

# FLIPPED OR FOLDED

7:30am - 11:30am | 2:00pm Weekends

## 🍳 Ham & Cheese

three eggs, omelette or frittata, black forest ham, cheddar cheese \$18

## 🐟 Smoked Salmon

three eggs, omelette or frittata, smoked salmon, herb cream cheese, topped with greens \$20

## 🌿 Spinach & Goat Cheese

three eggs, omelette or frittata, fresh spinach, goat cheese, grape tomato, greens \$19

## 🥓 Farmers

three eggs, omelette or frittata, onion, bacon, blackforest ham, sausage, cheddar \$20

## 🥞 Buttermilk Pancakes

with berry compote & whipped cream  
kids \$9 | two \$13 | three \$15

## 🍞 Vanilla French Toast

sourdough bread with berry compote  
kids \$9 | two \$13 | three \$15

Find us on Facebook!  
For the latest updates

Join us for Dinner!  
Opening at 4:30pm daily

# BREAKFAST

7:30am - 11:30am | 2:00pm Weekends

## 🌿 Steel-Cut Oats

side dried fruit, sliced almonds & berry compote,  
topped with brown sugar & maple syrup \$14

## 🌶️ Chorizo & Chicken Hash

chorizo sausage, grilled chicken, peppers, onion,  
over roasted potato, baked with cheese, sprinkled  
with chipotle, topped with two eggs \$19

## 🍓 Fruit & Yogurt Parfait

layered greek vanilla yogurt, fruit compote,  
house toasted granola \$15

## Daily Features

ask your server for details  
breakfast, lunch & soup

# BENNY'S & MORE

7:30am - 11:30am | 2:00pm Weekends

## 🍳 Classic Benny

toasted english muffin, blackforest ham,  
poached eggs, hollandaise \$18

## 🥑 Avocado & Mango Benny

toasted english muffin, mango chutney,  
avocado, poached eggs, hollandaise \$19

## 🐟 Smoked Salmon Benny

toasted english muffin, cold smoked salmon,  
onion, capers, poached eggs, dill hollandaise \$20

## 🌽 Huevos Rancheros

corn tortilla, pico de gallo, black beans, two  
poached eggs, guacamole & cheese \$18

## 🌿 Smashed Avocado Toast

toasted sourdough, smashed avocado, greens,  
tomato bruschetta \$17 | add two eggs \$4

## 🍳 Just The Way You Like It

bacon, blackforest ham or artisan sausage.  
(steak upgrade \$15) eggs prepared anyway.  
choice of toast. potatoes or ratatouille.  
small \$13 | regular \$17 | large \$21

# FRESH SMOOTHIES

7:30am - 11:30am | 2:00pm Weekends

## 🌿🍌 Healthy G

banana, dates, parsley, cilantro, kale,  
spinach, ginger, lemon, avocado, apple \$9

## 🌿🍌 Straw-Banana

strawberry, banana, coconut, apple \$8  
\*add protein powder \$2

## 🌿🍌 Gluten Free Item

please inform your server  
some items need to be modified



# AL FORNO PIZZA

made with our fresh housemade dough

## 🌿 Margherita

tomato sauce, mozza cheese, pesto drizzle \$21  
\*make it a pepperoni pizza \$23

## 🍍 Loaded Hawaiian

tomato sauce, ham, bacon, pineapple, onion,  
mozza cheese, bbq sauce drizzle \$25

## 🍖 Salami & Bacon

tomato sauce, sliced salami, bacon, mushroom,  
kalamata olives, mozza cheese \$25

## 🍄 Napoletano

tomato sauce, black forest ham, onion,  
mushroom, peppers, mozza cheese \$24

## 🍗 Chicken & Pesto

garlic cream sauce, char-grilled chicken,  
onion, mozza cheese, pesto drizzle \$26

## 🍖 Prosciutto & Arugula

tomato sauce, prosciutto, artichokes, sundried  
tomato, kalamata olives, mozza cheese,  
topped with fresh arugula \$26

# DESSERT \$10

## 🍮 Sticky Toffee Pudding

## 🍰 Daily Cheesecake

## 🍏 Apple Crumble a la Mode

## 🍫 Chocolate Lava Cake

2022 Menu  
Breakfast / Lunch

Website:  
www.fireoak.ca

# STARTERS

appetizer or light lunch?

## 🌿 F&O Bruschetta

tomato bruschetta on crostini's, smashed  
avocado, parmesan & basil \$14

## 🌶️ Garlic Chili Prawn Skillet

chorizo sausage, black tiger prawns, onion,  
peppers, garlic, chili oil, baked with  
cheese, side pizza bread \$21

## 🌿 Spinach & Artichoke Dip

cream cheese, sundried tomato, spinach,  
artichoke, cheese, pizza bread \$18

## Fresh Pizza Bread

with olive oil & balsamic \$7  
add cheese \$3, add marinara dip \$4

# SAVORY CREPES

served with daily side

## 🍳 Ham & Cheddar

housemade crepe stuffed with black  
forest ham & mozza cheese \$16

## 🍗 Chicken & Mozza

housemade crepes stuffed chicken, mozza,  
mushroom, tomato balsamic crema \$19

## 🌿 Vegetarian Item

please inform your server  
some items need to be modified

# CASUAL & PASTA

casual plates include salad or soup

## 🍳 Oak Club Sandwich

char-grill chicken, crisp prosciutto, mozza, onion,  
tomato, arugula, garlic aioli, focaccia \$21

## 🍳 Steak Sandwich

6oz sirloin steak, caramelized onion, sauteed  
mushrooms, sriracha aioli, pizza bread \$28

## 🌿🍌 Fire Burger

herb garlic cream cheese, arugula, tomato,  
caramelized onion, sriracha aioli, brioche \$22

## 🍝 Lasagna Al Forno

house beef & pork bolognese, spinach, ricotta,  
layered lasagna pasta, mozza cheese \$23

## 🍝 Spaghetti Bolognese

house beef & pork bolognese, celery, mushroom,  
onion, fresh spaghetti, parmesan cheese \$23

## 🍗 Chicken Fettuccine

char-grilled chicken, creamy garlic sauce, fresh  
fettuccine, scallions, parmesan cheese \$25

# SOUP & SALADS

salad adds: sirloin steak \$15, prawn \$10, chicken \$7

## 🍲 Soup of the Moment

made in house, ask for today's selection  
made with the freshest ingredients \$11

## 🍌 Blackened Chicken Salad

greens, char-grilled chicken, feta, boiled egg,  
chimichurri sauce, tomato, avocado,  
mango balsamic dressing \$24

## 🌿🍌 Fire & Oak Caesar Salad

romaine lettuce, crispy prosciutto, garlic  
focaccia croutons, creamy lemon garlic  
dressing, parmesan cheese \$18

## 🍌 Gorgonzola Steak Salad

greens, arugula, 6oz sirloin steak,  
apple slices, tomato, caramelized onions,  
maple balsamic dressing \$28

## 🍌 Citrus King Prawn Salad

greens, garlic sauteed prawns, grape tomato,  
green peas, cucumbers, peppers, orange  
segments, feta, citrus dressing \$27