

FORK IT

ALL DAY
BREAKFAST & LUNCH

fork It Specialties!

Peameal & Egg on a Bun 14.49

A thick cut of peameal, (we mean THICK) fried egg and cheddar cheese on a bun. Served with fries, soup or garden salad

Fork It Signature Burger Platter 14.99

Peameal bacon, cheddar cheese, fried egg, and mayo. Served with fries, soup or garden salad

Fork It Deluxe Breakfast Bowl 16.99

Bacon, ham, sausage, 2 eggs, sauteed peppers, onions, mushrooms and cheese, topped with hollandaise sauce. Served with home fries.

Half Sandwiches Platters 8.49

Choose from; BLT, Western or Grilled Cheese. Served with soup or fries

Fork It Signature Benny 15.49

2 poached eggs, bacon, grilled tomatoes, sauteed onions and cheddar cheese on an English muffin topped with hollandaise sauce. Served with home fries or tomatoes

Buffalo Chicken Wrap Platter 12.99

Breaded crispy chicken dipped in Frank's hot sauce, lettuce, tomatoes and ranch dressing, wrapped in a warm tortilla wrap. Served with fries, soup or garden salad

Crispy Supreme Chicken Waffle Sandwich 15.99

Breaded crispy chicken breast, bacon, tomato, lettuce and spicy mayo between 2 fresh made waffles. Served with fries, soup or garden salad

Chicken Club Wrap Platter 13.99

Breaded crispy chicken, bacon, lettuce, tomatoes and mayo, wrapped in a warm tortilla wrap. Served with fries, soup or garden salad

Check Out Our
Black Boards Features As Well!

*Fork It is dedicated to feeding our homeless
and does so on a daily basis
Ask your server how you can help!*

Follow us on  &  @forkitptbo
www.forkitalldaybreakfast.ca

Fluffy Omelettes

Our omelettes are made to order with 3 eggs.
Served with home fries and your choice of toast

Meaty Omelette 14.49

Bacon, ham, sausage and cheese

Western 13.49

Onions, peppers, ham and cheese

Veggie 12.49

Tomatoes, mushrooms, peppers and onions

Build Your Own Omelette

2 Eggs 6.99 / 3 Eggs 7.99 / 4 eggs 8.99

Choose - Tomatoes, mushrooms, peppers, onions,
black olives or spinach - 1.25 each

Choose - Cheddar, feta or mozzarella cheese, bacon,
sausage or ham - 2.00 each

Brooklyn's Breakfast Plates

Steak & Eggs 16.99

6oz strip loin steak, 2 eggs, home fries, beans, toast
ADD fried peppers, onions and mushrooms 2.50

The Breakfast Feast 16.49

3 eggs, 3 bacon, 3 ham, 3 sausages, beans,
home fries and choice of toast

Peameal & Eggs 13.49

3 slices of peameal, 2 eggs, home fries, beans
and choice of toast

Classic Breakfast 9.49

2 eggs, choice of bacon, ham, or sausage,
home fries, beans and choice of toast

The Fork It Breakfast 13.99

2 eggs, bacon, ham or sausage, served with 2 pancakes or french toast and beans
Upgrade to peameal for 2.50

Breakfast Bowls

Corn Beef Hash 13.49

House-cut home fries, tender corned beef,
and grilled onions, topped with 2 eggs

Meat Lovers Breakfast Bowl 15.49

House-cut home fries, topped with bacon,
ham, sausage 2 eggs and cheddar cheese

Vegetarian Breakfast Bowl 12.49

House-cut home fries, topped with grilled
peppers, mushrooms, onions, tomatoes,
2 eggs and cheddar

Breakfast Poutine 13.49

House-cut home fries, topped with ham,
2 eggs, mozzarella cheese and
hollandaise sauce

On The lighter Side

2 Eggs, Toast & Home Fries 7.49

1 Egg & 2 Peameal 9.99

Served with home fries and 1 piece toast

1 Egg & Breakfast Meat 8.49

2 bacon, 1 ham or 2 sausage, home fries and toast

1 Egg, Bacon or Ham & Cheese on a Bun 8.49

Small Breakfast Poutine 9.49

Home fries, ham, 1 eggs, mozza and hollandaise

1 Egg Ham Benny 9.49

Served with home fries or tomatoes

1 Egg Peameal Benny 10.49

Served with home fries or tomatoes

Yogurt, Fresh Fruit & Granola 7.99

Sides & Extras

Side of Bacon, Ham or Sausage 4.49

Side of Peameal Bacon 4.99

Side of Home Fries 4.49

Side of Tomatoes 1.99

1 Pancake or French Toast 3.29

Side Fresh Fruit Bowl 4.49

Oatmeal & Fruit 6.49

Toast & Jam 2.79

Gluten Free Toast 3.49

1 Extra Egg 1.49

Extra Cheese 2.00

Extra Hollandaise 2.49

Side of Beans 1.99

Upgrade to Gluten Free Bread 1.29

H.S.T. Not Included

Ben's Benny's

Two poached eggs on an English muffin topped with hollandaise sauce.
Served with home fries or tomatoes.

Smoked Meat Benny 15.49

House Benny 15.49
Grilled tomatoes, fresh spinach, ham

Ham Benny 12.49

Peameal Benny 14.49

Florentine Benny 11.49
Fresh spinach

Plain Benny 10.49

Stephanie's Sweeter Side

Mouth Watering Waffles

1 Waffles 6.99 / 2 Waffles 9.99
Served with syrup and butter

3 Fluffy Pancakes 7.99

Served with syrup and butter

3 Pieces of French Toast 8.99

Served with syrup and butter

Dress them up!!

Chocolate Chips 2.00
Blueberries 2.00
Strawberries 2.00
Nutella & Bananas 2.00
Whipped Cream 1.50

Tyler's Deluxe Breakfast Sandwiches

Served with home fries, french fries, soup or garden salad

Upgrade to Caesar or onion rings, 2.00 / Upgrade to sweet potato fries, Greek or poutine 3.00

Breakfast Club 15.49

Triple decker with fried egg, peameal bacon, lettuce, regular bacon, tomatoes and mayo

Breakfast Wrap 12.49

2 scrambled eggs, bacon or ham, tomatoes, lettuce, onions and melted cheddar cheese

Deluxe Grilled Cheese 13.49

Swiss and cheddar cheese, grilled tomatoes, onions and bacon

Classic Sandwiches

ADD fries, soup or garden salad 3.50

ADD Caesar or onion rings 4.50 / ADD sweet potato fries, Greek salad or poutine 5.50

B.L.T. 7.49 / 2 Egg Western 6.49 / 3 Egg Western 7.49

Fried Egg 4.29 / Fried Egg with Bacon 6.29

Grilled Cheese 6.49 / Grilled Cheese with Bacon or Ham 8.49

Beverages

Coffee/Tea 2.25

Iced Coffee 2.50

Hot Chocolate 2.50

Juice Bottles

Apple / Orange / Cranberry 3.25

Milk/Chocolate Milk

Sm - 1.75 / Lg - 2.75

Lemonade 3.25

Canned Pop 1.75

Bottled Water 1.50

H.S.T. Not Included

Fork It Burger's

House-made patties. Served with french fries, soup or garden salad
Upgrade to Caesar or onion rings, 2.00 / Upgrade to sweet potato fries, Greek or poutine 3.00

Philly Cheeseburger 14.99

Grilled peppers, mushrooms, onions,
and cheddar cheese

Smoked Meat BBQ Burger 16.99

Smoked meat, BBQ sauce,
onion ring, grilled onions

Burgers made your way!

5oz Beef Patty 11.49

Crispy Chicken Burger 13.49

Plant Based Burger 11.49

TOPPINGS: Tomatoes, onions, lettuce, hot peppers,
pickles, mustard, relish, ketchup, mayo, ranch,
BBQ sauce, Thousand island dressing

ADD - Cheddar, feta, Swiss cheese,
bacon 2.00 each

ADD - Extra Beef Patty 4.00

Sonja's Lunch Platters

Served with french fries, soup or garden salad
Upgrade to Caesar or onion rings, 2.00 / Upgrade to sweet potato fries, Greek or poutine 3.00

Chicken Tenders 14.99

Four all white meat tenders, served with
plum or BBQ sauce for dipping

Crispy Chicken Caesar Wrap 12.99

Crispy chicken, bacon and Caesar salad
all wrapped up in a warm tortilla wrap

California Wrap 12.99

Grilled Chicken breast, ham, lettuce,
tomato, ranch dressing, wrapped up
in a warm flour tortilla

Chicken Club 15.99

Triple decker with grilled chicken breast,
bacon, lettuce, tomatoes and mayo.

Steak on a Bun 16.99

6oz Strip loin steak, done the way you like it!
Topped with grilled onions and mushrooms
on a toasted bun

Montreal Smoked Meat 13.99

Thinly sliced smoked meat piled high on rye bread.
Served with dill pickle and mustard

Classic Reuben 13.99

Sliced corned beef, Swiss cheese, sauerkraut,
thousand island dressing, dill pickle and mustard on the side

Salads & Soup

Greek Salad

Crisp lettuce, tomatoes, cucumbers, peppers, red
onions, black olives, feta cheese and Greek dressing.
Small 7.49 / Meal 9.99

House Salad

Crisp lettuce, tomatoes, cucumbers, peppers, onion,
shredded carrot and your choice of dressing.
Small 5.49 / Meal 7.99

Add Grilled Chicken 5.00 or Crispy Chicken 6.00

Cobb Salad 15.99

Romaine lettuce, cheddar cheese, crisp bacon,
sliced chicken, diced ham and a boiled egg.
Served with ranch dressing on the side

Caesar Salad

Romaine lettuce, crispy bacon, parmesan cheese,
croutons and creamy caesar dressing.
Small 6.49 / Meal 8.99

Soup 4.99

Homemade daily... Ask your server!

Poutine

Fork It Poutine 10.99

Bacon, sauteed onions, mozzarella cheese and gravy
Classic - Mozzarella cheese and gravy 8.99

fries & Rings

Gourmet Breaded Onion Rings 7.49

French Fries 5.49 / Side gravy 1.75

Sweet Potato Fries 8.49

H.S.T. Not Included