



fresh casual sophisticated

THOMAS EDISON ON SEASONING . . .

When Thomas Edison was interviewing assistants, he invariably held the final interview over lunch. If candidates seasoned their food prior to tasting it, they were not hired. This was because Mr. Edison reasoned that the person was less likely to properly test something before changing it. At the Bent Fork we season food as we cook in order to bring out the best of flavors in everything from our meats to our vegetables. You are welcomed to all the salt and pepper you or your Doctor deem appropriate, we just ask that you give us a chance first . . . enjoy!

STARTERS TO SHARE

CITRUS CHIPOTLE CALAMARI

Lightly spiced and breaded calamari quick fried and served with lemon slices and orange chipotle vinaigrette. 9.8

ASIAGO ARTICHOKE DIP

a hearty bowl of our special blend of asiago cheese, artichoke hearts, spinach, mushrooms, and red chile flakes, served with tortilla chips and rosemary toast. 9.5

MARYLAND CRAB CAKE

traditional maryland style crab cake with jumbo lump crab, served in a bed of chipotle aioli. 9.5

SOUTHWESTERN ROLLS

grilled chicken, avocado, black beans, red pepper, jalapeño, red onion, cilantro, corn, jack and cheddar cheeses rolled in a flour tortilla, deep fried, with southwestern dip. 8.9

BUFFALO QUESADILLAS

slow roasted buffalo pot roast, roasted poblano peppers, tomato, corn, onion, black beans, cheddar and monterey jack cheeses topped with our homemade bbq sauce. 9.5

ARTISAN CHEESE PLATE

today's selections served with accompaniments. please ask your server for selections. 11

HOMEMADE SOUPS

our famous mushroom & more!

CUP 3.5 / BOWL 6

SOUP AND SALAD

a bowl of hearty soup, garlic bread, and a house or small caesar salad. 9.5

in the spirit of the classic grills of the early 1900's, we make from scratch our soups, dressings, sauces and marinades daily to ensure fresh and flavorful dishes.

BENT FORK GIFT CERTIFICATES

. . . give the gift of good taste.

SPECIAL OCCASIONS OR BUSINESS EVENTS

. . . ask for details on reserving our private dining room.

(please, no personal checks)

18% gratuity on parties of six or more

the GARDEN

entrée salads

SPICY PECAN AND GORGONZOLA

fresh leaves of spinach tossed with a balsamic vinaigrette and topped with spicy pecans, diced pears, mandarin oranges and gorgonzola cheese. 10.5 / half 7
add grilled breast of chicken or salmon. 5

BBQ CHICKEN

chopped lettuce, black beans, sweet corn, red onion, diced tomatoes, jicama, crispy tortilla strips, monterey jack cheese tossed together with ranch dressing and topped with bbq chicken. 11.5 / half 7.9

STRAWBERRY, BRIE & CHICKEN

sliced grilled chicken, brie cheese, fresh strawberries, and pecans on a bed of spring greens tossed with balsamic vinaigrette. 13 / half 9.5

GRILLED SALMON CAESAR

a traditional favorite of crisp romaine, parmesan and sourdough croutons topped with a grilled fresh salmon filet, marinated in brown sugar, white wine and soy sauce. 12

TOSSED COBB

grilled chicken, avocado, hard-boiled egg, diced tomatoes, crumbled bleu cheese, smoked bacon, tossed with chopped lettuce and bleu cheese dressing. 12.5 / half 8.9

BLACKENED AHI TUNA

cajun blackened and seared ahi tuna steak. atop a bed of mixed greens, mandarin oranges, diced tomato and red onion tossed with orange chipotle vinaigrette finished with a drizzle of wasabi sour cream. 15.7

Dinner Salad - small house or caesar salad. 4.5

BETWEEN the BREAD

SERVED WITH HOUSE SLAW OR FRIES (SUBSTITUTE SWEET POTATO FRIES - ADD \$1)

burgers / tacos / sandwiches

FRENCH DIP

tender beef, caramelized onions, and melted jack cheese served on a baguette, au jus and a side of creamy horseradish. 9.7

SALMON BLT

grilled fresh salmon fillet, marinated in brown sugar, white wine and soy sauce, topped with smoked bacon, tomato, baby spring greens and lemon aioli, on a toasted bun. 10.9

CHICKEN SALAD

diced chicken mixed with pecans, dried tart cherries, celery and bermuda onions on toasted aspen 7 grain bread with spring greens and tomatoes. 9.5

GRILLED ISLAND TACOS

grilled fresh white fish rubbed with jerk seasoning, poblano slaw, pineapple pico de gallo, pineapple spears. 12.5

NEW MEXICO RIBEYE

thinly sliced ribeye sautéed with roasted poblano chile pepper, diced tomato and creamy horseradish, topped with melted provolone cheese on grilled sourdough bread. 9.9

REUBEN

corned beef, sauerkraut, jack cheese and thousand island dressing grilled on marbled rye. 9.9

PRIME RIB DIP AU JUS

slow-roasted, thinly sliced prime rib piled on a toasted rustic roll and topped with melted jack cheese, au jus and a side of creamy horseradish. 14

MEDITERRANEAN MELT

grilled eggplant and tomato topped with melted chive havarti cheese, sun-dried tomato and black olive tapenade with chiffonade basil on sourdough. 9.9

SOUTHERN BBQ PULLED PORK

slow roasted pork tossed in our homemade bbq sauce, topped with house slaw and served on our rosemary rustic roll with pickles. 9.9

CHICKEN PECAN CLUB

spicy pecan crusted chicken breast grilled and topped with, bacon, tomatoes, spring greens, lemon aioli and orange chipotle vinaigrette on aspen 7 grain bread. 11.5

CLASSIC CHEESE BURGER

award-winning half pound burger topped with choice of cheese. 9
add bacon. 1 / add mushroom. 1 / add caramelized onions. 1

BLACK & BLEU BURGER

award-winning half pound burger covered with cracked peppercorns, sautéed in a burgundy sauce with minced red onion, then topped with crumbled bleu cheese. 10

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the WATER

fish / seafood

SWORDFISH AND SICILIAN PENNE

6 oz. swordfish steak seasoned with red pepper flakes and grilled, served over penne pasta, tossed with eggplant, tomatoes, artichokes, capers and white wine. 17.3

ROCKY MOUNTAIN SALMON

half-pound fresh salmon fillet, marinated in brown sugar, white wine and soy sauce, then grilled, served with seasonal vegetables and jasmine rice. 16.9

SHRIMP GAMBERETTI

shrimp sautéed in lemon butter, with garlic, mushrooms, toasted pine nuts and fresh spinach on top of angel hair pasta. served with garlic cheese bread. 15.3

TODAY'S VERY FRESH FISH

always fresh, guaranteed to please. MKT

FRESH SALMON FISH & CHIPS

fresh salmon, beer-battered and deep fried to a golden brown, served with house slaw, fries and a side of lemon aioli. 13.9

LOBSTER MAC & CHEESE

maine lobster tossed with orecchiette shell pasta and mascarpone cheese in a spicy, creamy lobster bisque. 17.9

SEARED AHI

black pepper crusted seared ahi tuna steak, topped with sesame seeds in a bed of soy mustard and sweet soy sauce. served with seasonal vegetables and jasmine rice. 18.5

the LAND

meat / pasta / vegetarian / poultry

ORANGE CHIPOTLE CHICKEN

6 oz chicken breast crusted with spicy pecans, grilled and glazed with orange chipotle sauce, served with rice and a side of seasonal vegetables. 15.7

JAMAICAN JERK PORK CHOPS

two hearty french cut bone-in pork chops hand rubbed with jerk spice and topped with mango chutney, served with parmesan scalloped potatoes and seasonal vegetables. 18.5

BUFFALO POT ROAST

fork tender braised all natural buffalo chuck, slow-roasted and served with parmesan scalloped potatoes then topped with buffalo gravy along with butternut squash. 16.5

SPICY PENNE PASTA

spicy italian sausage, sautéed mushrooms, sun dried tomatoes and penne pasta mixed in a creamy parmesan garlic chili sauce. 13.5

BBQ BABY BACK RIBS

half rack of our fall-off-the-bone baby back pork ribs, slow-roasted then grilled and basted with our homemade bbq sauce. served with house slaw and fries. 16.5

CHICKEN PESTO PASTA

diced grilled chicken, roasted almonds, corn, sun dried tomatoes, mixed in a white wine pesto sauce and penne pasta. 13.5

GREEN CHILE MAC & CHEESE

jalapeño elk sausage mixed in elbow macaroni with roasted poblano chile peppers, red bell peppers, red onion, corn, garlic and monterey jack pepper cheese. 13.5

OVEN ROASTED MEATLOAF

our take on an old favorite, oven baked and topped with our homemade bbq sauce, served with parmesan scalloped potatoes and a side of seasonal vegetables. 13

ROASTED ASIAGO & GARLIC RAVIOLI

ravioli stuffed with asiago cheese and roasted garlic, tossed in a roasted red pepper cream sauce and topped with roasted portabellas, lara chanel chevré and pesto drizzle. 15

PANIOLO RIB-EYE STEAK

in paniolo (hawaiian cowboy) tradition, a 12 oz. hand-cut ribeye steak marinated in our house teriyaki and grilled, served with parmesan scalloped potatoes and seasonal vegetables. 19.8

STEAK AU POIVRE

10 oz. new york crusted with black peppercorns and grilled with a port wine peppercorn glaze, served with parmesan scalloped potatoes and seasonal vegetables. 24.9

SLOW ROASTED PRIME RIB (available after 5:00 pm friday - sunday)

herb crusted slow roasted 12 oz. prime rib, served with creamy horseradish, parmesan scalloped potatoes and seasonal vegetables. 21.5

* All pasta dishes can be made vegetarian upon request.

RARE - cold pink center / MEDIUM RARE - cool pink center / MEDIUM - warm pink center
MEDIUM WELL - slight pink center / WELL - no pink

the MARTINIS

CRIMSON

Belvedere Vodka, Fonseca Bin Port, Sweet and Sour, topped with Champagne.

CLASSIC

Premium Vodka or Gin, Dry Vermouth, olive.

SIDE CAR

Cognac, Cointreau, Lime Juice.

WISE GUY

GlenMorangie Scotch rinse, Ketel One Vodka, Beefeaters Gin.

ORANGE

Grey Goose L'Orange, Triple Sec, Sweet and Sour, Splash of Sprite.

POMEGRANATE

Ketel One Vodka, Pama Liqueur, splash of Triple Sec and a splash of Sweet and Sour.

RASPBERRY LEMONADE

Chambord Liqueur, Ketel One Citroen, Sweet and Sour, twist of lemon.

HOLE-N-ONE

Stoli Citroen Vodka, Sweet Tea Vodka Liqueur, Lemonade and a sugared rim.

CHAI

Chai Tea, Stoli Vanilla Vodka, Splash of Cream and Sprinkle of Cinnamon.

LONG KISS GOODNIGHT

Stoli Vodka, Stoli Vanilla Vodka and White Creme De Cacao.

THE ULTIMATE COSMO

Ketel One Citroen, Triple Sec, lime juice and cranberry juice.

THE ULTIMATE LEMON DROP

Ketel One Citroen, Triple Sec, Sweet & Sour, sugar, with a sugared rim.

the COCKTAILS

RED WINE MARGARITA

TOP SHELF MARGARITA

MOJITO

POMEGRANATE MOJITO

BLOODY MARY

SANGRIA

the LIQUID DESSERTS

CHOCOLATE MARTINI

Godiva Chocolate Liqueur, Stoli Vanil, Crème de Cacao, half and half.

KEY LIME PIE MARTINI

Stoli Vanil Vodka, White Crème de Cacao, Pineapple Juice, Sweet and Sour, Graham Cracker Rim.

MOCHA ALMOND LATTE

Espresso, steamed milk, Amaretto, Dark Crème de Cacao, topped with whip cream and shaved almonds.

the BEERS NEAR AND FAR

DRAFT

Fat Tire Amber Ale

Sunshine Wheat

New Belgium Seasonal

Bud Light

Guinness Stout (Ireland)

Pilsner Urquell (Czech Republic)

BOTTLE

New Belgium 1554 / 90 Schilling /

5 Barrel Pale Ale / Easy Street

Wheat / Michelob Ultra / Michelob

Ultra Amber / Budweiser / Bud

Light / Bud Light Lime / Coors

Original / Coors Light / Corona

Extra / Corona Light / Heineken

Lager / Stella Artois

St. Pauli Girl (Non-Alcoholic)

the **WHITES**

	Full / Glass		Full / Glass		
TWO RIVERS , <i>Riesling, CO</i> apple flavors and a touch of pineapple	37	9.5	LA CREMA , <i>Chardonnay, Sonoma Coast, CA</i> bursts of vivid citrus and green apple with subtle clove, honeysuckle, vanilla and caramel	43	11
CLINE , <i>Viognier, Carneros, CA</i> floral and citrus notes with peaches, apples and honeysuckle on the long finish	32	8	KIM CRAWFORD , <i>Chardonnay, Marlborough, NZ</i> hints of honeydew melon, pear, and papaya with an herbaceous finish	37	9.5
CONUNDRUM , <i>Blend, CA</i> sweet aromas of peach and apricot nectar, with pear, green melon and a spicy vanilla finish	40	11	KENDALL JACKSON , <i>Chardonnay, CA</i> tropical fruit flavors of mango and pineapple with a lightly buttered toast finish	33	8.5
SULTRY , <i>Blend, CA</i> flawlessly balanced crisp, clean, tropical floral nuances with a smooth finish on the mouth	26	7	JEKEL , <i>Chardonnay, Monterey, CA</i> fresh lemon citrus with toppings of vanilla bean and butterscotch	29	7.5
BOLLINI , <i>Pinot Grigio, Italy</i> tropical ripe pineapple, green apple, grapefruit, cinnamon and nutmeg	31	8	CAKEBREAD , <i>Chardonnay, Napa, CA</i> ripe peach, yellow apple and lemon zest flavors with refreshing minerality	59	
KING ESTATE , <i>Pinot Gris, Willamette Valley, OR</i> lively citrus and tropical fruit, kiwi, pear, balanced acid with nice texture	39		STONE PADDOCK , <i>Sauvignon Blanc, NZ</i> crisp exotic nose with tropical fruit, citrus and pear flavors with a long elegant finish	35	9
BERINGER , <i>White Zinfandel, CA</i> fresh red berry, citrus and melon aromas and flavors	24	6.5	MATUA , <i>Sauvignon Blanc, Marlborough, NZ</i> touch of lime and grapefruit characters	27	7.5

the **REDS**

	Full / Glass		Full / Glass		
MACMURRAY , <i>Pinot Noir, Sonoma Coast, CA</i> rich aromas and flavors of red fruits and fresh, earthy notes	39	10	MCMANIS , <i>Zinfandel, CA</i> bright raspberry and cassis flavors with undertones of mocha and oak with a clean fruit finish	31	8
LA CREMA , <i>Pinot Noir, Sonoma Coast, CA</i> cherry, melding with rich plum, orange peel and tea leaves	45	11	CLINE ANCIENT VINES , <i>Zinfandel, Oakley, CA</i> flavors of dark berries and toasted caramel and a long finish	38	10
GREG NORMAN , <i>Pinot Noir, Santa Barbara, CA</i> ripe cherry and strawberry are delivered with a smooth mouth feel and lingering silky tannins	35	9	RIDGE , <i>Zinfandel, CA</i> blackest of blackberry fruit, peppery spice, tar, cedar	48	
CARA MIA , <i>Pinot Noir, Italy</i> rich and silky texture with berry fruits and a ripe finish	29	7.5	BERINGER FOUNDERS ESTATE , <i>Merlot, CA</i> full of blackberry and boysenberry flavors, followed by a satisfying finish	29	7.5
J WINERY , <i>Pinot Noir, Russian River Valley, CA</i> flavors of cherries, raspberries, strawberries, and a lingering finish of cola and oak	51		HAHN ESTATES , <i>Merlot, Monterey, CA</i> complex layers of clove, plum, and blackberry with broad tannins to make a classic Merlot	33	8.5
SULTRY , <i>Blend, CA</i> juicy ripe spicy flavors leading to a mouthful of fruit and a luxurious finish	26	7	BENZINGER , <i>Merlot, Sonoma, CA</i> supple and full-bodied with flavors of cocoa, cherry and toast	39	10
MORGAN COTE DU CROWS , <i>Blend, CA</i> violets, blueberry jam, mint, pomegranate, strawberry, spice, and pepper	39		FROG'S LEAP , <i>Merlot, Napa, CA</i> seasoned plums and red berries with underlying notes of cigar box and green tea	62	
GREG NORMAN , <i>Shiraz, Limestone Coast, Australia</i> elegant mocha and cedar oak combined with dark berry fruit and fine tannins	33	8.5	MONT GRAS , <i>Cabernet, Colchagua, Chile</i> ripe plum flavors and soft tannins lead to supple, long finish	31	8
TINTARA , <i>Shiraz, McLaren Vale, Australia</i> bright ripe black fruits, dark chocolate with an earthy and spicy complexity	39	10	J. LOHR SEVEN OAKS , <i>Cabernet, Paso Robles, CA</i> intricate blackberry and cherry fruits with melted dark chocolate tannins for a round vanilla finish	35	9
RAVENSWOOD , <i>Petit Syrah, CA</i> forward concentrated fruit with flavors of black cherry, black berry, and oak	29	7.5	RODNEY STRONG , <i>Cabernet, Sonoma, CA</i> black cherry, vanilla, and cassis, and structured with lush, mature tannins	39	11
STAGS LEAP WINERY , <i>Petit Syrah, Napa, CA</i> ripe black fruit, espresso, spice and mocha commingle with juicy berry flavors	55		SIMI , <i>Cabernet, Alexander Valley, CA</i> lush black cherry and black berry are highlighted with vanilla and a dusting of cocoa and herbs	47	12
LA VENDIMIA , <i>Rioja, Spain</i> ripe undertones of blackberry jam, fresh plums and hints of mediterranean country herbs	35	9	STAGS LEAP WINERY , <i>Cabernet, Napa, CA</i> luscious and velvety wine with complex layers of plum, spice, and coffee	65	
EL PORTILLO , <i>Malbec, Mendoza, Argentina</i> rich fruit reminiscent of plums and blackberries, with soft tannins	29	7.5	JORDAN , <i>Cabernet, Alexander Valley, CA</i> notes of cassis, black cherry, and cocoa with lingering finish of violet, earth, smoke, and cola	75	
ZOLO , <i>Malbec, Mendoza, Argentina</i> intense black fruit berry and raspberries with an elegant complex finish	35	9	SILVER OAK , <i>Cabernet, Alexander Valley, CA</i> great expression of fruit and spice with a long and elegant fruit-driven finish	95	

the **CHAMPAGNE / SPARKLING WINE**

	Full / Glass
KORBEL , <i>Brut 187ml, CA</i> light and crisp with spicy fruit flavors	8.5
GLORIA FERRER , <i>Blanc De Noir, CA</i> strawberry, raspberry, and black cherry flavors with a touch of spice	32
TAITTINGER , <i>Brut De Francaise, France</i> hints of toast and citrus fruit	68
GOSSETT , <i>Brut Rose, France</i> red berry and mineral bouquet, red fruit with spice and milk chocolate notes	110

the **PORT**

	Full / Glass
TAYLOR 10 YEAR , <i>Tawny</i> caramel, nutty flavors	8.5
FONSECA BIN 27 , <i>Ruby</i> luscious blackcurrant and cherry flavors	7.5
TAYLOR FLADGATE , <i>Late Bottle Vintage Ruby</i> blackberry and cherry nose with delicate tannins	8