



Executive Chef Craig Sung

Forage connects diners to fishers, farmers, and foragers. Our dishes are carefully crafted to celebrate the best of what's in season
Our menu items have been designed to be shared and may arrive at the table separately. Enjoy the best of BC!

SMALL PLATES

Fresh BC Oysters (GF)

kelp mignonette, fresh horseradish, Remix hot sauce 4.5 ea or 1/2 doz 24

Cast Iron Corn Bread (V)

local cheddar, spicy honey 18

Hannah Brook Spring Green Salad (GF) (V)

Hannah Brook greens, heirloom tomato, elderflower vinaigrette, BC peaches, Fraser Valley hazelnuts 24

Bison Carpaccio

pickled rhubarb, pesto aioli, sous vide egg yolk, sourdough crisps, alpondon cheese 23

Smoked Fish Dip

smoked sablefish, sour cream & onion, fried tortilla chips, pickled Jalapeño 17

Duck Liver Parfait

Fraser Valley duck liver, Okanagan cherry preserve, grand fir, forage waffle 21

Dungeness Crab (GF)

lime, cilantro, radishes, gazpacho 28

Salmon (GF)

cured Kuterra salmon, ikura, basil, squid ink puff, cilantro chili dressing 26

LAND

Duck (GF)

14-day dry aged duck breast, duck sausage spring roll, spiced yam, apricot & lavender honey compote 68

Steaks (GF)

all are accompanied by seasonal garnishes and bison marrow butter

8 oz Bison "Butcher's Cut" Steak 55

12 oz Bison Striploin 80

28 - 32 oz Bison Bone on Rib Eye MP

please allow 45 min preparation time

Sauce (GF)

bison tare 4

garlic scape chimichurri 4

SEA

Octopus (GF)

spiced eggplant purée, chimichurri, confit German butter potatoes, house-made Fraser Valley pork chorizo 43

Sablefish (GF)

pan roasted Golden Eagle sablefish, Totten Inlet mussels, fennel slaw, mussel veloute 49

SEASONAL HARVEST (V) (GF)

confit garlic pomme purée, chives, garlic scape salt 14

grilled shishito peppers, togarashi, black pepper aioli 14

seasonal green beans, lemon, chili, alpondon cheese 14

grilled zucchini salad, mint, pine nuts, currants, feta 14

cultivated mushrooms, garlic, shallots, parsley 14

SOIL

Wild Pie (V)

stinging nettle & kale, filo pastry, Okanagan goat cheese, tahini yogurt, apple slaw 31

Gnocchi (V)

Kennebec potato gnocchi, Chilliwack corn, Jalapeño, tarragon, brown butter crumb, Neufchâtel cheese 33

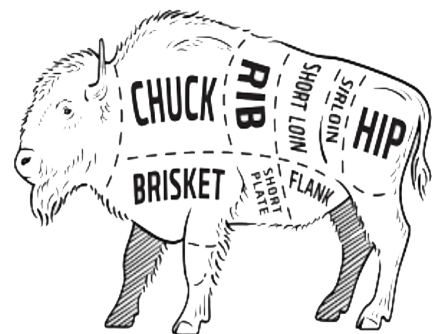
Tortelloni (V)

Myca farms yellow oyster mushrooms, chanterelles, ricotta & kale, braised leeks 35

BISON BOARD EXPERIENCE

only available Friday, Saturday & Sunday

a bountiful selection of preparations of Canadian bison, local vegetables and other items
This board is served to share amongst 1-3 people MP



All seafood options on this menu are recommended by Ocean Wise

(GF) Gluten Free
(V) Vegetarian

Vancouver Coastal Health advises:
"The consumption of RAW oysters poses an increased risk of foodborne illness"

@foragevancouver





Ask Peter Sullivan, our Wine Director / Sommelier, about our extensive cellar selections

WINE BY THE GLASS 5 oz glass/ 8 oz glass

**Indicates wine on tap*

WHITES & SPARKLING

- Evolve** "Effervescence" bubbles 12/19
- 2016 **La Frenz** "Aster" traditional method sparkling 16/24
- 2020 **Pentâge** Sauvignon Blanc 14/21
- 2020 **Bench 1775** Pinot Gris 14/21
- 2018 **Church & State** Roussanne 15/23
- 2020 **Niche** Gewürztraminer "off dry" 14/21
- 2019 **Kettle Valley** Chardonnay 15/23
- 2020 **Culmina** "Unicus" Grüner Veltliner 16/24
- 2021 **Synchromesh** "Long's View" Riesling "off dry" 15/23

ROSÉS

- 2022 **Corcelettes** "Oracle" Rosé 12/19
- 2020 **Chronos** Rosé 14/21

REDS

- 2019 **Kettle Valley** ' Estate ' Pinot Noir 16/24
- 2016 **Pentâge** GSM 16/24
- 2018 **TIME** Cabernet Franc 14/21
- 2020 **Corcelettes** "Forage" Merlot* 15/23
- 2019 **Church & State** Cabernet Sauvignon/Merlot* 14/21
- 2017 **Great Northern** Syrah 14/21

WINE BY THE BOTTLE

Please ask your server to view our full wine list

BC CRAFT BEER ON TAP 16 oz glass

- Hoyne** Pilsner - *Victoria* 8
- Twin Sails** "Dat Juice" Citra Pale Ale - *Port Moody* 8
- Tofino Brewing** "Tuff Session" American Pale Ale - *Tofino* 8
- Wildeye** "7th Secret" French Wheat Biere - *North Vancouver* 8
- Crannog** "Back Hand of God" Stout - *Sorrento* 9
- 33 Acres** "Nirvana" IPA - *Vancouver* 8
- Bomber Brewing** "All The Things" Amber - *Vancouver* 8
- Phillips** "78 Analogue" Kolsch - *Victoria* 8
- Off the Rail** Peche Mode Peach Cobbler Sour - *Vancouver* 8

BC wine flights

3 x 2 oz pours of any of our by the glass wines for 20

Forage beer flights

3 x 6 oz pours of any of our draft beers for 12

BC cider flights

3 x 2 oz pours of any of our craft ciders for 12

SEASONAL COCKTAILS 2 oz unless specified otherwise

- FORAGE MANHATTAN** choice of the Odd Society Rye/Okanagan Spirits BRN, Esquimalt Vermouth, Bitters, brandied cherry \$19
- CUCUMBER G&T** Long table cucumber gin, Sparkmouth handcrafted tonic, shaved cucumber and cracked black pepper \$16
- PINK G&T** Wayward raspberry gin, Sparkmouth handcrafted tonic, raspberries \$16
- FORAGE NEGRONI** Ampersand gin, The Woods Spirit Co. Amaro, Odd Society Vermouth, orange peel 18
- FORAGE 75** Evolve "Effervescence" bubbles, Victoria Spirits "Empress" gin, fresh lemon (1 oz) 16
- FORAGE OLD FASHIONED** Odd Society whisky, brandied cherries, Bittered Sling bitters 18
- LADY JUNIPER** Arbutus Distillery "Blue Gin", Sons of Vancouver "Quadruple Sec", fresh squeezed lemon, egg whites, Elderflower 18
- DREAM BEE BUBBLY SOUR** Evolve sparkling wine, BC blueberries, lavender, honey, lime juice, egg whites 18
- SEA TO SKY VODKA SPRITZ** Long Table vodka, mint leaves, watermelon, fresh squeezed lemon, soda 19
- ESPRESSO MARTINI** Depth Charger coffee liqueur, Long Table vodka, simple syrup & Mogiana espresso 18
- OKANAGAN SAZERAC** Maple Leaf Spirits "Lady of the Cask" Brandy VSOP, Okanagan Spirits "Taboo Absinthe", local bitters, lemon zest 19

BC CRAFT CIDERS

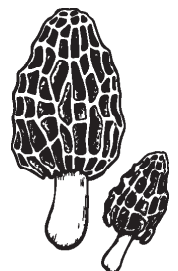
- Sea Cider** "Rumrunner" Apple Cider - *Saanich* 9
- Sea Cider** "Pippins" Apple Cider - *Saanich* 9
- Sea Cider** "Seasonal" Apple Cider - *Saanich* 9

FORAGE FAMILY STYLE FEASTS

Planning a small dinner gathering for 6-15 guests? Consider our Forage Family Style Feast!

This experience is a three course dinner presented "family style" for sharing. Meal includes starters, main course board, and a selection of hand crafted desserts. Extra courses, wine pairings available.

Ask your server for more info!



MOCKTAILS

- DREAM BEE SPARKLING SOUR:** BC blueberries, lavender, honey, lime juice, soda, egg whites 13
- SEA TO SKY SPRITZ:** Mint leaves, watermelon syrup, fresh squeezed lemon, soda 12
- SUNNY BC APPLE GINGER:** Fresh squeezed apple juice, root-side ginger syrup, fresh lime juice, soda 12