

# THE MORNING FORK

PROUDLY SERVING VITAL FARMS PASTURE RAISED EGGS FROM HAPPY HENS!

› Served with Sourdough or Multigrain Toast with Jelly or Cinnamon Sugar  
& Choice of Hash Browns, Rice Pilaf or Fresh Fruit‹

› Sub Country Potatoes, Yogurt Fruit Parfait or Sauteed Vegetables \$1‹

› Add Chili Oil Crunch to your Eggs \$1‹ › Loaded Add Cheddar & Bacon to Side \$1.50‹

› Sub Biscuit & Sausage Gravy Topped with Bacon \$3 or Vegan Impossible Sausage Gravy \$3‹

## EGGS BENEDICTS

All with 2 Medium Poached Pasture Raised Eggs, Chives & House Saffron Hollandaise on Grilled Thomas English Muffin (no toast)

HOUSE CANADIAN BACON \$17

SEASONAL VEGETABLE \$18

Topped with Cajun Remoulade

CHIPOTLE CHICKEN \$19

Cajun Remoulade, Onion & Bell Pepper

BLUE LUMP CRAB & BAY SHRIMP CAKE \$24

IMPOSSIBLE VEGGIE SAUSAGE \$17

## OMELETS

Made with 3 Pasture Raised Eggs

VEGETABLE \$18

Seasonal Roasted Vegetables with Garlic & Swiss Gouda Blend

MEAT \$19

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

SALSA \$18

Black Beans, Onion, Red Bell pepper, Jalapeno, Avocado, Cilantro Pesto, Cheddar & Sour Cream

SEAFOOD \$28

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

SAGE FRIED CHICKEN \$20

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

BREAKFAST BURGER \$19

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

TWO EGGS & CHOOSE ONE \$16

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

CORNED BEEF HASH \$20

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

CHICKEN FRIED STEAK & EGGS \$22

Served with Sausage Gravy

TOMATOES & EGGS \$17

Sautéed with Olive Oil, Garlic, Spinach & Avocado

BREAKFAST SANDWICH \$15

Eggs, Swiss Gouda Blend, Aioli, Avocado & Caramelized Onion on Brioche Bun (no toast)

› Add Bacon or Sausage \$3

› Add Carnitas or Mango Chicken Jalapeno Apple Sausage \$5

POTATO PLATTER & EGGS \$17

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

› Add Bacon or Sausage \$3

› Add Carnitas or Mango Chicken Jalapeno Apple Sausage \$5

# WAFFLES

## & More

Combo: Add Any Two Sides \$8

Sub Vegan & Gluten Free Original or Pandan Batter \$2

### HOUSE BELGIAN WAFFLE \$12

Belgian Pearl Sugar Waffle with Seasonal Butter

### TRIPLE BLUEBERRY \$16

Blueberry Filled Waffle, Blueberry Sugar & Fresh Blueberries with Seasonal Butter

### PISTACHIO \$16

Pistachio Paste, Pistachios, Almonds Praline Dust & Seasonal Butter

### CINNAMON \$16

Ceylon & Cassia Cinnamon Sugar Paste, Sweetened Cream Cheese & Praline Dust

### SMORES WITH CARAMEL \$17

Chocolate Shavings, Salted Caramel, Torched Marshmallow, Graham Crumble & Seasonal Butter

### STRAWBERRIES & CREAM \$16

Strawberry Filled Waffle, Strawberry Rose & Cardamom Compote & Sweetened Cream Cheese

### SEASONAL FRUIT & ALMOND \$15

Seasonal Butter



### SAGE FRIED CHICKEN & WAFFLE \$20

Boneless Dark & Light Meat with House Seasonal Butter

### BACON \$16

Diced Bacon Inside & Out with Seasonal Butter

### SALTED CARAMEL APPLE \$16

Apple Medley, Salted Caramel, Praline Dust & Seasonal Butter

### PANDAN VEGAN & GLUTEN FREE \$16

Pandan Waffle, Ube Coconut Buttercream, Almonds & Praline Dust

## OTHER SWEETS

### HOUSE PANCAKE \$10

Plate Sized Thin Cake with Seasonal Butter

### PUMPKIN PANCAKE \$14

Torched Marshmallow, Maldon Salt & Seasonal Butter

### CHALLAH FRENCH TOAST \$7/\$13

Bella Bru Challah, Cinnamon Orange Zest Batter & Seasonal Butter

# OTHER EATS

## CARNITAS & PEPPERED BACON BURRITO \$19

Swiss Gouda Blend, Eggs, Jalapeno, Hash Browns & Black Beans with Salsa & Cilantro Pesto on Side

## CHIPOTLE CHICKEN BURRITO \$19

Shredded Chicken, Cheddar, Eggs, Jalapeno, Hash Browns, Black Beans with Salsa & Cilantro Pesto on Side

## YOGURT BOWL \$14

Non-Fat Greek Yogurt, Fresh Fruit, Graham Crumble, Strawberry Compote, Honey, Almonds, Pistachios, Coconut & Praline Dust

## SMALL COMBO \$14

Choice of Silver Dollar Pancakes or 1 French Toast, Served with 2 Eggs & Choice of 2 Bacon, 2 Sausage or Fresh Fruit

## BISCUITS & GRAVY & TWO EGGS \$16

Biscuit with Sausage Gravy Topped with Bacon or Vegan Impossible Sausage Gravy Served with Hash Browns or Fruit

## VEGAN CURRY BOWL \$16

Chickpea Coconut Curry with Seasonal Vegetables & Avocado with Rice Pilaf  
- Add Two Pasture Raised Chili Eggs \$5



# SIDES

## EARLY BIRD SPECIAL!

Weekdays & Dine in Only 8 - 9

CHOOSE 3 SIDES FOR \$13

## BISCUIT & SAUSAGE GRAVY \$5.50

Topped with Diced Bacon

## VEGAN BISCUIT & GRAVY \$5.50

Ground Impossible Sausage Gravy

## COUNTRY POTATOES \$6

House Scalloped Potatoes, Red Bell Pepper & Grilled Onion

## HASH BROWNS \$5

## FRIED CHICKEN (1) \$5.25

Boneless with Sausage Gravy

## BACON (4) \$6.50

## LINK SAUSAGE (3) \$5.50

## CHICKEN MANGO JALAPENO

## SAUSAGE (1) \$5.25

## SWEET PEPPERED BACON (3) \$8

(only 1 order per combo)

## SEASONAL ROASTED VEGGIES \$6.50

## IMPOSSIBLE VEGGIE PATTIES (2) \$6

## SEASONAL FRUIT CUP \$5.25

## BISCUIT & BUTTER \$4

Seasonal Butter & Orange Honey

## GARLIC RICE PILAF \$4

## TOAST (2) \$5

## TWO VITAL FARMS PASTURE RAISED EGGS ANY STYLE \$6

› To Ensure Optimal Service for all Guests, Please Limit Your Visit to 90 Minutes

› 18% Gratuity Added to Parties of 6 or More

› Maximum 3 Split Checks Per Table

\*Consuming Raw or Undercooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase your Risk of Foodborne Illnesses, 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 -  
Refillable Dark Star Roast or Decaf

## ICED COFFEE \$4.50

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

## HOUSE SODA \$3.75

Choice of Orange, Raspberry, Peach, Cherry,  
Vanilla, Pistachio, Raspberry, Peach, Pink  
Guava, Caramelized Pineapple or Pear

## CREAM SODA \$3.50

Orange, Raspberry, Cherry, Peach, Vanilla,  
Lavender, Pistachio or Rose with Soda and  
Half & Half

## RISHI HOT TEA \$3

Choice of Black, Green or Chamomile

## GINGER BEER \$4.50

12 oz Bottle

## ICED TEA \$3.25

Refillable

^Add Cherry, Lavender, Raspberry, Peach,  
Pink Guava, Caramelized Pineapple or Pear  
Simple Syrup 50 cents

## ARNOLD PALMER \$4

½ Iced Tea & ½ Lemonade

## SODA \$2.75

Coke, Diet Coke, Root Beer, Sprite,  
Mr. Pibb or Blue Powerade  
Refillable



## JUICE \$2.25 / \$4.50

8oz or 16 oz - Orange, Apple, Concord Grape,  
Pineapple, Cranberry or Bloody Mary Mix

## SARATOGA SPARKLING WATER \$4

12 oz Bottle

## HOT CHOCOLATE \$4.25

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

## LAVENDER CHOCOLATE \$4.75

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

## LEMONADE \$4.50

House Made Lemonade

^Add Lavender, Cherry, Raspberry, Peach,  
Pink Guava, Caramelized Pineapple or Pear  
Simple Syrup 50 cents

## HERB SPRITZER \$6

Muddled Sage, Mint & Jalapeno with Ginger  
Syrup, Soda & Sprite

## MILK \$2.25 / \$4.50

8oz or 16 oz - Whole, Almond, Hemp or Oat  
Milk \$1

## CHOCOLATE OR STRAWBERRY

### MILK \$5

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



# MIMOSA BUBBLES

Wycliff Champagne  
or Non-Alcoholic (Ginger Beer & Club  
Soda Mix)  
8oz/16oz/33oz Carafe

ENJOY \$10 PINTS & \$20 MIMOSA CARAFES  
ON TUESDAYS, WEDNESDAYS &  
THURSDAYS!  
\*WITH FOOD PURCHASE/NO TAKEOUT

## CLASSIC \$7 / \$12 / \$23

Bubbles with Choice of One - Orange,  
Cranberry or Pineapple Juice

## LAVENDER SPARKLES \$8 / \$15 / \$26

Bubbles, Lavender Syrup, Edible Glitter &  
Edible Flower

## SPICED PEAR \$8/\$14/\$26

Bubbles, Pear Puree & Ginger Syrup

## POM VANILLA \$8 / \$14 / \$26

Bubbles, Pomegranate Puree & Vanilla Syrup

## PINK GUAVA GINGER \$8 / \$14 / \$26

Bubbles, Pink Guava Puree & Ginger Syrup

## BEER

- Add 8oz Bloody Mary Mix \$2

## NORTH COAST SCRIMSHAW PILSNER \$5

12 oz Bottle, 4.5% ABV

## CORONADO DOUBLE IPA \$8

Big Weekend 16 oz Can, 8.8% ABV

## STEM CIDER \$5

Off Dry, 12 oz Can, 5.8% ABV

# BRUNCH COCKTAILS

Kumiho & Can De La Calle Spirits  
16oz

## BLOODY MARY \$12

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

## ROSE OF LIMA \$12

Soju Tequila, Rose Water, Pink Guava Puree,  
Fresh Lime, Edible Glitter, House Lavender  
Syrup & Soda

## THE HERB GARDEN \$12

Soju Vodka, Ginger Syrup, Kiwi Puree, Lime,  
Sage, Jalapeno & Mint

## LAVENDER HEIGHTS LEMONADE \$12

Soju Vodka, Lavender Syrup, Fresh Lemon,  
Soda & Grenadine

## HAVE YOUR CAKE \$12

Soji Vodka, Caramelized Pineapple Puree,  
Simple Syrup & Lemon

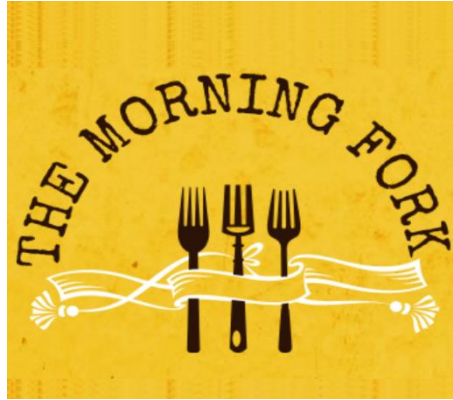
## THE PINK TRIANGLE \$12

Soju Vodka, Pomegranate, Grenadine, House  
Ginger Syrup, Lime & Soda

## PAIRED UP \$13

Soju Vodka, Pear Puree, Caramelized  
Pineapple Puree, Lemon & Soda





The Morning Fork is a longtime dream come true by Sacramento Native Restaurateurs – Jennifer & Keith Swiryn.

After years of perseverance, The Morning Fork finally became a reality and have been passionately cooking and serving since June 21<sup>st</sup>, 2019. We cannot express our deep gratitude enough for the outpouring support of the entire team and wonderful diverse community, 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 – don't be shy, 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!

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