



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, kimchi 4.5 ea or 1/2 doz 24

Cast Iron Pan Bread (V)
local cheddar, spicy honey 18

Beetroot Salad (V)
roasted red and yellow beets, beetroot hummus, Okanagan goat cheese, pine nuts, sourdough crisps 24

Forage Seafood Chowder
smoked sablefish & salmon, prawn toast 15

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

Bison Carpaccio
pickled rhubarb, pesto aioli, sous vide egg yolk, sourdough crisps, alpendon cheese 23

LAND

Osso Bucco (GF)
elk shank, parsnip pomme purée, heirloom carrots, grand fir gremolata 59

Cutter Ranch Berkshire Pork (GF)
15 oz hay-smoked bone-in chop, pearl onions, charred cabbage, horseradish crema, pork jus 65

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

Sauce (GF)
peppercorn sauce 4
salsa verde 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, Jerusalem artichokes, broccolini, yellow curry sauce 49

Dungeness Crab
crispy fried crab legs, kohlrabi slaw, spring onions, black pepper jam 48

SEASONAL HARVEST (V) (GF)

confit garlic pomme purée, chives, garlic scape salt 14
fried Brussel sprouts, lemon honey, charmisan cheese 14
roasted squash & sweet potato, garlic yogurt 14
cultivated mushrooms, garlic, shallots, parsley 14

SOIL

Wild Pie (V)
stinging nettle & kale, filo pastry, Okanagan goat cheese, tahini yogurt, apple slaw 31

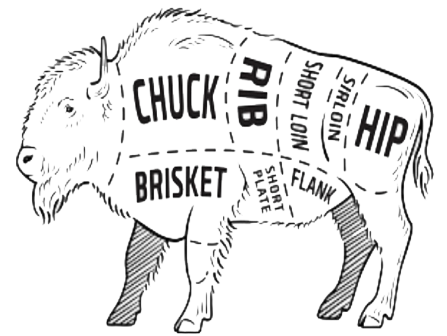
Gnocchi (V)
Kennebec potato gnocchi, butternut squash, sage, brown butter crumb, Neufchâtel cheese 33

Mushroom Barley "Risotto"
local foraged mushrooms, king oyster mushroom, ricotta cheese, truffle mushroom soil 32

BISON BOARD EXPERIENCE

Available Fridays,
Saturdays & Sundays

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



BEST OF BC

A four-course meal available from Monday to Thursday for \$69

The Best of BC menu is created by Forage to showcase the best of British Columbia's ingredients and to celebrate the local cuisine. By featuring the freshest and most flavorful ingredients from the region, Forage aims to provide an unforgettable dining experience that highlights the unique and diverse food culture of British Columbia.



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
- 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** "Embers" Smoked Porter - *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** "Fun Dip" Berry Sour - *Vancouver* 8

BC wine flights

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

- WINTER WHISPER** Okanagan BRBN, Esquimalt spiced apple, egg white, maple syrup, cinnamon powder 18
- LEMON SPICED CAKE** Liberty vodka, Esquimalt Limoncello, maple syrup, vanilla extract, lemon juice, cinnamon powder 18
- BLACK CHERRY MANHATTAN** Prospector Rye, Amaro, cherry syrup 19
- LADY JUNIPER** Arbutus Distillery "Blue Gin", Sons of Vancouver "Quadruple Sec", fresh squeezed lemon, egg whites, elderflower 18
- ESPRESSO MARTINI** Depth Charger coffee liqueur, Long Table vodka, simple syrup & Mogiana espresso 18
- 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
- MAPLE GINGER BLISS (HOT)** Okanagan BRBN, ginger syrup, maple syrup, orange wheel 16

****Ask your server about classic cocktail options****

BC CRAFT CIDERS

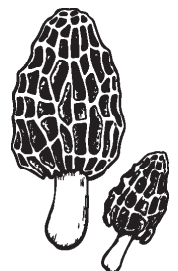
- Sea Cider** "Rumrunner" Apple Cider - *Saanich* 9
- Sea Cider** "Pippins" Apple Cider - *Saanich* 9
- Sea Cider** "Seasonal" Apple Cider - *Saanich* 9

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, and 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, elderflower syrup, fresh squeezed lemon, soda 12
- SUNNY BC APPLE GINGER:** Fresh squeezed apple juice, root-side ginger syrup, fresh lime juice, soda 12