

# appetizers



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## Spinach-Artichoke Bruchetta

Blend of melted cheese, artichoke hearts, and baby spinach with green chilies; open flame toasted focaccia glazed with extra virgin olive oil and fresh garlic \$9.75

## Buffalo Tenders

Lightly breaded delicately fried chicken tenders drenched in our own buffalo sauce served on a bed of crisp romaine topped with blue cheese crumbles and a side of blue cheese dressing \$9.75

## Fries and Tenders

A mound of delicious French fries and delightful chicken tenders. Served with choice of dressing \$9.50

## Welsh Rarebit

Homemade cheese and ale sauce topped with diced tomato and served with toasted focaccia \$9.25

## Quesadillas

Toasted tortilla filled with queso blanco and scallions, diced tomato, green chilies and black olives, served with salsa and sour cream \$9.25

\* add guacamole \$1.00

\* add grilled or blackened chicken \$3.00

## Tuscan Cheese Bread with Rosemary

10 inch pizza dough fired off in our brick oven drizzled with virgin olive oil, fresh rosemary, and asiago cheese \$9.75

## Grey's Tenders

Breaded chicken tenders tossed in honey BBQ sauce. Served with fries. \$9.75



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# soup or salad

## Brunswick Stew

Soup of Mixed Vegetables and Pulled Pork \$5.50

## Seasonal Soup Market Price

Ask your server about our soup of the day!

## Triple Fork Chili

Thick chili made with pure ancho chili and extra lean ground beef (No beans!!) We'll add onions, jalapeños or cheddar if you like! \$5.95

## White Chili

Made with northern white beans and chicken breast, spice, green chilies and creme fraiche \$5.95

## Garden Salad

Fresh Romaine, tomato, Asiago Cheese, Green Peppers, Cucumbers \$7.50

\*add grilled or spicy blackened chicken for \$3.00

## Classic Caesar

Hearts of romaine tossed with classic Caesar dressing, shredded asiago, and our wood-fired homemade

croutons \$7.50 \*add grilled or spicy blackened chicken for \$3.00

## SoCal

Grilled chicken breast arrayed on hearts of romaine, topped with a generous portion of our homemade guacamole, garnished with strips of fire roasted poblano and diced tomato, and served with grilled tortilla and salsa \$9.75

## Southern Fried Chef

Bed of fresh romaine crowned with strips of tender fried chicken, ham, cheddar, diced tomato, homemade croutons, crisp bacon and choice of dressing \$9.75

## Mediterranean Salad

Hearts of romaine served with choice of dressing topped with grilled chicken, feta cheese, sun-dried tomatoes, Kalamata olives and sliced red onion sided with pepperoncini peppers and garlic toasted Focaccia bread \$9.75

## Spinach Salad

Spinach with fresh mozzarella, tomatoes, onions & cucumbers \$9.75 \*add grilled or spicy blackened chicken for \$3.00



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3 forks required

## Homemade Salad Dressings

avocado lime vinaigrette  
chipotle ranch

blue cheese ♦ ranch  
honey mustard

zesty Italian ♦ balsamic vinaigrette  
thousand island

# build your own pizza

Small 10" \$9.50 Large 14" \$12.95

## toppings

### Traditional Toppings

S \$1.00 L \$1.50

Pepperoni, Italian Sausage, Bacon, Ham, Ground Beef, Mushrooms, Black Olives, Green Olives, Tomato, Onion, Jalapeño Peppers, Bell Peppers, Anchovies, Sliced Garlic, Banana Pepper Rings

### Gourmet Toppings & Extra Cheese

S \$1.50 L \$2.00

Chicken, Poblano Pepper, Sport Peppers, Kalamata Olive, Baby Spinach, Pesto, Pineapple, Artichoke Hearts, Sun Dried Tomato, Portobella Mushroom, Pepperoncini Peppers, Mozzarella cheese, Provolone cheese, Feta cheese, Ricotta cheese, Asiago cheese, Ghost Jack cheese

## gourmet pizza sauces

Herbed Olive Oil Parmesan Sauce • Herbed Ricotta Sauce

Alfredo Sauce • Traditional Red Sauce • Traditional BBQ • Sriracha BBQ

## specialty fita pizzas (made with a fork in mind)

Small 10" \$13.75 Large 14" \$18.75

(for the sake of confusion, deletions are ok – don't worry, we'll make up for it; substitutions are additional)



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**SoRo** – Ricotta cheese, pesto, mozzarella, baby spinach, sun dried tomato, and black olives

**Roma** – Red sauce, Italian sausage, red bell, onion, portobella mushroom, sliced garlic, mozzarella and Asiago cheeses

**Greco** – Red sauce, feta cheese, kalamata olive, onion, sundried tomato, mozzarella cheese, and anchovies, (optional)

**Italia** – Red sauce, pepperoni, Italian sausage, pepperoncini, sliced garlic, mozzarella and Asiago cheeses

**Sunset Beach** – Ricotta and mozzarella cheeses, artichoke hearts, sun dried tomato, roasted poblano, and black olives

**Margarita** – Real mozzarella, fresh basil, tomato, with olive oil sauce

**Speziato** – Sriracha BBQ, Ghost Jack, mozzarella, jalapeños, banana peppers and blackened chicken

**Capri** – Red sauce, pepperoni, Italian sausage, portobella mushroom, black olives, onion, and mozzarella cheese

**Monaco** – Spinach, grilled chicken, onion, fresh tomato, olive oil, and parmesan white sauce with mozzarella cheese and feta cheese

**Athenos** – Pesto, spinach, ground beef, kalamata olive, sliced garlic, onion, with mozzarella, feta and Asiago cheese

**Hawaiian** – Red sauce, mozzarella and ricotta cheeses, honey roasted ham and fresh pineapple

**Bolzano** – Red sauce, pepperoni, mushroom, kalamata olive, fresh tomato, sliced garlic and mozzarella cheese

**Gatto Arrabiato** – Sriracha BBQ sauce, cheddar, jalapeño, bacon, onions and blackened chicken



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# burgers

(Served on a potato brioche roll served with choice of side, or upgrade to fried green beans or house chips for \$1.00 side salad or side Caesar for \$1.55, or garlic Focaccia for \$1.75).

## Build a Burger:

Cooked to order, toppings listed to the right \$8.00

## Specialty Fork Burgers:



fork  
required

**The F.I.T.A. Burger** – Lean burger with cheddar, lettuce, tomato, onion, and mayonnaise \$9.75

**The Cajun Blue** – Lean burger Cajun-seasoned just right, topped with bacon and blue cheese with mayo, lettuce and tomato \$9.75

**The Lipes Burger** – Some of you may recognize our version of this local classic from years past; lean burger topped with Tinnell's pimento cheese and pickle \$9.75

**The McClanahan** – Lean burger with Dijon mustard, olive relish, jalapeño and Tinnell's pimento cheese \$9.75

**Mesa Verde** – Lean burger topped with queso blanco, lettuce, tomato, guacamole, and chipotle mayo \$9.75

**Inferno Burger** – Lean burger topped with ghost jack, jalapeños, chipotle mayo, lettuce and tomato \$9.75

**Patty Melt** – Lean burger topped with Swiss, grilled onions on rye \$9.75



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**No Bull Veggie** – Handcrafted in small batches out of Charlottesville featuring an organic lentil base, with chunks of spinach, caramelized onions and carrots and served topped with lettuce, tomato, onion and chipotle mayo \$9.75

All burgers cooked medium well unless specified. Cooked rare to order. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

# dogs

(Served on a potato brioche roll served with choice of side, or upgrade to fried green beans or house chips for \$1.00 side salad or side Caesar for \$1.55, or garlic Focaccia for \$1.75).

## Build Your Own Dog:

Choose from our list of toppings and condiments listed right Kosher Beef, Half-Smoke, Italian Sausage, Bratwurst \$5.50

## Specialty Alley Dogs (Add a second specialty dog for \$2.50)

**All American Dog** – Kosher Beef dog with yellow mustard, onion, chili \$5.75

**Underdog** – Kosher Beef w/ketchup, yellow mustard, onion & sweet pepper relish \$5.75

**Slaw Dog** – Kosher Beef dog with mustard, onion, chili, and cole slaw \$5.75

**D.C. Dog** – Half-Smoke sausage dog with chili, cheese and cole slaw \$5.75

**Mad Dog** – Hot Italian sausage with Dijon mustard, chili, and pepper relish \$5.75

**Astro Dog** – Half-Smoke with Dijon mustard, olive relish and cheese slaw \$5.75

**Joe Cool** – Kosher beef with firehouse BBQ, cole slaw and cheddar cheese \$5.75

**Scooby** – Kosher beef with dijon mustard, chili and cheese slaw \$5.75

**Italian** – Hot Italian sausage with Dijon mustard, pepper, onions \$5.75

**German** – Beer steamed Bratwurst, onion, Dijon mustard, sauerkraut \$5.75

**Q Dog** – Half-Smoke sausage dog with BBQ sauce, cole slaw and pulled pork \$5.75

**D.O. Dog** – Italian sausage with chipotle mayo, BBQ, onions and bacon \$5.75

**Chicago Dog** – Kosher beef dog, with two sport peppers, pickle spear, yellow mustard, tomato, pickle relish and onion \$5.75

## Fork in the Alley Select Condiments

ketchup  
dijon mustard  
yellow mustard  
chipotle mayonnaise  
horseradish mayonnaise  
BBQ Sauce  
Sriracha  
mayo

## Fork in the Alley Select Toppings

tangy olive relish  
salsa  
onion  
homemade pepper relish  
sauerkraut  
jalapeno pepper  
banana pepper  
tomato  
lettuce  
pickles  
(dill or bread & butter)  
sweet pickle relish  
.25 per topping

## Fork in the Alley Premium Toppings

cheese slaw  
coleslaw  
Tinnell's pimento cheese  
all meat chili  
bacon  
American cheese  
blue cheese  
cheddar cheese  
provolone cheese  
swiss cheese  
guacamole  
mushrooms  
Ghost Jack cheese  
.75 per topping

## Fork in the Alley Sides

coleslaw  
chef's vegetable  
french fries  
chips  
oven baked mac & cheese  
\$2.25

## Premium Fork Sides

garlic focaccia bread  
\$3.95  
house chips  
fried green beans  
\$3.50  
side salad \$3.50

# sandwiches and wraps

(Served with your choice of chips, fries, coleslaw, mac and cheese or seasonal vegetable, or upgrade to fried green beans or house chips for .75 side salad or side Caesar for \$1.55, or garlic Focaccia for \$1.75).

## **F.I.T.A. Pulled Pork Sandwich**

Happen to notice our wood-fired smoker on your way in?! Delicious freshly smoked pork BBQ topped with BBQ Sauce with a small side of cole slaw \$8.50

## **Teleras de la Southwest con Pollo**

This southwestern sandwich has chicken breast glazed with chipotle in adobo sauce, with queso blanco melted over it, stuffed between layers of ciabatta with lettuce, tomato, guacamole, and chipotle mayo \$9.75

## **The “Bro”rito**

A flour tortilla wrapped and stuffed with slow cooked pork or grilled chicken, “dirty rice”, queso blanco and spicy black bean & yellow corn salsa. Sided with, homemade salsa picante and fresh sour cream on a bed of romaine lettuce (sides are additional) \$9.50\* add guacamole\$1

## **BBQ Grilled Cheese**

House smoked pulled pork with American cheese on white bread \$8.50

## **F.I.T.A. Muffaletta**

Our twist on a New Orleans classic. Tangy olive relish, ham, pepperoni, mozzarella and provolone on grilled sourdough \$9.50

## **Alley Grilled Cheese**

Melted Swiss cheese, grilled ham with sautéed spinach and portobella stuffed between pieces of grilled sour dough bread. \$9.50

## **The Shep**

Grilled Chicken, mushrooms, jalapenos, coleslaw, melted provolone and horseradish mayo wrapped in a flour tortilla. \$9.50 \*Substitute steak for \$3.00

## **Classic BLT**

White toast, crispy bacon, fresh tomato, romaine lettuce and mayo. \$7.50

## **Southwest BLT**

White toast, crispy bacon, fresh tomato, romaine lettuce, chipotle mayo, guacamole. \$8.50

## **Caesar Wrap**

Romaine, Asiago, croutons and Caesar dressing wrapped in a flour tortilla \$7.95 \* add chicken \$3.00

## **F.I.T.A. Missouri Club**

Club sandwich with sliced ham, chicken, bacon, and tomato topped with cheddar cheese sauce \$9.95

## **Reuben Sandwich**

A twist on a classic, Grilled pastrami and sauerkraut smothered with melted provolone cheese, topped with homemade thousand island dressing stuffed between pieces of grilled rye bread \$9.50

## **SoRo Wrap**

Crisp Romaine, fresh tomato, green bell peppers, guacamole and salsa rolled in a toasted flour tortilla. \$8.00  
\* add grilled chicken for \$3.00

## **Black Bean Burger**

Black beans, red onion, red bell pepper, garlic, herbs and spices sautéed in olive oil and formed into 4 oz. patties, rolled in corn meal and pan seared until crispy golden brown. Served with a cool cucumber-dill dressing on a toasted Kaiser roll with lettuce & tomato. \$9.50



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## **F.I.T.A. Steak or Chicken Philly**

Shaved ribeye steak or chicken grilled & topped with mushrooms, grilled onions and peppers, and provolone cheese on a French style hoagie roll with horseradish mayo \$9.75

## **Tender Wrap**

Chicken tenders, cheddar, lettuce, and tomato rolled in a flour tortilla served with choice of dipping sauce.\$9.75

## **Black & Blue Chicken**

Blackened chicken breast with bleu cheese, bacon, lettuce, tomato and chipotle mayo on toasted ciabatta \$9.75

# fork fare

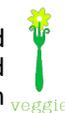
(Fork Fare entrees served with a house salad)

## **North Border Burrito**

Chicken, white bean, and cheese burrito with green chilies, scallions and red bell peppers toasted in our wood fired oven with a little cheddar cheese on top. Served with salsa & sour cream \$12 Add guacamole \$1.00

## **Genova Sauté**

Portobella mushrooms, artichoke hearts, sundried tomato and fresh garlic sautéed in olive oil finished with pesto, white wine and Asiago cheese tossed with linguine, side of garlic focaccia \$16



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## **Betty's Skettie**

Robust meat sauce tossed with linguine pasta, mushrooms, peppers and baked in the brick oven with cheddar cheese topping, served with garlic focaccia \$13

## **Fresh Spinach & Portobella Alfredo**

Portobella mushrooms sautéed with garlic & fresh spinach, finished with parmesan, cream and Asiago cheese & tossed with linguine. Served with garlic focaccia \$16



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## **Chipotle Chicken con Crema**

Sliced chicken breast sautéed in olive oil w/fresh tomato, garlic & mushrooms in a chipotle & white wine sauce finished with a little cream, tossed with linguine and served with garlic focaccia \$16

## **Baked Jamaican**

Chicken breast with garlic, mushrooms, red bell peppers, and onion finished in a jerk seasoned cheddar béchamel. Tossed in linguine, topped with cheddar and baked. Served with garlic focaccia. \$16



fork  
required

## drink up

Coke Diet Coke  
Ginger Ale  
Sprite  
Dr. Pepper  
Iced Tea  
Select Coffee  
Hot Tea  
\$1.95  
  
Orangina  
Root Beer  
Stewarts Oranges and Cream  
\$2.25  
  
Red Bull \$3.50

Beer—Bottles & Cans  
Assorted Drafts including  
local craft & session brews

**Ask your server about selection.  
16 taps**

Wine by the Glass  
Ask your server for a list of our very unique  
wine offerings by the glass or bottle

Full Bar Available  
Ask your server or bartender

## Dessert

### Brick Oven S'more



A milk chocolate bar between two graham crackers with marshmallow and toasted in the wood fired oven, topped with chocolate sauce \$4.50 \*add peanut butter \$0.50

## kids menu

(under twelve)

Served with chips, .50 for fries, chef's vegetable, coleslaw, or mac and cheese,  
\$1.50 for house chips or fried green beans

**Chicken Tenders** \$4.25

**Grilled Cheese** \$3.50

\*add bacon \$1.00

**Hot Dog** \$2.50

**Kids Spaghetti with**

**Tomato Sauce** \$3.50

(no side included)

**Oven baked Mac&Cheese** \$3.50

\* Clay's Way (add bacon) \$1.00 (no side included)

**The CEO** (peanut butter & jelly) \$2.75

**Kids Burger** 3 oz. patty with American cheese \$4.25

**Cheese Quesadilla** \$4.50

**Corndog** \$3.50

**Fork in the Alley:  
Hard to find,  
impossible to leave**

*We love your patronage. Please be patient with us as we strive to serve you the best freshly prepared foods cooked to order. Thanks*

# daily specials

## LUNCH

**Chef's Choice Daily Lunch Specials**  
Dine in, carry out (11a-6p)

### Monday

\$5 off large specialty pizzas

### Tuesday

\$2 off all specialty salads

### Wednesday

\$6 one topping small pizzas

### Thursday

\$2 off all specialty burgers

### Friday

\$2 off pulled pork sandwich

### Saturday & Sunday

Happy Hour from 4-7 with various specials



# evening specials **5 - 8 pm**

**Monday Burger Night**—\$3 off all Burgers including the burger of the night

**Tuesday Tacos and Tequila**—specials on Tacos, margaritas and Mexican beers

**Wednesday Wine Wednesday & Smokehouse Night**—chef's choice special fresh off the smoker and wine specials

**free fork to fork culinary cab with Shep 540.580-4287**

Follow us on Facebook for special cab excursions to the Harvester Performance Center & local breweries, free to loyalty customers at stated levels. **Sign Up Now!**

