



ALL DAY MENU BREAKFAST

SOURDOUGH (VG, GFO) 8

Your choice from rye or plain thick sliced sourdough from Sonoma bakery or Turkish with your choice of spread
- For gluten free or fruit toast +\$1

FORK MAC DADDY MUFFIN 15

With house made free range pork & fennel sausage, scrambled eggs, American cheese, hash brown topped with aioli on an English muffin
- Make it super dirty add bacon +\$5

EGGS ON TOAST (V, GFO) 13

Two Free range eggs (poached, fried or scrambled) on Sonoma sourdough
- Add shaved pecorino for your scrambled eggs +\$3
- Add hash brown +\$3
- Add avocado / bacon / haloumi / mushroom +\$5
- Add smoked salmon +\$6

GREEN SMASHED FUSION (V, GFO) 19

Seasoned Avo, fresh cherry tomato, beetroot feta, dukkha, salsa verde and pea puree
- Add Haloumi / Bacon / Mushrooms +\$5
- Add smoked salmon +\$6
- Add hash brown +\$3
- Add poached / fried / scrambled eggs +\$6

WILDLY MUSHROOM (V, GFO) 23

Pea puree, herbed sour cream, spinach, roasted mixed mushroom, beetroot feta, crispy noodles
- Add haloumi / bacon / mushrooms +\$5
- Add smoked salmon +\$6
- Add Hash brown +\$3
- Add poached / fried / scrambled eggs +\$6

THE BREKKIE WRAP (V) 15

With scrambled eggs, hash brown, mushroom, cheese slice, spinach and chipotle mayo

THE B.L.A.T (GFO) 15

With bacon, lettuce, avocado, tomato, aioli served on toasted Turkish bread
- Add a fried egg / hash brown + \$3
- Add a haloumi +\$5

BACON N EGG ROLL (GFO) 15

With fried egg, BBQ sauce, aioli, hash brown, double smoked bacon, American Jack Cheese on a milk bun

ENGLISH BREAKFAST OMELETTE (GFO) 24

With chorizo, cherry tomato, spinach, bacon, mushroom, onion, capsicum, focaccia, salsa verde
- Go vegetarian and add haloumi
- Add haloumi / bacon / mushroom +\$5

HALOUMI STACK (GFO) 24

With Turkish, chilli scrambled eggs, haloumi, pickled cabbage, smashed avocado, cherry tomato, dukkha, salsa verde, pea puree
- Add mushroom / bacon +\$5
- Add smoked salmon +\$6

HOLLANDISE HARMONEY (GFO) 23

With free range poached eggs, sautéed spinach, hollandaise on English muffin (bacon / smoked salmon / ham / haloumi / mushrooms / chicken)
- Change to a house baked croissant +\$3

FRENCH TOAST (V) 23

With cinnamon coated thick brioche bread, mousse, vanilla whipped mascarpone, mixed berries and mixed berry compo and Oreo crumble

MEDITERRANEAN SKILLET (V, GFO) 23

Slow cooked tomato stew with sliced chorizo, cherry tomato, spinach, capsicum, poached eggs, pesto, feta with herb oil toasted Turkish
- Add haloumi / bacon +\$5

HEALTHY PLATTER (GFO) 23

Seasoned humus, minted yoghurt, smashed avocado, pickled cabbage, poached eggs (2), tomato with foccacia bread and quinoa mix
- Add haloumi +\$5
- Add smoked salmon +\$6

BREKKIE GNOCCHI 23

With spiced tomato sauce, cherry tomatoes, sliced chorizo, potato gnocchi, spinach, pesto and a free range poached egg finished with parmesan snow

DA BIGGIE (GFO) 29

Two eggs cooked your way, bacon, hash brown, chorizo, haloumi, smashed avocado, roasted tomato, mushroom, spinach and chipotle mayo on toasted Sonoma sourdough or herb toasted Turkish bread

ISLAND PANCAKE 23

House made 3 stack pancake stacked with mixed berry compo, seasonal fruits, shredded coconut and ice-cream along with maple syrup

CORN FRITTER 23

Seasoned corn fritter mix with pea puree, smashed avocado, poached egg, mango salsa, beetroot feta, salsa verde, dukkha
- Add haloumi / bacon / mushroom +\$5
- Add smoked salmon +\$6
- Add hash brown +\$3



F O R K & S P O O N

ALL DAY MENU

LUNCH

KOREAN CHICKEN BURGER 22

With buttermilk spice marinated chicken, sweet hot sauce, chipotle mayo, slaw, bacon and cheese in milk bun with side of house seasoned chips

WAGYU BEEF BURGER 22

With Wagyu beef, fork special sauce, lettuce, bacon, tomato, cheese and pickles in milk bun with side of house seasoned chips

FISH BURGER 22

With skin off barramundi, house made tartare sauce, cheese and lettuce in milk bun with side of house seasoned chips
- Add Bacon +\$5

VEGGE BURGER 21

With premium portobello seasoned in garlic and herbs, cheese lettuce and tomato with aioli in milk bun with house seasoned chips
- Add haloumi +\$5

ASIAN PORK BELLY RICE 25

With brown rice, pork belly slice, sweet hot sauce, fried egg, Asian greens, pickled cabbage, shallots, chilli oil, soy sauce and oyster sauce
- Add bacon +\$5

PRAWN TACOS (2) 20

Avocado, mango salsa, prawn, chipotle mayo, pickled cabbage, salsa verde, dukkha (haloumi / falafel / fish / chicken)

FISH AND CHIPS 28

With battered and seasoned barramundi, house herbed tartare sauce, house seasoned chips, lemon and herbs

K-TOWN PORK NOODLES 23

With spiced pork mince, seasonal greens, spaghetti, soy, mirin, gochujang, sesame, shallots, herbs, chilli oil with fried egg (contains nuts and sesame)

LAMB ON THE HORIZON 25

With thick Turkish bread, humus, pulled lamb, pickled cabbage, minted yoghurt, mango salsa, crispy chickpeas, dukkha, salsa verde (sliced chilli)

- Add haloumi / bacon / mushroom +\$5
- Add smoked salmon +\$6
- Add hash brown +\$3

FOREST FEAST PASTA 23

With marinated chicken and mushroom, capsicum, tomato, cooking wine, creamy pink sauce spaghetti
- Add haloumi / bacon / mushroom +\$5

SEAFARER'S DELIGHT 28

With chilli garlic marinated seafood mix (prawn/clams/ barramundi), spinach, tomato, cooking wine, seafood bisque, spaghetti, lemon and herbs
- Add haloumi / bacon / mushroom +\$5

MUSHROOM SYMPHONY PASTA 23

With garlic roasted mushroom, tomato, spinach, mushroom-infused rich white sauce, spaghetti, pesto, sour cream and finished parmesan snow
- Add haloumi / bacon / mushroom +\$5
Add chicken / prawn +\$7

LAMB RAGU 27

With overnight marinated slow cooked lamb, rich tomato sauce, tomato, spinach, pappardelle, herbed sour cream, parmesan snow, salsa verde
- Add haloumi / bacon / mushroom +\$5
- Add chicken / prawn +\$7

POKE PARADISE 24

Seasoned brown rice, ponzu dressing, avocado and edamame, pickled cabbage, wakame, mango salsa, cucumber radish, smoked salmon (prawn/falafel/ haloumi)



ALL DAY MENU LUNCH

FLUFFY CLOUD CHICKEN 25

With pancake (1), fried chicken, sweet hot sauce, slaw, pickles and bacon bites with maple syrup (contains nuts and sesame)

PEA GNOCCHI 22

With creamy pea puree, pea, edamame, green beans, broccolini, sour cream, parmesan, and croutons

- Add haloumi / bacon / mushroom +\$5

- Add chicken / prawn +\$7

FRY CHICKEN WAFFLE 25

With minted yoghurt, chicken, mixed berries compo, seasonal fruits, shredded coconut and maple syrup

- Add haloumi / bacon / mushroom +\$5

- Add chicken / prawn +\$7

ATLANTIC SALMON 29

With minted yoghurt, pearl cous cous, kale, seeds, chickpeas, cranberries, green goddess, Atlantic Salmon, lemon

ROASTED VEGGIE BOWL 22

Humus, lentil freekeh with lemon dressing, kale, chickpeas, cranberries, seeds, roasted seasonal veggie (cauliflower, carrots, zucchini, eggplant), lemon dressing, lemon and pickled cabbage

- Add haloumi / bacon / mushroom +\$5

- Add chicken / prawn +\$7

FALAFEL BOWL 24

With humus, pearl cous cous, kale, seeds, chickpeas, cranberries, green goddess, pickled cabbage, pumpkin wedge, avocado, beetroot feta

- Add haloumis / bacon / mushroom +\$5

- Add chicken / prawn +\$7

BARRAMUNDI BOWL 29

With minted yoghurt, mango salsa, quinoa with lemon dressing, kale, chickpeas, seeds, cranberries, lemon

- Add haloumi / bacon / mushroom +\$5

- Add chicken / prawn +\$7

fried egg (contains nuts and sesame)

SIDES

Side sauce, hollandaise, gluten free bread (1), extra bread (1) **2**

Hash brown, poached or fried egg, tomato, wilted spinach, feta **3**

Avocado (half or smashed), haloumi, bacon, chorizo, smoked ham **5**

Scrambled eggs, mushrooms, smoked salmon, falafel **6**

Marinated chicken breast, prawns, pulled lamb **7**

Chips with house seasoning and chipotle mayo **8**

Sweet potato fries house seasoning and herbed sour cream **14**

KIDS MENU

(For kids 12 and under)

Kiddos scrambled eggs and sourdough **8**

Kiddos fish and Chips **14**

Kiddos cheeseburger with chips **15**

Kiddos pasta and cheese **10**

Kiddos nuggets and chips **11**

Kiddos pancake, berries, and vanilla ice cream **12**

Kiddos waffle, berries and vanilla ice-cream **12**

DRINKS MENU

FORK & SPOON



PIPING HOT

Espresso | 3.5

Macchiato | 3.5

Piccolo | 3.5

Flat white | Cappuccino | Latte | Long Black | 4.4 (R) 4.9 (L)

Mocha | 5.5 (R) 6.5 (L)

Hot chocolate | 5.5 (R) 6.5 (L)

Chai | 4.4 (R) 4.9 (L)

Dirty chai | 5 (R) 5.5 (L)

Sticky chai (pot) | 6

Tea | 4.5

English breakfast, Earl Grey, Jasmine Green Tea, Chamomile, Peppermint, Lemongrass & Ginger

Babycino | 2

Doggycino | 1

COOL IT DOWN

Affogato | 6.5

Batch brew | 4.5

Iced latte | 6

A double shot of coffee, milk & ice

Iced long black | 7

A double shot of our single origin coffee, water & ice

Iced coffee | 9

A double shot of coffee, ice cream, milk & whipped cream

Iced chocolate | 9

Chocolate, ice cream, milk & whipped cream

Iced mocha | 9

A double shot of coffee, chocolate, ice cream, milk & whipped cream

COOLER THAN COOL

Soft drinks | 4

Coke, coke zero, lemonade, lemon lime & Bitters

Water | 4

Still | Sparkling

Fruit smoothie | 10

mango | banana | mixed berry | acai (df)

Fruit frappe (df) | 9

tropical | sunrise | strawberry & mint

Milkshake | 9

chocolate | strawberry | vanilla | Caramel

Biscoff shake | 12

blended milk, biscoff spread, vanilla icecream topped w/ whipped cream, crushed biscoff & melted biscoff spread Drizzle

Protein shake | 9

your choice of chocolate or vanilla whey Protein + banana

Add: double shot espresso + 1

Immune booster | 9

Orange, carrot & ginger

Thirst quencher | 9

Watermelon, apple, strawberry & mint

Green machine | 9

Apple, cucumber, spinach & lemon

Freshly Squeezed Mixed Juice | 9

(Create your own) 4 options per juice

Green Apple | Orange | Pineapple | Carrot | Ginger | Watermelon | Celery | Beetroot | Mint

EXTRAS

Soy milk 0.6 | Lactose-free milk 1
Almond milk 1 | Oat milk 1 | Decaf 0.6
Extra shot 0.6 | Flavoured syrup 0.6



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