



New American Fare from Scratch

BENT FORK
the grill



the *Start*

SOUTHWESTERN ROLLS / grilled chicken, avocado, black beans, red pepper, jalapeño, red onion, cilantro, corn, jack and cheddar cheeses rolled in flour tortillas, deep fried, with southwestern dip. 9.49

gf ASIAGO ARTICHOKE DIP / asiago cheese blend, artichoke hearts, spinach, mushrooms, red chile flakes, tortilla chips, rosemary toast. 9.99

STEAK & GOAT CHEESE BRUSCHETTA / cajun blackened steak over rosemary toast with fresh goat cheese, organic wild arugula salad and sweet balsamic drizzle. 10.79

CAULIFLOWER WINGS / cauliflower, breadcrumb coating, crisp fried, tossed with buffalo hot sauce, gorgonzola cheese crumbles, side ranch or bleu cheese. 7.49

BBQ CARNITAS QUESADILLA / pulled pork, black beans, onions, corn, tomatoes, melted cheddar & jack cheeses, toasted flour tortillas, homemade bbq dipping sauce. 9.99

MARYLAND JUMBO LUMP CRAB CAKES / two traditional maryland style crab cakes with jumbo lump crab, served on a bed of chipotle aioli. 10.49

gf CAPRESE / fresh mozzarella, tomatoes and basil, pure olive oil and sweet balsamic reduction. 7.49

gf ARTISAN CHEESE PLATE / selection of cheeses, fruit, spicy pecans and crackers. 11.49

Soups & Small Salads

CUP 3.99 / BOWL 6.49

CREAM OF MOREL MUSHROOM SOUP / creamy blend of morel, button and portabella mushrooms.

gf TOMATO FENNEL BISQUE / julienne onions, fennel, orange zest, fresh chives and diced tomatoes blended and finished with cream.

CHICKEN TORTILLA SOUP / chicken, tomatillos, black beans, corn, onion, green chiles, poblano peppers, chopped garlic, beer and traditional mexican spices.

gf "LOADED" WEDGE SALAD / iceberg lettuce wedge, smoked bacon, fresh tomatoes, red onions, spicy pecans, crumbled bleu cheese, balsamic vinaigrette. 6.99

gf CHOPPED HOUSE SALAD 4.49

SOUP AND SALAD / a bowl of hearty soup, garlic bread, and a house salad. 9.99

the *Garden*

gf SPICY PECAN AND GORGONZOLA SALAD / fresh spinach, spicy pecans, diced pears, mandarin oranges, gorgonzola cheese, balsamic vinaigrette. 10.99 / half 7.5
add grilled: chicken breast / salmon 5

gf STRAWBERRY, BRIE & CHICKEN SALAD / grilled chicken, spring greens, strawberries, brie cheese, spicy pecans, balsamic vinaigrette. 13.59 / half 9.9

gf BLACKENED AHI TUNA SALAD* / cajun blackened seared rare ahi tuna steak, field greens, mandarin oranges, diced tomato, red onion, orange chipotle vinaigrette, wasabi sour cream. 14.99

gf TOSSED COBB SALAD / grilled chicken, avocado, hard-boiled egg, diced tomato, gorgonzola cheese, applewood smoked bacon, iceberg lettuce, bleu cheese dressing. 12.99 / half 9.9

ALL SALADS ARE MADE FRESH, IF YOU'D PREFER A DIFFERENT CHOICE IN LETTUCE PLEASE TELL YOUR SERVER.

Between the Bread

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

gf ALL SANDWICHES CAN BE SERVED WITH UDI'S GLUTEN FREE BREAD.

FRENCH DIP / tender beef, caramelized onions, melted jack cheese, baguette, side creamy horseradish, au jus. 11.29

GRILLED FOUR CHEESE & TOMATO BISQUE / fontina, gorgonzola, white cheddar and fresh mozzarella with sliced tomatoes and whole leaf basil on toasted sourdough, served with a cup of tomato fennel bisque and side. 11.49

SALMON BLT* / grilled salmon fillet, marinated in brown sugar, white wine, g/f soy sauce, smoked bacon, tomato, baby spring greens, lemon aioli, toasted kaiser roll. 11.49

CALIFORNIA CLUB / grilled chicken breast, bacon, avocado, tomatoes, baby spring greens and lemon aioli on toasted seven grain bread. 10.99

NEW MEXICO RIBEYE / thinly sliced and sautéed with roasted poblano peppers, diced tomato, creamy horseradish, melted provolone cheese, toasted sourdough. 11.49

BBQ PULLED PORK / slow roasted pork in homemade bbq sauce, house slaw and pickles on toasted rosemary roll. 10.49

the *Burgers*

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

BUFFALO BEER CHEESE BURGER* / half pound patty of all natural buffalo, fat tire beer cheese, thousand island dressing, lettuce, tomatoes and pickles on a toasted kaiser bun, topped with thinly sliced buttermilk onion rings. 15.99

gf CLASSIC BURGER* / half pound fresh ground chuck on freshly baked bun, lettuce, sliced tomato, red onion, dill pickle and side of chipotle aioli. 10.99

The BYOB - make our classic burger your own! Choose from our selection of burger toppings, always made fresh to order .75 ea
cheddar / monterey jack / pepper jack / provolone / gorgonzola / bacon / mushroom / caramelized onions / pico de gallo / roasted jalapenos / Hatch green chilies / au poivre sauce / white cheddar spread / spinach artichoke spread / fried egg

the *Taqueria*

gf SHORT RIB TACOS (3) / braised short rib, caramelized onions, goat cheese, salsa verde, shoestring yukon potatoes, corn tortillas. 12.79

gf JERK CHICKEN TACOS (3) / jerk seasoned grilled chicken breast, lemon aioli, sweet & spicy mango coleslaw, corn tortillas. 11.59

gf MAHI MAHI TACOS (3) / grilled, black beans, sweet corn, vine ripe diced tomatoes, yellow onions, citrus cilantro slaw, pico de gallo, tomatillo sour cream sauce, corn tortillas. 12.59



the *Water*

gf **ROCKY MOUNTAIN SALMON*** / grilled salmon fillet, marinated in brown sugar, white wine, g/f soy sauce, seasonal vegetables, wild rice. 17.49

gf **SEARED AHI*** / ahi tuna steak seared rare in seasoned rice flour crust, on a bed of g/f soy mustard topped with toasted sesame seeds and g/f soy sauce, served with seasonal vegetables and rice. 17.99

FRESH SALMON FISH & CHIPS / beer-battered, house slaw, fries, lemon aioli. 13.99

gf **FISH MARKET** / always fresh, filleted in-house. MKT

the *Pasta*

SERVED WITH GARLIC CHEESE BREAD

gf ALL PASTAS CAN BE SERVED WITH GLUTEN FREE PASTA.

LOBSTER MAC & CHEESE / maine lobster, orecchiette shell pasta, mascarpone cheese, spicy creamy lobster bisque. 18.99

GREEN CHILE MAC & CHEESE / jalapeño elk sausage, elbow macaroni, cream, roasted poblano chile peppers, red bell peppers, red onion, corn, garlic, pepper jack cheese. 14.49

SPICY ITALIAN PENNE / spicy italian sausage, sautéed mushrooms, sun dried tomatoes, penne pasta, creamy parmesan garlic chili sauce. 13.99

BLACK & BLEU STEAK / thinly sliced, blackened steak, seared over orecchiette pasta with sauteed mushrooms, tomatoes, red onions and spinach, tossed in made-to-order gorgonzola alfredo sauce. 17.99

CAN BE MADE VEGETARIAN UPON REQUEST.

the *Land*

gf **BUTCHER'S CUT*** / we offer a variety of grilled butcher's selections, cut in-house every day. MKT

gf **BUFFALO POT ROAST** / braised all natural bison chuck, gravy, parmesan scalloped potatoes, butternut squash. 16.99

gf **ASIAN FRIED CHICKEN** / half a chicken, sugar-brined and fried golden, tossed in choice of hoisin bbq sauce or g/f ginger chile vinaigrette, scalloped potatoes and seasonal vegetable. 15.99

gf **JAMAICAN JERK PORK CHOP*** / french cut bone-in chop, jerk spice, mango chutney, parmesan scalloped potatoes, seasonal vegetables. 16.99 / add extra chop 7

gf **BBQ CAMPFIRE BABY BACK RIBS** / half rack, homemade bbq sauce, house slaw, fries. 17.99 / add extra half rack 8

gf **RIB-EYE STEAK*** / hand cut 12oz choice ribeye coated with our special house rub, grilled to order, served with scalloped potatoes, seasonal vegetables & a side of our house worcestershire. 24.99

gf **SLOW ROASTED PRIME RIB*** / (available after 5:00 pm friday - sunday) herb crusted slow roasted 12 oz., au jus, side creamy horseradish, parmesan scalloped potatoes, seasonal vegetables. 23.99

RARE - cool red center / MEDIUM RARE - warm red center
MEDIUM - hot red center / MEDIUM WELL - hot pink center / WELL - no pink

*THESE ITEMS ARE SERVED RAW OR UNDERCOOKED, OR CONTAIN RAW OR UNDERCOOKED INGREDIENTS.

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

gf gluten free **gf** gluten free option available
(please ask your server)

www.bentforkgrill.com

the *Martinis*

Our house crafted martini recipes; we are able to make most specialty martinis you may desire!

CLASSIC / Premium Vodka or Gin, Dry Vermouth, olives.

CLASSIC DIRTY / Premium Vodka or Gin, Dry Vermouth, Olive Juice, olives

MARTINEZ / Premium Gin, Sweet Vermouth, Angostura bitters.

ORANGE / Grey Goose L'Orange, Triple Sec, Sweet and Sour, splash sprite.

POMEGRANATE / Ketel One Vodka, Pama Liqueur, splash Triple Sec, splash Sweet and Sour.

SIDE CAR / VS Courvoisier, Cointreau, Lemon Juice.

CHAI / Chai Tea, Stoli Vanil, splash of cream and simple syrup, sprinkle cinnamon.

ULTIMATE COSMO / Ketel One Citron, Triple Sec, lime, Cranberry Juice.

CHOCOLATE / Godiva Chocolate Liqueur, Stoli Vanil, Creme de Cacao, splash of cream.

KEY LIME PIE / Stoli Vanil, White Cream de Cacao, Pineapple juice, Lime juice, Sweet and Sour, cream, graham cracker crusted rim.

MARKED MAN / Makers Mark, Sweet Vermouth, cherry.

LONG KISS GOODNIGHT / Stoli Vodka, Stoli Vanil, and White Cream de Cacao, shaved White Chocolate.

RASPBERRY LEMONADE / Ketel One Citroen, Black Raspberry Liqueur, Triple Sec, Lemonade.

FRENCH / Stoli Vodka, Chambord Liqueur, Pineapple Juice.

FRENCH 75 / Premium Gin, Champagne, Lemon Juice.

SOUTHERN BELLE / Malibu Rum, Bombay Sapphire, Triple Sec, Pineapple Juice.

from *Scratch*

Bent Fork the grill was founded right here in Colorado over a decade ago and unlike most restaurants, our chefs have always made our recipes from scratch, utilizing the freshest quality ingredients. The result is an eclectic offering of fresh, flavorful, inventive yet familiar dishes that pair well with great drinks from our selection of diverse wines, contemporary / traditional martinis and craft beers.

Thank you for coming, we are so glad you are here and truly hope you enjoy your experience. And if for any reason it is not up to your standards, please let us know so we can fix it for you right away!

- the Bent Fork



the Whites

					
BUBBLES			CHARDONNAY		
FREIXENET CORDON NEGRO / <i>Brut, Italy (187mL)</i>	8		LINE 39 / CA	6	22
			WILLIAM HILL / Napa Valley, CA	9	34
			KENDALL JACKSON / Sonoma, CA	9	34
			LA CREMA / Monterey, CA	11	42
PINOT GRIS / GRIGIO			ECLECTIC WHITES		
BELLA SERRA / <i>Pinot Grigio, Italy</i>	6	23	BERINGER / <i>White Zinfandel, CA</i>	6	22
MACMURRAY / <i>Pinot Gris,</i> <i>Russian River Valley, CA</i>	9	35	ST. FRANCIS WHITE SPLASH / <i>White Blend, CA</i>	6	22
SANTA MARGHERITA / <i>Pinot Grigio,</i> <i>Alto Adige, Italy</i>		49	DR. HEIDEMANNS-BERGWEILER / <i>Riesling Mosel, Germany</i>	7.5	29
SAUVIGNON BLANC			SEVEN DAUGHTERS / <i>Moscato,</i> <i>Northern Italy</i>	8	31
BONTERRA / <i>Organic, Mendocino County, CA</i>	7	26			
MATUA / Marlborough, NZ	7.5	28			

the Reds

					
PINOT NOIR			CABERNET SAUVIGNON		
MARK WEST / CA	8	32	14 HANDS / Columbia Valley, WA	7	26
FORMATION / Monterey, CA	9	35	CARNIVOR / CA	8	31
			J. LOHR "SEVEN OAKS" / Paso Robles, CA	10	39
			JORDAN / Alexander Valley, CA		73
MERLOT			ECLECTIC REDS		
KENWOOD / Sonoma, CA	6	22	ARTAZURI / <i>Garnacha, Navarra, Spain</i>	7	27
14 HANDS / Columbia Valley, WA	7	26	APOTHIC / <i>Red Blend</i>	7	26
TRIG POINT / Alexander Valley, CA		48	BANFI CENTINE / <i>Toscna,</i> <i>Southern Tuscany, Italy</i>	7	27
ZINFANDEL			ANDELUNA / <i>Malbec, Mendoza, Argentina</i>	8	31
MENAGE A TROIS / CA	7.5	29	DON MIGUEL GASCON / <i>Malbec Blend,</i> <i>Mendoza, Argentina</i>	9	36
MURPHY-GOODE LIARS DICE / <i>Alexander Valley, CA</i>	11	43	IL NESPOLI / <i>Sangiovese, Romagna, Italy</i>	10	39

the Beers

COLORADO CRAFT	IMPORTED
COLORADO NATIVE / <i>Amber Lager, Golden</i>	ST. PAULI GIRL / <i>Non Alcoholic, Germany</i>
DRY DOCK APRICOT BLONDE / CAN, <i>Fruit Beer, Aurora</i>	CORONA EXTRA / <i>American Style Lager, Mexico</i>
BRECK AGAVE / <i>Unfiltered Wheat Ale, Denver</i>	NEGRA MODELO / <i>Dunkel Lager, Mexico</i>
OSKAR BLUES DALE'S / <i>Pale Ale, Lyons</i>	STELLA ARTOIS / <i>European Lager, Belgium</i>
LEFTHAND 400LB / <i>India Pale Ale, Longmont</i>	HEINEKEN / <i>Pale Lager, Holland</i>
NEW BELGIUM FAT TIRE / <i>Amber Ale, Ft. Collins</i>	GUINNESS DRAUGHT / CAN, <i>Stout, Ireland</i>
UPSLOPE IPA / CAN, <i>India Pale Ale, Boulder</i>	
UPSLOPE / CAN, <i>Brown Ale, Boulder</i>	DOMESTIC
LEFTHAND MILK STOUT / <i>Nitro Milk Stout, Longmont</i>	 ANGRY ORCHARD / <i>Hard Cider, Cincinnati Ohio</i>
	BUDWEISER / <i>American Style Lager, St. Louis, MO</i>
DRAFT BEERS	BUD LIGHT / <i>American Light Lager, St. Louis, MO</i>
<i>Ask your server about our draft beer selection</i>	MICHELOB ULTRA / <i>American Light Lager, St. Louis, MO</i>
	COORS BANQUET / <i>American Style Lager, Golden, CO</i>
	COORS LIGHT / <i>American Light Lager, Golden, CO</i>
	MILLER LITE / <i>American Light Lager, Milwaukee, WI</i>

the Ports

TAYLOR FLADGATE 10 YEAR / *Tawny*

the Scotch

CUTTY SARK
 DEWARS WHITE LABEL
 JOHNNIE WALKER / *Red*
 GLENMORANGIE / *10 year*
 GLENLIVET / *12 year*
 JOHNNIE WALKER / *BLACK 12 Year*

the Cordials

DISARONNO / *Amaretto Liqueur*
 COINTREAU / *Orange Liqueur*
 GRAND MARNIER / *Orange Liqueur*
 DRAMBUIE / *Heather honey, herbs, and spices*
 BAILEYS / *Irish Cream Liqueur*
 FRANGELICO / *Hazelnut Liqueur*
 TUACA / *Vanilla and Citrus Liqueur*
 KAHLUA / *Coffee Liqueur*
 GALLIANO / *Vanilla-Anise Liqueur*
 SAMBUCA / *Anise flavored Liqueur*