



5 N Main

435-260-7177

At the Spoke we pride ourselves on providing only the highest quality food to all of our guests.

To meet this goal we prepare our food **FRESH, IN-HOUSE, FROM SCRATCH.**

We source as many of our ingredients locally and fresh as possible.

We serve only fresh, never frozen, 100% black angus beef and naturally raised antibiotic free chicken.

Spoke Burgers

**CHOOSE ONE SIDE: Hand-Cut Fries - Baked Potato - Coleslaw - Brown Rice - Sautéed Vegetables
OR FOR AN ADDITIONAL \$2: Sweet Potato Tots - Onion Rings - Side Caesar - Side Salad**

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| <p>TEXAN..... \$15
Black Angus Beef, Anaheim pepper, pepper jack cheese, mac poppers, ancho onion straws, & house-made BBQ sauce</p> <p>CAPRESE..... \$15
Black Angus Beef, Balsamic basted tomato, mozzarella, & fresh basil</p> <p>2 PIGS & A COW..... \$17
Black Angus Beef, pulled pork, bacon, cheddar, & 2 onion rings</p> <p>VEGETARIAN..... \$14
Spoke-Made black bean burger topped with sautéed spinach, tomatoes, & avocado</p> <p>BOB BURGER..... \$11
Black Angus Beef, cheddar cheese, lettuce, tomato, onion, & pickles</p> | <p>BUFFALO BLEU..... \$17
Buffalo burger with bacon & bleu cheese</p> <p>HAWAIIAN..... \$14
Grilled chicken topped with fresh pineapple, sautéed onions, swiss cheese, ham & Spoke-Made sesame ginger sauce</p> <p>RISE & SHINE..... \$15
Black Angus Beef, bacon, egg, grilled tomato, & mushrooms</p> <p>CHILI CHEESE BURGER..... \$14
Black Angus Beef, smothered in our delicious Spoke-Made chili & topped with mild cheddar cheese</p> <p>SMOKEY 'SHROOM BURGER..... \$14
Our twist on a classic burger with Black Angus Beef, fresh mushrooms & smoked gouda cheese</p> |
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PROTEIN OPTIONS:

BLACK ANGUS BEEF * CHICKEN (add \$1) * SPOKE-MADE VEGETARIAN (add \$1) * BUFFALO (add \$5) * SALMON (add \$5)
PORTABELLO MUSHROOM (add \$1) * GLUTEN FREE BUN UPON REQUEST (add \$2)

*Choose up to House Sauces: Garlic Mayo - Fry Sauce - Sriracha Fry Sauce - Honey Mustard - Honey BBQ
Hot Wing - Twangy BBQ - Sesame Ginger - Ranch - Bleu Cheese*

Build your own Burger

1 PATTY	Black Angus Beef \$10	Portabello Mushroom \$11	Veggie or Chicken \$11	Buffalo or Salmon \$15
2 CHEESE	American \$1 Swiss \$1	Pepperjack \$1 Cheddar \$1	Bleu \$2 Goat \$2	Fresh Mozzarella \$3 Smoked Gouda \$2
3 TOPPINGS	Bacon \$2 Fried Egg \$1 Avocado \$2	Mushrooms \$2 Grilled Onions \$1 Pineapple \$1	Spinach \$1 Jalapeños \$1 Chili \$2	Anaheim Pepper \$2 2 Onion Rings \$1 2 Mac Poppers \$2

All of our burgers are cooked to a medium range unless otherwise requested.

The consumption of raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

A gratuity of 18% will be added to parties of 6 or more.

Menu is subject to change without notice. Please see full menu on-line at www.thespokemoab.com



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Appetizers

- LOADED FRIES** \$8
Topped with cheese, bacon, & fresh jalapeños
- CHILI CHEESE FRIES** \$8
Smothered in our house-made chili & cheddar cheese
- BUFFALO FRIES** \$8
Bleu & cheddar cheese, buffalo sauce, topped with sour cream
- MACARONI POPPERS** \$8
Spoke-made mac-n-cheese stuffed with fresh jalapeños, served with ranch dressing
- ATLANTIC COD & SHRIMP CEVICHE** \$10
Fresh chopped tomato, onion, cucumber, celery, garlic, & cilantro with Atlantic cod & shrimp, brined in fresh lime juice
Add avocado & goat cheese \$3

- SPOKE WINGS** \$10
Your choice of BBQ, mild, hot, inferno or sesame ginger sauce
(6) Unicycle \$8, (12) Tandem \$14, (18) Bike Club \$20
- FRIED CAPRESE STACKER** \$10
Fresh mozzarella, breaded & fried, layered with basil & tomatoes, topped with olive oil & balsamic reduction
- SPINACH ARTICHOKE DIP** \$9
Served with pita bread
- CHIPOTLE HUMMUS** \$9
Puréed garbanzo beans mixed with chipotle peppers, tahini, garlic & spices. Served with cucumbers, carrots, & pita bread
- MOAB SPROUTS** \$9
Fresh steamed brussels sprouts sautéed with bacon, garlic, & onions

Soups & Salads

- SOUP DU JOUR OR CHILI** \$7
- CITRUS QUINOA SALAD** \$13
Quinoa, mixed greens, fresh fruits with citrus dressing
- HOUSE SALAD** \$6
Mixed greens, carrots, cabbage, cherry tomatoes, & cucumbers
- CAESAR SALAD** \$9
Classic Caesar with anchovies (upon request) tossed in our house-made dressing, croutons, & aged parmesan cheese
- WEDGE SALAD** \$10
Our twist on a classic wedge salad. Artisan romaine lettuce, bacon, tomatoes, bleu cheese, & balsamic glaze

- BEET, SPINACH, & GOAT CHEESE** \$13
Baby spinach, goat cheese, & roasted almonds with organic steamed red & golden beets
- CHEF'S SALAD** \$15
Black Forrest Ham, roasted turkey, egg, bacon, tomatoes, cucumbers, & shredded monterey jack cheese
- CALIFORNIA COBB SALAD** \$16
Mixed greens, grilled chicken breast, bacon, tomatoes, cucumber, bleu cheese crumbles, avocado, & egg
Add chicken \$5 – salmon \$7 – shrimp \$7 to any salad
We offer the following dressings: citrus vinaigrette – honey mustard caesar – bleu cheese – italian – ranch – oil & vinegar

Entrees

- BEER BATTERED FISH & CHIPS** \$15
Atlantic cod battered in house. Served with house-cut fries & a side of tartar sauce
- SPOKE-MADE MEATLOAF** \$15
Our house-blend of beef, pork, & chorizo. Bacon wrapped & topped with gravy & ancho onion straws. Served with garlic chive mashed potatoes & our sautéed vegetables
- SHRIMP SCAMPI** \$17
6 large shrimp sautéed in a lemon garlic sauce, tossed with shallots, tomatoes, & linguini pasta. Served with garlic bread
- LEMON PICCATA PASTA** \$14
Tomatoes, garlic, onions, capers, & linguini pasta tossed in a lemon white wine sauce with a touch of butter and cream. Served with garlic bread **Add chicken \$5**
- PASTA CARBONARA** \$14
Bacon, garlic, scallions, & linguini pasta tossed in a white wine cream sauce topped with a fried egg & served with garlic bread **Add chicken \$5 or salmon \$7 or shrimp \$7**
- PASTA MARGHERITA** \$14
Linguini pasta tossed with fresh tomatoes and basil in a garlic, mozzarella parmesan sauce. Served with garlic bread **Add chicken \$5 or salmon \$7 or shrimp \$7**

- LEMON CHICKEN** \$15
Pan seared chicken breast topped with mushroom lemon cream sauce, served with rice & sautéed vegetables
- FRESH GRILLED SALMON** \$18
Grilled salmon served with brown rice & sautéed vegetables
- FISH TACOS** \$13
Grilled Atlantic cod, wrapped in flour or corn tortillas, served with avocado, cabbage pico de gallo, & rice
- CHICKEN TENDERS** \$12
Tender all natural chicken, breaded in-house, served with our house-cut fries & sauce
- SPOKE-MADE MAC-N-CHEESE** \$12
Creamy cheesy mac, made to order, served with garlic bread. Add toppings from our BYO Burger Menu from \$1 & up
- BBQ PULLED PORK SANDWICH** \$13
Slow roasted Berkshire pork served with coleslaw, served with our house-cut fries
- BLT** \$11
Classic BLT with thick cut bacon, vine ripe tomatoes, romaine lettuce & garlic mayo. Served with our house-cut fries **Add avocado \$2**
- FRENCH DIP SANDWICH** \$12
Thinly sliced sirloin, sauteed mushrooms, onions, & swiss cheese. Served on a classic hoagie bun with our house-cut fries & au jus.