



# THE FOREST NOOK

3121 Forest Road  
Vowinckel, PA 16260

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[www.theforestnook.com](http://www.theforestnook.com)

## Menu

We here at The Forest Nook appreciate your patronage. When in Cook Forest with friends and family, please take the time to enjoy the wonder of this one of a kind environment with its abundant animal life, various water activities, and dense woods. Everything beautiful and wonderful in the forest is delicately subtle and whispers when it speaks, dancing to a soft and gentle rhythm.

As part of the community, our goal is to provide dining pleasures in an efficient and courteous manner – allowing your senses to be tantalized and satisfied.

We welcome your comments as we strive to bring you a most enjoyable eating experience.

With heartfelt thanks,  
The Team at the Forest Nook

*Have a special occasion? Ask about our private parties and catering.*

### Hours:

Monday – Friday	11 am - 10 pm
Saturday	8 am - 10 pm
Sunday	8 am - 10 pm
Saturday-Sunday we serve breakfast.	

## Beverage Menu

### ~ Hot Beverages ~

Coffee (Regular or Decaffeinated)	\$1.25
Espresso	\$2.50
Double Espresso	\$2.99
Cappuccino	\$3.75
Herbal Tea – flavors: peppermint, cinnamon apple, raspberry, and regular	\$1.99
Hot Chocolate	\$1.99
Latte with Flavoring*	\$3.75

*\*Available Flavorings: Mocha, Hazelnut, Vanilla, French Vanilla  
Sugar Free: Hazelnut, Vanilla, Caramel*

### ~ Cold Beverages ~

Lemonade (per glass)	\$1.25
(Per Pitcher)	\$3.99
Fresh Brewed Iced Tea (per glass)	\$1.25
(Per Pitcher)	\$3.99
Milk (per glass)	\$1.25
Chocolate Milk (per glass)	\$1.50
Iced Latte with Flavoring	\$3.75
Bottled Water	\$1.00
Orange Juice	\$1.50
Grape Juice	\$1.25
Apple Juice	\$1.25
12 oz. can of soda (Pepsi products)	\$1.25

### ~ Cold Beer ~

<b>Budweiser</b>	<b>Bud Light</b>	<b>Miller Light</b>	<b>Coors Light</b>
<b>Busch</b>	<b>Bud Light Lime</b>	<b>Straub</b>	<b>Yuengling</b>
<b>I.C. Light</b>	<b>Busch Light</b>	<b>Straub Dark</b>	
	<b>Michelob</b>	<b>Michelob Ultra</b>	

### ~ Wine ~

Please ask about our wine selection!

## ~ Appetizers ~

**Ultimate Stuffed Mushroom Caps ....(Baked and stuffed with pepperoni, green peppers, onions, bread crumbs and Parmesan Cheese).....\$4.99**

**Potato Skins.....\$4.99**

**Mozzarella Cheese Sticks (4).....\$3.99**

**Hot Pepper Cheese Balls.....\$3.99**

**Onion Rings....\$3.99**

**Bruschetta.....\$4.99**

**Chicken Fingers (3).....\$4.99**

**Jalapeno Poppers.....\$3.99**

**Pizza Logs.....\$1.00 each**

**Cauliflower.....\$3.99**

## ~Salads~

Side Salad - \$3.99

Iceberg lettuce, cucumber, tomatoes, onion and shredded carrots, garnished with croutons. Your choice of dressing.

Cobb - \$7.99

A bed of iceberg and romaine lettuce, topped with diced tomato, grilled chicken breast, crumbles of blue cheese, boiled eggs, avocado and bacon pieces. Your choice of dressing.

Chef - \$7.99

A mixture of iceberg and romaine lettuce topped with julienne Swiss, cheddar cheese, ham and turkey. Your choice of dressing.

Caesar - \$6.99

A bed of romaine lettuce, garnished with herb and garlic croutons, Parmesan cheese, and classical Caesar dressing. Add grilled chicken breast for only \$3.00 or grilled mahi-mahi for only \$3.00.

Pecan Dolphin - \$8.99

Pecans, dried cherries, cherry tomatoes and a eight-ounce fillet of grilled mahi-mahi covering a bed of romaine lettuce. Your choice of dressing.

Chicken Salad - \$7.99

Iceberg and romaine lettuce, tomatoes, cucumbers, onions, and shredded carrots. Topped with slices of chicken breast, French fries, mozzarella cheese, garnished with croutons.

Steak Salad - \$8.99

Iceberg and romaine lettuce, tomatoes, cucumbers, onions, shredded carrots. Topped with slices of steak and French fries, garnished with croutons.

## Salad Dressings

Ranch, Italian, 1000 Island, French, Blue Cheese, Poppy Seed, Balsamic Vinaigrette  
Non-Fat Ranch, Non-Fat Italian,  
House Dressing: Raspberry Vinaigrette

## ~Soup~

Daily specials by the cup or bowl.

## “House Specials”

### “Schuck” Burger - \$6.99

Six ounces of ground beef grilled, then put on a Sesame roll with Swiss cheese, sliced ham, pickle; wrapped in foil and returned to the grill. **You just gotta try this!!!!**

### Italian Sausage - \$6.99

Delicious homemade sausage served patty style, topped with your choice of grilled green peppers or hot peppers, covered with our special mild or hot sauce.

## ~Sandwiches, etc. ~

**All sandwiches are served with your choice of a side.**

### Stuffed Tomato - \$6.99

A hulled tomato filled with your choice of tuna fish salad, egg salad, or honey mustard chicken salad. Served with crackers.

### Honey Mustard Chicken Salad - \$5.99

Baked chicken breasts mixed with our special honey mustard dressing. Served with your choice of white, wheat, or rye bread.

### Tuna Fish Salad Sandwich - \$4.99

Tuna fish mixed with onion, celery and mayo. Served with your choice of white, wheat, or rye bread.

### Egg Salad Sandwich - \$4.99

Diced hard boiled eggs mixed mayo. Served with your choice of white, wheat, or rye bread.

### Rueben Sandwich or Turkey Rueben \$6.99

Grilled rye bread topped with melted Swiss cheese, corned beef, sauerkraut, and 1000 Island Dressing.

### Turkey Rachel Sandwich - \$6.99

Grilled rye bread topped with melted Swiss cheese, sliced turkey, coleslaw, and 1000 Island Dressing.

### Grilled Chicken Breast Sandwich - \$7.99

A grilled chicken breast, served with lettuce, tomato, and onion on Sesame roll.

### Mahi Sandwich - \$7.99

A grilled eight-ounce fillet of mahi mahi. Served on a Sesame roll with a side of romalaude sauce.

**Classic BLT - \$4.99**

Bacon, lettuce and tomato with mayo. Served on your choice of white, wheat, or rye bread - Toasted upon request.

**Hot Turkey Sandwich - \$6.99**

Sliced turkey breast, served on your choice of white, wheat, or rye bread smothered in hot turkey gravy. Served with your choice of mashed potatoes or French fries.

**Hot Roast Beef Sandwich - \$7.99**

Sliced roast beef, served on your choice of white, wheat, or rye bread smothered in hot beef gravy. Served with your choice of mashed potatoes or French fries.

**Meatloaf Sandwich - \$6.99**

Sliced meatloaf, served on your choice of white, wheat, or rye bread smothered in hot beef gravy. Served with your choice of mashed potatoes or French fries.

**~ Burgers ~**

**Hamburger - \$6.99**

Six ounces of ground beef grilled and served on a Sesame roll with lettuce, tomato, onion, and a dill pickle spear.

**Cheeseburger - \$7.99**

Six ounces of ground beef and served on a Sesame roll with lettuce, tomato, onion, and a dill pickle spear. Your choice of Swiss, Cheddar or American cheese. *Add bacon for \$.75.*

**California Hamburger - \$6.99**

Six ounces of ground beef mixed with a blend of Worchester sauce and seasonings, grilled to your preference and served on a Sesame roll with lettuce, tomato, onion, and a dill pickle spear. *Add your choice of Swiss, Cheddar or American cheese for \$.75. Add bacon for \$.75.*

**~ SIDE DISHES ~**

**Homemade French Fries.....\$2.99**

**Couscous Salad.....\$2.99**

**Aunt Frieda's Potato Salad.....\$2.99**

**Coleslaw.....\$1.99**

**Potato Chips.....\$0.99**

**Pasta Salad.....\$2.99**

**Cottage Cheese.....\$0.99**

**Applesauce.....\$0.99**

## ~SUBS~

Available on White or Wheat Roll

### Pizza Sub - \$6.99

Our delicious sauce, covered with pepperoni, smothered with mozzarella cheese, and your choice of up to three additional toppings. Choice from: Bacon, Ham, Italian Sausage, Grilled Chicken, Mushrooms, Onion, Green Peppers, Mild pepper rings, Black Olives, Tomatoes, Garlic, Cheddar Cheese.

### Meatball Sub - \$6.99

Our delicious homemade meatballs and marinara sauce covered with shredded mozzarella cheese, then sprinkled with parmesan cheese.

**All subs below are served with lettuce, tomato, onions, and your choice of dressing:**

### Ham & Cheese - \$6.99

Sliced deli ham, covered with Swiss cheese, toasted and topped with lettuce, tomato and onion.

### Turkey Breast - \$6.99

Sliced deli turkey breast, covered with American cheese, toasted and topped with lettuce, tomato and onion,

### Veggie Sub - \$6.99

Sliced tomato, onion, lettuce, green peppers and black olives, topped with American cheese.

### Steak & Cheese - \$8.99

Pan grilled steak with onions, green peppers and mushrooms, topped with mozzarella and provolone cheese, then toasted and topped with lettuce, tomato and onion.

### Chicken Caesar - \$7.99

Grilled chicken breast, served with romaine lettuce, parmesan cheese and tossed in Caesar dressing.

### Buffalo Chicken - \$7.99

Sliced chicken breast tossed in buffalo sauce and covered with American cheese, toasted and topped with lettuce, tomato and onion.

### Italian - \$7.99

Layer of deli ham, salami, and pepperoni covered with American cheese and toasted, topped with lettuce, tomato and onion.

The consumption of raw uncooked meats, poultry and by products can contribute to a food borne illness.

## ~Fresh Dough Pizza~

Mozzarella cheese and a choice of one topping.

**Small - \$4.99**

**Medium - \$7.99**

**Large - \$12.99**

### Deluxe

Pepperoni, Italian Sausage, Onions, Green Peppers, Mushrooms, Black olives

**Small - \$6.99**

**Medium - \$10.99**

**Large \$15.99**

### Meaty

Pepperoni, Italian Sausage, Ham and Bacon.

**Small - \$6.99**

**Medium - \$10.99**

**Large \$15.99**

### Veggie

Mushrooms, Onions, Green Peppers, Black Olives and Tomatoes.

**Small - \$5.99**

**Medium - \$9.99**

**Large \$13.99**

### Buffalo or BBQ Chicken

Diced grilled chicken breast smothered in either buffalo or BBQ sauce and topped with mozzarella and cheddar cheese.

**Small - \$6.99**

**Medium - \$10.99**

**Large - \$15.99**

### Extra Toppings \$ .75 each

Pepperoni, Bacon, Ham, Italian Sausage, Grilled Chicken, Mushrooms, Onion, Green Peppers, Mild pepper rings, Black Olives, Tomato, Garlic, Mozzarella and Cheddar Cheese.

## ~Jumbo Chicken Wings~

**12 wings...\$10.99**

**6 wings...\$7.99**

**Add Ranch or Blue cheese dressing and celery sticks for only \$1.50.**

**Chicken wings available in Regular, Mild, Hot, Butter and Garlic, Barbeque, Teriyaki, Ranch, and Mild or Hot Ranch.**

**~Entrees~**  
**Served from 4:00 – 9:00 pm**

**Served with choice of potato, side salad or cup of soup, vegetable of the day and dinner roll.**

**10 oz. New York Strip Steak**-seasoned and grilled to your liking \$16.99

**Baby Back Ribs**-house seasoned then roasted and served covered in our special sauce.....1/2 rack \$10.99.....Full rack \$14.99

**Roast Beef Dinner**-slow roasted and dipped in au jus \$12.99

**Meatloaf Dinner**-coated and baked with house sauce \$11.99

**Turkey Dinner**-roasted and served with our homemade stuffing \$11.99

**Includes a side salad and garlic toast.**

**Spaghetti and Meatballs**-served with two homemade meatballs \$10.99

**Lasagna**-baked with meat, cheeses and our homemade sauce \$11.99

**Homemade Manicotti**-crepe style shell stuffed with ricotta, mozzarella and provolone cheese, covered with our homemade sauce \$11.99

**Stuffed Shells**-tender pasta shells stuffed with ricotta, mozzarella and provolone cheese, covered with our homemade sauce \$10.99

**Chicken Parmesan**-breaded chicken breast, covered with our homemade sauce, topped with mozzarella and provolone cheese, served with spaghetti \$12.99

**Chicken Alfredo**-tender chicken breast, sautéed with garlic, oil and parsley, then covered with a cream sauce \$12.99

**Veal Parmesan**-breaded veal, covered with homemade sauce, topped with mozzarella and provolone cheese, served with spaghetti \$15.99

**Leave room for one of our  
AWESOME DESSERTS!**

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