



**fork
in the
market**

urban fork fare

540-400-0644

32 Market Square
in Roanoke's Historic Market
Building on the prime viewing
corner at Salem & Market
Streets

forkinthemarket.rocks

pasta

Served with a side salad

Betty's Skettie – robust meat sauce tossed with linguine pasta, mushrooms and peppers topped with cheddar cheese and baked served with garlic focaccia \$13

Fresh Spinach and Portobella Alfredo – Portobella mushrooms sautéed with garlic and fresh spinach finished with creamy alfredo sauce & tossed in linguine, served with garlic focaccia \$15

Mac Attack – Massive portion of mac & cheese, covered with your choice of three toppings, smothered in cheddar and mozzarella cheese, and fired off in our brick oven. \$13
+ veggies \$.25 + meats \$1.75

Chipotle Chicken Gon Crema – Sliced chicken breast sautéed in olive oil with fresh tomatoes, garlic, mushrooms in chipotle and white wine sauce finished with a little cream, tossed in linguini and served with garlic focaccia \$15

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

appetizers

Tuscan Cheese Bread with Fresh Rosemary

10 inch pizza dough topped with rosemary, asiago, and mozzarella cheeses. Served with marinara sauce \$7.95

Cheese Fries

Red bell peppers, jalapenos, red onion, then topped with mozzarella and cheddar cheeses \$7.95

Build Your Own Cheese Fries

Starting at \$6.99

Additional charges veggies starting at 25¢ per topping. Meats starting at \$2.00 each (beef, chicken, steak)

Spinach Dip

Melted cheese, artichoke, baby spinach and green chiles served with tortilla chips. \$7.95

Triple Fork Chili

All beef hot dog chili. No beans. Add onion, cheddar, or jalapeño for 50¢ each \$4.95

Fries and Tenders

Hand breaded chicken breast, lightly fried, over top a bed of French fries. Make them buffalo with bleu cheese for + 50¢ \$7.95

Quesadillas

Grilled tortilla filled with provolone cheese, scallions, diced tomatoes, olives and green chiles. Served with salsa and sour cream. \$7.95 * add guacamole or bacon 50¢
* add grilled chicken or steak \$2.00

salad

All salads offered as a wrap, blackened option to salads
Make any salad a wrap add \$2.00

Southern Fried Chef Salad

Breaded chicken strips with romaine lettuce, tomatoes, bacon, cheddar cheese, ham, cucumbers and croutons \$9.95

Mediterranean Salad

Romaine lettuce topped with grilled chicken, feta cheese, tomatoes, Kalamata olives, red onion, pepperoncini \$8.95

SoCal Salad

Hearts of romaine lettuce topped with fresh grilled chicken, green bell peppers, diced tomatoes, red onion, served with guacamole, salsa and a grilled tortilla strips \$8.95

Chicken Caesar Salad

Garlic butter and herb croutons, fresh grated parmesan cheese, & fresh grilled chicken \$7.95

Caprese Salad

Fresh sliced tomatoes, mozzarella cheese, basil, with a balsamic reduction. Served with toasted garlic bread \$7.99

Garden Salad

Fresh romaine, tomato, asiago cheese, green peppers and cucumbers \$6.99

Spinach Salad

Spinach, fresh mozzarella, tomatoes, onion and cucumbers \$6.99
Add grilled or blackened chicken \$3.00
Add seasonal fruit when available \$1.50

Dressings: avocado lime vinaigrette, chipotle ranch, blue cheese, ranch, honey mustard, zesty Italian, thousand island, balsamic vinaigrette, oil & vinegar

wood fired pizza

'build your own'

Small 10" \$8.95 Large 14" \$11.95

Traditional Toppings S \$1.00 L \$1.50

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

Gourmet Toppings & Extra Cheese S \$1.50 L \$2.00

Chicken, Kalamata Olive, Baby Spinach, Pineapple, Artichoke Hearts, Pepperoncini Peppers, Mozzarella Cheese, Provolone Cheese, Feta Cheese, Ricotta Cheese, Asiago Cheese

gourmet pizza sauces

Herbed Olive Oil Parmesan • Herbed Ricotta • Traditional Red

specialty fitm pizzas

Small 10" \$12.95 Large 14" \$17.95

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

Death by Cheese – Mozzarella, cheddar, provolone, asiago cheeses with red sauce

Italia – Pepperoni, Italian sausage, pepperoncini, fresh garlic, mozzarella and asiago cheese with red sauce

Philly – Grilled steak, mushrooms, peppers, onions, provolone and mozzarella cheeses with a house made horseradish sauce

Torino – Bleu cheese sauce, spinach, tomatoes, bacon, onion, buffalo chicken, finished with a balsamic reduction

Roma – Italian sausage, red bell peppers, onion, mushroom, fresh garlic, mozzarella and asiago cheeses with red sauce

Hawaiian – Honey roasted ham, fresh pineapple, mozzarella and ricotta with red sauce

Monaco – Herbed olive oil-parmesan sauce, spinach, grilled chicken, onion, tomato, mozzarella, feta and asiago

Mac Daddy – Oven baked mac and cheese, topped with cheddar and bacon, with olive oil parmesan sauce

Margarita – Fresh mozzarella, basil, tomato with olive oil and parmesan sauce

Gatto Arrabiato – Sriracha BBQ, cheddar, jalapeno, bacon, onion and blackened chicken

burgers

Served with your choice of side.

Inferno Burger – Lean burger topped with ghost jack, jalapeños, chipotle mayo, lettuce and tomato. \$8.99

Market Burger – Cheddar cheese, lettuce, tomato, onion, and mayo \$8.99 add bacon + 50¢

Patty Melt – Lean burger topped with swiss cheese and grilled onions served on our choice of rye or sourdough \$8.99

Bleu Burger – Bacon, onion and bleu cheese crumbles \$8.99

Square Burger – Tinnell's pimento cheese, Dijon & jalapeno \$8.99

Taubman Burger – Tinnell's pimento cheese, pickles and olive relish \$8.99

Mesa Verde – Provolone, chipotle mayo, lettuce, tomato, and house made guacamole \$8.99

All meats and poultry cooked medium well unless specified.

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dogs

Add a second dog for \$2.95 Substitute any dog with a Bratwurst, Half-smoke, Spicy Italian Sausage, or Kosher Dog

D.C. Dog – Half-Smoke, all meat chili, cheddar cheese, and cole slaw \$4.95

Mad Dog – Spicy Italian sausage, Dijon, all meat chili, and sweet pepper relish \$4.95

Scooby Dog – Kosher beef with dijon mustard, chili and cheese slaw \$4.95

Italian Dog – Spicy Italian sausage, Dijon, peppers and onions \$4.95

German Dog – Bratwurst with Dijon, sauerkraut, and onion \$4.95

The Arnold – Bratwurst with all meat chili, bell peppers, onion and Dijon \$4.95

Astro Dog – Half-Smoke with Dijon mustard, olive relish and cheese slaw \$4.95

All American Dog – Kosher dog, ketchup, mustard, onion, & all meat chili \$4.95

Underdog – Kosher Dog, ketchup, mustard, onion, and sweet pepper relish \$4.95

Slaw Dog – Kosher dog, mustard, onion, all meat chili, cole slaw \$4.95

BUILDING BLOCKS

Select Condiments

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

Select Toppings

tangy olive relish
salsa
onion
homemade pepper relish
sauerkraut
jalapeño pepper
banana pepper
tomato
lettuce
dill pickles
sweet pickle relish
20¢ per topping

Premium Toppings

Additional Fork Sides

side salad \$3.50

cheese slaw
coleslaw
Tinnell's pimento cheese
all meat chili
bacon
American cheese
blue cheese
cheddar cheese
provolone cheese
mushrooms
Ghost Jack cheese
50¢ per topping

Sides

coleslaw
chef's vegetable
french fries
fried green beans
chips
oven baked mac & cheese
\$2.95

sandwiches & forkfare

Served with your choice of side.

Classic BLT

Toasted sourdough, crispy bacon, tomato, romaine & mayo \$8.99

FITM Muffaletta

Olive relish, ham, pepperoni, mozzarella, provolone, grilled sourdough \$8.99

FITM Italian

Ham, pepperoni, banana peppers, lettuce, tomato, red onion and provolone on a toasted hoagie roll and served with Italian dressing. \$8.99

Telera's Southwest Con Pollo – Grilled chicken breast glazed with spicy chipotle peppers smothered in adobo sauce.

Topped with provolone cheese, finished off with a nice helping of guacamole, lettuce, tomato, and chipotle mayonnaise \$8.99

Black and Blue Chicken – Blackened chicken with blue cheese, bacon, lettuce, tomato and chipotle mayo \$8.99

Black Bean Burger – Lettuce, tomato, bleu cheese remoulade, salsa and guacamole \$8.99

Steak Hoagie – Grilled steak (or chicken) smothered in provolone cheese, mushrooms, grilled onions, and peppers with a house made horseradish \$9.95

Chicken Parmesan – Hand breaded chicken breast topped with provolone cheese and pizza sauce \$8.99

Reuben – Marble rye topped with corned beef, swiss, sauerkraut, and 1000 Island dressing. \$8.99

Blackened Chicken – Blackened chicken breast topped with grilled pineapple, roasted red pepper, and choice of ghost jack cheese or cheddar. \$8.99

Gordon Bleu Sandwich – Grilled chicken topped with swiss, bacon and thinly sliced ham with dijon and served with lettuce and tomato. \$8.99

drink up

Coke • Diet Coke • Sprite • Mr. Pibb

Iced Tea • Select Coffee • Hot Tea • Pink Lemonade

\$1.95

Red Bull \$4.00

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 + 50¢

kids menu

(under twelve)

(served with chips, +50¢ for fries)

Chicken Tenders \$3.95

Grilled Cheese \$3.95

on Sourdough Bread *add bacon \$1.00

Hot Dog \$2.95

Corn Dog \$2.95

Oven baked Mac&Cheese \$2.95

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

The CEO \$2.25

(peanut butter & jelly) on Sourdough Bread

Cheese Quesadilla \$2.95

Kids Burger 3 oz. patty with American cheese \$3.95

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