

~ Flying Fork Cafe & Bakery ~

~ LUNCH ~

Grilled Lemon Chicken Salad	\$8
Marinated Chicken / Organic Field Greens / Toasted Almonds Goat Cheese / Cucumber / Tomato / Crystalized Ginger	
Smoked Turkey Caesar Salad	\$8
House Salad	\$5
Organic Field Greens / Tomato / Cucumber / Onion / Parmesan / Lemon Thyme Dressing	
House Salad with Soup or Stuffed Bread Stick	\$8
Bowl of Soup	\$5
Rigatoni Pomodoro	\$7
Vine Ripe Tomatoes / Basil / Garlic / Italian Parsley / Olive Oil	
Add Meat Sauce or Provolone Cheese	\$1
Fettuccine Alfredo with Sun-Dried Tomatoes & Garlic Toast	\$8
Add Chicken	\$3

Above Items Include Fresh Baked Bread & Extra Virgin Olive Oil

SANDWICHES

*Sandwiches Are Served on a Homemade Wheat Roll
Field Green Salad & Roasted Red Potato Salad / Pickle*

Turkey Pesto	\$8
Smoked Turkey / Basil Pesto / Provolone / Tomato	
Turcado	\$8
Smoked Turkey / Avocado / Italian Bacon / Tomato / Aioli	
Grilled Chicken	\$8
Sliced Chicken / Provolone / Onions / Tomato / Pepperoncini Peppers / Aioli	
Hamburger Lettuce / Tomato / Onion / Cheddar or Provolone / Special Sauce	\$8
Portabella Mushroom Sprouts / Tomato / Parmesan / Red Pepper Mayo	\$8

Fork Cafe & Bakery

101 3rd Street / POB 1825

Paonia, Colorado 81428

Lunch 11:30 - 2:30 / Dinner 5:30 - 9:00

970.527.3203 / WWW.FLYINGFORKCAFE.COM

JOIN OUR MAILING LIST FOR WEEKLY SPECIALS & EVENTS ~ EMAIL OR FAX ~

Cafe Closed Monday /-/ Bakery Open 7 Days

GIFT CARDS AVAILABLE

FRESH BAKED COOKIES, BREAD AND LOCAL STUFF IN THE BAKERY.....

~ Antipasti ~ (DINNER)

Pizzetta	Roast Garlic & Cambazola Cheese Spread / Rosemary Flat Bread	\$8
Artichoke	Artichoke Hearts / Spinach / Mascarpone / Parmesan Flat Bread	\$8
Hummus	Organic Chipotle Lime Hummus / Homemade Sesame Crackers	\$7
Bruschetta	See Special Sheet for Topping	\$7
Bowl of Soup		\$5

~ Pizza ~

10" Thin & Crispy Stone Ground Whole Wheat Crust

Margherita	Fresh Mozzarella / Basil / Tomato Sauce	\$9
Bambino	Fresh Mozzarella / Pepperoni / Tomato Sauce	
Pesto	Basil Pesto / Roma Tomato / Kalamata Olives / Goat Cheese	
Dustino	Fontina / Italian Sausage / Sun-Dried Tomatoes / Chili Flake / Garlic Butter	
Gallina	Mozzarella / Smoked Chicken / Artichoke / Sun-Dried Tomatoes / Garlic Butter	
Porcino	Gorgonzola / Provolone / Italian Sausage / Mushroom / Tomato Sauce	

~ Insalate ~

Mista	Organic Field Greens / Roma Tomato / Cucumber / Red Onion Shaved Parmesan-Reggiano Lemon Thyme Dressing	\$7
Spinaci	Baby Spinach / Pear / Toasted Walnut / Pancetta Bits Imported Manchego from Spain Balsamic Vinaigrette	
Arugula	Organic Arugula / Dried Bing Cherries / Toasted Almonds Caramelized Onions / Goat Cheese Tart Cherry Vinaigrette	
Caesar	Hearts of Romaine / Croutons / Shaved Parmesan-Reggiano Caesar Dressing No Anchovy	

Salad with an Entrée ~ \$5

~ Daily Specials ~

~ Paste ~ (DINNER)

	Appetizer / Entree
Linguine	\$8 / \$16
Garlic / Capers / Italian Parsley / Extra Virgin Olive Oil	
Gemelli	\$9 / \$17
Smoked Chicken / Basil Pesto / Sun-Dried Tomatoes / Fresh Mozzarella / Basil	
Farfalle	\$9 / \$17
Smoked Chicken / Pear / Toasted Walnuts / Gorgonzola / Touch of Cream	
Rigatoni	\$9 / \$17
Pink Pomodoro Sauce / Hot Italian Sausage / Fresh Mozzarella/ Basil	
Fettuccine	\$9 / \$17
Parmesan-Reggiano Alfredo Sauce / Sautéed Tiger Shrimp / Artichoke Hearts	
Fresh Pasta Our Own Homemade Fettuccine Noodles	\$19
See Special Sheet for Current Combination - Sub. Fresh Pasta For Any Entrée Pasta \$4	

~ Entrate ~

Pollo Marsala	\$19
Sautéed Chicken / Mushroom / Shallot / Sun-Dried Tomatoes / Marsala Wine Served with a Medley of Wild Rice & Orzo	
Manzo	\$21
12 oz. NY Strip Steak / Black Angus / Antibiotic Free / Hormone Free Crimini Mushroom Wedges / Roast Garlic & Truffle Mashed Potatoes	
Crisp Polenta	\$18
Homemade Polenta / Random Garden Vegetables / Kalamata Olives / Chili / Pomodoro	
Verdura Lasagna with Homemade Lasagna Noodles	\$17
Cauliflower / Broccoli / Yellow Squash / Zucchini / Tomato / Garlic / Ricotta / Provolone	
Gamberi	\$19
Tiger Shrimp Sautéed in Brown Butter / Garlic / Lemon / Parsley Roast Garlic & Truffle Mashed Potatoes	
Calamari Parmesan	\$19
Lightly Breaded Calamari Steak / Pomodoro Sauce / Fresh Mozzarella / Over Linguine	
Pork Piccata	\$19
Breaded Lean Pork Cutlet Cooked Till Golden Lemon Caper Sauce / Roasted Rosemary Red Potatoes	
Braised Colorado Lamb Shank	\$22
Roast Garlic & Truffle Mashed Potato / Red Wine & Glacé de Agnello Reduction	

~ ENJOY YOUR MEAL = BUON APPETITO ~