Cinnamon Sugar Paste, Sweetened Cream Cheese & Praline Dust

STRAWBERRY \$15

Strawberry, Rose & Cardamom Compote, Sugared Petals & Sweetened Cream Cheese

BACON \$15

Diced Bacon Inside with Salted Maple Butter

APPLE COBBLER \$16

Baked Green Apples, Streusel, Praline Dust & Salted Maple Butter

PISTACHIO ALMOND \$16

Pistachio Icing, Pistachios, Almonds & Marzipan Butter

FRUIT & ALMOND \$15

Seasonal Fruit, Almonds & Marzipan Butter

OTHER SWEETS

HOUSE PANCAKE \$9

Plate Sized Thin Cake with Salted Maple Butter

- Add Bacon Inside \$3

- Add Seasonal Fruit & Almonds \$4

PUMPKIN DONUT BITES \$15

Fried & Topped with Cinnamon Sugar Paste & Sweetened Cream Cheese

CHALLAH FRENCH TOAST \$13

Grateful Bread Challah, Cinnamon Orange Zest Batter & Salted Maple Butter



OTHER EATS

THE BURRITO \$18

Carnitas & Peppered Bacon with Eggs, Jalapeno, Swiss Gouda, Hash Browns, Black Beans, Salsa & Cilantro Pesto on Side (Sub Veggies no charge)

YOGURT BOWL \$13

Non-Fat Greek Yogurt, Fruit, Streusel, Blueberry Compote, Hemp Seeds, Honey, Peanut Butter & Coconut

SANDWICHES WEEKDAYS ONLY

TUNA MELT \$16

Albacore Tuna, Green Apples, Basil & Swiss Gouda Blend on Sourdough with Fries or Fruit

VEGGIE SANDWICH \$16

Beets, Sweet Potato, Roasted Fennel Goat Cheese, Arugula & Aioli on Wheat with Fries or Fruit

IMPOSSIBLE MUSHROOM BURGER \$16

One Patty, Mushrooms, Vegan Cheese, Aioli on Vegan Bun with Fries or Fruit (Sub Beef Patty \$2)

PHILLY CHEESESTEAK \$17

Slow Cooked with Provolone, Peppers, Onions & Aioli on Dutch Crunch with Fries or Fruit

SIDES

EARLY BIRD SPECIAL

Weekdays & Dine in Only 8 - 8:30

CHOOSE ANY 3 SIDES FOR \$11

Kids Menu - Eleven & Under Choose

Two Sides for \$8

BISCUIT & SAUSAGE GRAVY \$5

Topped with Diced Bacon

BISCUIT & VEGGIE GRAVY \$5

Ground Impossible Sausage Gravy

COUNTRY POTATOES \$6

House Scalloped Potatoes, Poblano, Bell Pepper & Grilled Onion

HASH BROWNS \$5

FRIED CHICKEN (1) \$5.25

with Sausage Gravy or Veggie Gravy

BACON (4) \$6.25

LINK SAUSAGE (3) \$5.50

CHICKEN MANGO JALAPENO

SAUSAGE (1) \$5

SWEET PEPPERED BACON (3) \$7

SEASONAL ROASTED VEGGIES \$6.50

Herbed Parmesan

IMPOSSIBLE VEGGIE PATTIES (2) \$6

FRUIT CUP \$5

BISCUIT & BUTTER \$4

Salted Maple Butter & Orange Blossom Honey

TWO CAGE FREE EGGS \$5

› TO ENSURE OPTIMAL SERVICE FOR ALL GUESTS, PLEASE LIMIT YOUR VISIT TO 90 MINUTES

› 18% GRATUITY ADDED TO PARTIES OF 6 OR MORE

› MAXIMUM 2 SPLIT CHECKS PER TABLE

*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 \$3.50

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

ICED COFFEE \$4.50

Choice of Vanilla, Pistachio, Rose, Banana, Brown Butter Toffee or Lavender

HOUSE SODA \$3.25

Raspberry, Peach, Banana, Lemongrass, Vanilla, Spiced Papaya or Lavender, Pistachio

CREAM SODA \$3.50

Raspberry, Peach, Vanilla, Banana, Lavender, Pistachio or Rose with Club Soda and Half & Half

RISHI HOT TEA \$3

One Tea Bag - Black, Green or Chamomile

ICED TEA \$3.25

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

ARNOLD PALMER \$4

½ Iced Tea & ½ Lemonade

SODA \$2.75

Coke, Diet Coke, Root Beer, Sprite, Mr. Pibb or Blue Powerade (Refills)

JUICE \$2 / \$4

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

SARATOGA SPARKLING WATER \$4

12 oz Bottle

FROZEN SLUSHY \$5

Non-Alcoholic with Revolving Flavor

HOT CHOCOLATE \$4

Ghirardelli, Topped with Whipped Cream, Almonds, Rainbow Sprinkles & Chocolate

LAVENDER or SPICED PAPAYA HOT CHOCOLATE \$4.25

Ghirardelli, Topped with Whipped Cream, Almonds, Rainbow Sprinkles & Chocolate

LEMONADE \$4.50

House Made Lemon & Lemongrass, Rose, Raspberry, Peach, Spiced Papaya or Lavender Simple Syrup 50 cents

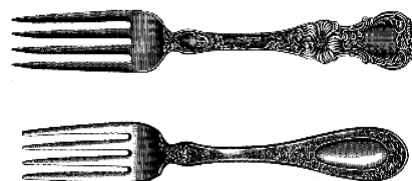
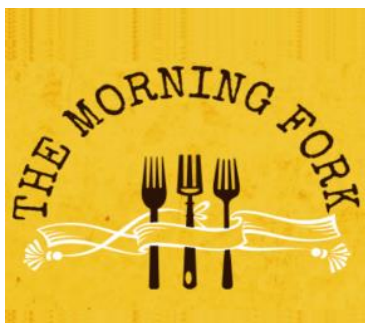
MILK \$2 / \$4

Whole, Almond, Hemp or Oat Milk \$1

CHOCOLATE OR STRAWBERRY

MILK \$4.50

Whipped Cream, Whole Milk, Almond or Oat Milk \$1



MIMOSAS

Stanford Champagne
or Non-Alcoholic (Ginger Beer &
Club Soda Mix)
8 oz Single, 16 oz Pint Glass or 34 oz
Carafe

CLASSIC \$7 / \$14 / \$23

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

POMEGRANATE SPICE \$8 / \$15 / \$26

Spiced Papaya Syrup & Pomegranate
Juice

THAT'S PRETTY \$8 / \$15 / \$27

Edible Glitter, Seasonal Fruit, Edible
Flowers, Lemongrass & Peach Syrup
Topped with Ginger Beer with Sour
Apple Sugar Rim

GRAPEFRUIT ROSE \$8 / \$15 / \$26

Rose Syrup & Grapefruit Juice with
Sour Apple Sugar Rim

WARM GOLD \$8 / \$15 / \$26

Pineapple Juice, Orange Juice &
Vanilla Syrup

SPICED APPLE CIDER \$8 / \$15 / \$26

Apple Cider & Spiced Papaya Syrup

IT'S GREEN \$8 / \$15 / \$27

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

BRUNCH

COCKTAILS

Served in 16oz Pint

SLUSHY \$8

Revolving Flavor with Soju Vodka or
Tequila

BLOODY MARY \$12

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

KIWI PINEAPPLE \$12

Soju Tequila, Kiwi Puree & Lime with
Sour Apple Sugar Rim

SOJU VODKA & JUICE \$12

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

SPIKED LEMONADE \$12

Choice of Soju Vodka or Tequila

BEER

NORTH COAST SCRIMSHAW

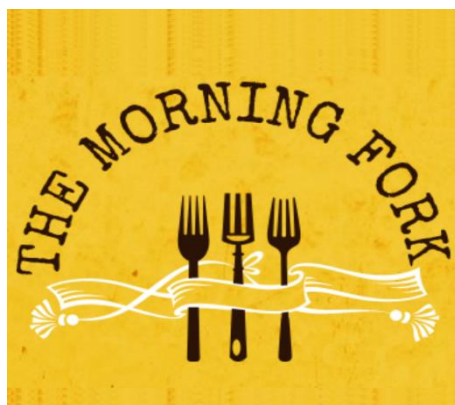
PILSNER \$5

12 oz Bottle, 4.5% ABV

CORONADO DOUBLE IPA \$8

Big Weekend 16 oz Can, 8.8% ABV





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 cooking and serving since June 21st, 2019. We cannot express our deep gratitude enough for the outpouring support of this wonderful diverse community, and entire team, for getting us through the pandemic and beyond. It is a time in history we will vividly remember forever. We look forward to the bright future and continuing to cook, serve and grow, while creating memories with the Sacramento community for many years to come.

In addition to enjoying your favorite 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 all 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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Facebook - The Morning Fork

Instagram – [TheMorningForkSacramento](https://www.instagram.com/TheMorningForkSacramento)

