

THE MORNING FORK

Choice of - Hash Browns, Fruit, Country Potatoes, Yogurt Parfait \$2 or Seasonal Vegetables \$2

Choice of Sour Dough or Multi Grain Toast with Cinnamon Sugar or Jelly

Sub Biscuit & Sausage Gravy Topped with Bacon or Vegetarian Impossible Sausage Gravy \$3

Loaded Side - Cheddar Jack Cheese Blend & Bacon \$1.50

*EGGS BENEDICTS

Full or Half Orders

with Full Sized Side Choice

Made with Two Poached Medium Eggs,

Hollandaise, Chives & English Muffin

(not served with toast)

*CANADIAN BACON \$15/\$18

*LOBSTER & BLUE LUMP CRAB

CAKE \$19/\$27

*CHIPOTLE CHICKEN \$16/\$20

Onions, Bell Pepper & Raspberry Chipotle Salt

*TRI TIP \$17/\$21

Slow Roasted

BISCUIT & GRAVY \$17.50

Choice of Sausage Gravy Topped with Bacon or Vegetarian Impossible Sausage Gravy

Served with Two Eggs (no toast)

TOMATOES & EGGS \$18

Garlic, Olive Oil, Spinach Sautee with Avocado & Herb Seasoning

(Vegan option available)

(V) TOFU & VEGETABLES \$17.50

Hoisin Sesame Sauteed Tofu with Seasonal Vegetables & Fruit (no sides)

CORNED BEEF HASH \$21

House Ground & Seared Well, Onion, Bell Pepper & Red Potato Served with Two Eggs

MAPLE SAGE FRIED CHICKEN \$20

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

TWO EGGS & CHOOSE ONE \$18

Apple Smoked Bacon (4), Sausage Links (3), Sweet Peppered Bacon (2), Chicken Mango Jalapeño Sausage (1), Turkey Sausage Patties (2) or (V) Impossible Patties (2)

COUNTRY FRIED STEAK \$22

Served with Two Eggs & Sausage Gravy

ROLLED OMELET \$17.50

Cheddar Jack Blend & Herb Seasoning

MEAT OMELET \$21

Apple Smoked Bacon, Sweet Peppered Bacon, Canadian Bacon, Sausage, Caramelized Onion & Cheddar Jack Blend

SALSA OMELET \$20

Salsa, Cilantro Pesto, Black Beans, Onion, Cheddar Jack Blend, Bell Pepper, Jalapeño & Avocado

SEAFOOD OMELET \$29

Blue Lump Crab, Lobster, Cheddar Jack Blend, Tomato, Onion & Hollandaise

POTATO PLATTER \$17.50

Two Eggs with Country Potatoes, Cilantro Pesto, Salsa, Avocado, Sour Cream, Cheddar Jack Blend & Herb Seasoning (no side)

(Vegan option available)

WAFFLES, PANCAKES & FRENCH TOAST

Add 1 Piece of Fried Chicken to any Waffle, Pancake or French Toast for \$4

Make it a Personalized Combo & Choose Any 2 Sides for \$8

Sub - Vegan & Gluten Free Batter \$1

HOUSE CHICKEN & WAFFLE \$20

House Batter with Maldon Maple Butter,
Boneless Dark & Light Meat Topped with
Fried Sage

HOUSE BELGIAN WAFFLE \$12

House Batter with Maldon Maple Butter

NUTTY BUDDY WAFFLE \$17

House Batter, Pistachio Paste, Macadamia
Nuts, Almonds & Pistachios

BACON WAFFLE \$16

Bacon Filled Waffle with Praline Dust,
Bacon Dust & Maldon Maple Butter

FANCY BANANA WAFFLE \$17

Caramelized Banana, House Caramel,
Candied Walnuts & Honey Mascarpone

DESSERT WAFFLE \$17

Meringue, Nutella, Chocolate Shavings,
Chocolate Dust, Candied Walnuts &
Coconut

FRUITY PEBBLES WAFFLE \$17

Fruity Pebbles Batter, Fruity Pebbles
Brown Butter Streusel, Praline Dust,
Strawberries & Meringue

(V) VEGAN RASPBERRY COCONUT WAFFLE \$17

Vegan & Gluten Free Batter with
Raspberries, Coconut Raspberry Sauce,
Coconut, Macadamia Nuts & Vegan Butter

HOUSE PANCAKE \$11

Extra-Large Thin Pancake with Maldon
Maple Butter

BLUEBERRY PANCAKE \$16

Berry Filled Large Pancake with Maldon
Maple Butter

FRENCH TOAST \$14

Two Pieces of Bella Bru Challah Bread
Orange Zest Cinnamon Batter with Maldon
Maple Butter

STRAWBERRY & CREAM

FRENCH TOAST \$17

House Strawberry Jam & Honey
Mascarpone

SMALLER COMBO \$15

Choice of 1 French Toast, 1 Half Pancake
or Hash Browns with 2 Eggs & Choice of 2
Bacon, 2 Sausage Links or Fruit
(no substitutions)

*Eating raw egg, eat at your own discretion.

*Consuming raw or undercooked meats, poultry,
seafood, shellfish or eggs may increase your risk of
foodborne illness, especially if you have certain
medical conditions.

>Parties of 6 or more will be charged an 18% gratuity.

>Maximum 3 checks split per table.

>(V) Vegan

SIDE MENU

Dine In Special

Weekdays Only 8 - 8:45

Choose 3 Sides for \$16

BISCUIT & SAUSAGE GRAVY \$6

Topped with Bacon

BISCUIT & IMPOSSIBLE SAUSAGE VEGETARIAN GRAVY \$6

HASH BROWNS \$6

COUNTRY POTATOES \$7

(Vegan option available)

APPLEWOOD BACON (4) \$7

SAUSAGE LINKS (3) \$6

FRIED CHICKEN (1) \$5

Served with Sausage Gravy

SWEET PEPPERED BACON (2) \$7

CHICKEN MANGO JALAPENO SAUSAGE (1) \$5.50

TURKEY SAUSAGE PATTY (2) \$6

(V) IMPOSSIBLE SAUSAGE PATTY (2) \$6

(V) SEASONAL VEGGIES \$7

(V) HOISIN SESAME TOFU \$8

FRENCH TOAST \$7

(V) SEASONAL FRUIT \$6

TWO EGGS \$6

MINI YOGURT PARFAIT \$7/FULL \$13

Greek Yogurt, Fruit, Honey & Granola

OTHER

THE BURRITO \$20

Choice of - Carnitas with Sweet

Peppered Bacon or Chipotle Chicken

Eggs, Hash Browns, Black Beans, Cheddar Jack Blend, Jalapeño & Sour Cream in Giant Flour Tortilla with Salsa and Cilantro Pesto
(no side)

SMOOTHIE BOWL \$16

Mixed Berry Sorbet, Honeycomb, Fresh Fruit, Banana, Granola, Hemp Seeds, Coconut Raspberry Sauce & Coconut

(Vegan option available)

Below with Choice of-

Hash Browns, Country Potatoes, Fruit
or Yogurt Parfait \$2

BREAKFAST BURGER \$20

Angus Beef, Over Medium Egg, Cheddar Jack Blend, Caramelized Onion, Bacon, Mixed Greens & Garlic Aioli on Bella Bru Brioche Bun

TRI TIP SANDWICH \$20

Shaved Roasted Tri Tip, Mixed Greens, Tomato, Red Onion, Herbed Goat Cheese & Garlic Aioli on Herbed Butter Toasted Focaccia

BREAKFAST SANDWICH \$16

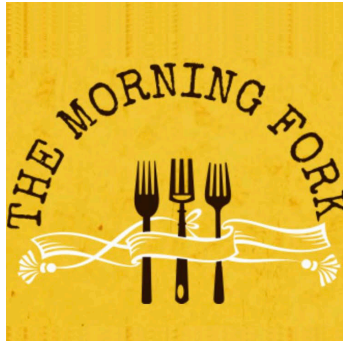
Eggs, Cheddar Jack Blend, Garlic Aioli, Avocado & Caramelized Onion on Bella Bru Brioche Bun

Add 2 Bacon or 2 Sausage Links \$3

Add 2 Turkey Sausage or Carnitas \$4

BLTA \$19

Applewood Bacon, Sweet Peppered Bacon, Avocado, Tomato, Garlic Aioli & Mixed Greens on Focaccia



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

After a decade of perseverance with many trials & tribulations, The Moring Fork became a reality and have been passionately cooking and serving since June 21st, 2019. We Cannot express our deep gratitude enough for the outpouring support of the entire team and wonderful diverse community, for the people who believed in us and our vision, for getting us open in the first place and then again shortly after opening through the pandemic and beyond. We look forward to the bright future and continuing to cook, serve and grow, while creating memories with the Sacramento community for countless years to come. We hope this joy lasts for years yet to unfold.

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 when 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 – please let us know & give us a chance to resolve the issue. It is our grandest wish to earn you and your taste buds' respect. Thank you!

Questions or Comments please email TheMorningFork@gmail

TheMorningFork.com / Facebook - The Morning Fork / Instagram – [TheMorningForkSacramento](https://www.instagram.com/TheMorningForkSacramento)



BEVERAGES

HOUSE DRIP COFFEE \$3.60

Coffeeworks Coffee, Sacramento's Oldest Coffee Roaster! House Dark Star or Decaf Served with Half & Half or Oat Milk Refillable

ICED COFFEE \$5

Choice of House Syrup - Vanilla, Pistachio, Rose, Lavender or Orange Syrup & Served with a side of Half & Half or Oat Milk

COLD BREW \$6

Choice of House Syrup - Vanilla, Pistachio, Rose, Lavender or Orange Syrup with a side of Half & Half or Oat Milk

COLA COLD BREW \$6

Coke, Cold Brew, Vanilla Syrup & Cream

ICED CHAI \$4.50

Whole Milk or Oat Milk

JUICE \$2.50/\$4.50

Orange, Apple, Concord Grape, Cranberry or Pineapple

HOT TEA \$3.25

Green, Chamomile, Black, Chai or Lavender Mint

HOUSE SODA \$4.50

Choice of House Syrup - Vanilla, Pistachio, Rose, Lavender or Orange

SODA \$2.50

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

LAVENDER ORANGE SODA \$5

Lavender, Vanilla & Orange Syrup, Cream, Soda & Sprite

LEMONADE \$5

House Made

AUGA FRESCA \$5

Rotating Flavor

BUTTERFLY PEA FLOWER TEA

LEMONADE \$5

YERBA MADRE \$5

15.5oz Can

PINEAPPLE MINT COOLER \$5

Pineapple Juice, Mint, Lime and Soda

ICED TEA \$3

Refillable

ARNOLD PALMER \$4

Iced Tea & Lemonade

HOT CHOCOLATE \$4.50

Ghirardelli Milk Based, Whipped Cream & Dye Free Rainbow Sprinkles
Add Pistachio, Lavender or Rose House Syrup \$1

MILK \$2.50/\$4.50

Whole

FLAVORED MILK \$6

Chocolate & Vanilla with Whipped Cream & Dye Free Rainbow Sprinkles

CREAM SODA \$4

Cream, Soda & Sprite with Choice of House Syrup - Vanilla, Pistachio, Rose, Lavender or Orange

BIRRA BALADIN GINGER SODA \$4.50

11.2oz

MIMOSAS

Wycliff Sparkling Wine
or Non-Alcoholic Ginger Beer &
Club Soda Mix 8oz/16oz/32oz

\$11 Pints &

\$21 Carafes

All Day Tuesdays, Wednesdays
& Thursdays!
(with food purchase)

CLASSIC \$7/\$11/\$21

Choice of One - Orange, Apple, Cranberry or Grape

IT'S GREEN \$8/\$14/\$25

Kiwi Puree, Simple Syrup, Mint, Sage & Jalapeño

THAT'S PRETTY \$8/\$14/\$25

House Rose Syrup, Pink Guava Puree, Glitter & Edible Flower with Sugar Rim

MANGO CHAMOY \$8/\$14/\$25

Mango Puree, House Orange Syrup & Lime Juice with Chamoy Rim

PINEAPPLE CAKE \$8/\$14/\$25

Caramelized Pineapple Puree & House Vanilla Syrup

PEAR GINGER \$8/\$14/\$25

Pear Puree & Ginger Beer

BEAM TEAM \$8/\$12/\$24

House Lavender Syrup, House Orange Syrup, Lemon, Butterfly Pea Flower Tea & Glitter

COCKTAILS

Kumiho Soju Vodka & Can De La Calle
Agave Wine Tequila

BLOODY MARY \$13

House Mix, Soju Vodka, Sweet Pepered Bacon, Pickled Green Beans & Green Olives

COLD BREW COCKTAIL \$12

Cold Brew Concentrate, Soju Vodka, House Orange Syrup, House Vanilla Syrup & Cream

LAVENDER LEMONADE \$12

House Lavender Syrup & Lemonade with Choice of Kumiho Soju Vodka or Can De La Calle Wine Agave Tequila

PAIRED UP \$12

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

HAVE YOUR CAKE \$12

Soju Tequila, Caramelized Pineapple Puree, House Vanilla Syrup & Lemon

ROSE OF LIMA \$12

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

BASIC YOUR CALL \$12

Kumiho Soju Vodka or Can De La Calle Agave Wine Tequila with Cranberry, Orange, Grape or Pineapple Juice

BEER

N. COAST SCRIMSHAW PILSNER \$5

12oz Bottle 4.5% ABV

ACME LAGER \$4.50

12oz Can 4.4 ABV

