



### 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

## LAND

**Lamb Shank**  
red wine braised, marrow pomme purée, broccolini, gremolata 48

**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  
60 oz beef tomahawk MP

**Sauce** (GF)  
peppercorn sauce 4  
salsa verde 4  
horseradish cream 4

## SEA

**Octopus** (GF)  
navy bean puree, sunchoke, kale, peri peri sauce 43

**Sablefish** (GF)  
pan roasted Golden Eagle sablefish, braised turnip, bok choy, black pepper broth 49

## SEASONAL HARVEST (V) (GF)

confit garlic pomme purée, chives, garlic scape salt 14  
fried Brussel sprouts, lemon honey, charmisan cheese 14  
cultivated mushrooms, garlic, shallots, parsley 14  
roasted parsnip, orange, hazelnut gremolata 14  
char kale salad, ambrosia apple, honey brie dressing 14

**Bison Chili**  
sour cream, scallions, local cheese, ciabatta 15

**Pate De Champagne**  
Berkshire pork, ambrosia apple slaw, mustard, toasted baguette 22

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

## SOIL

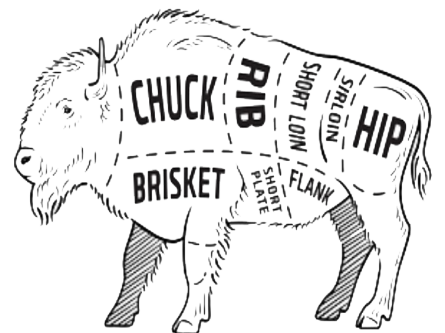
**Gnocchi** (V)  
Kennebec potato gnocchi, butternut squash, sage, brown butter crumb, Neufchâtel cheese 33

**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



## VALENTINE'S DAY PACKAGE

Join us on February 14th for a special Valentine's Day menu! Indulge in a four-course meal with bubbles on arrival and cocktails to set the mood.

### Make it a staycation!

Unwind + Dine at The Listel Hotel with one night of accommodation, valet parking, and a \$50 Forage gift certificate (one per stay). Scan the barcode below to learn more about this offer.



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
- 2018 **Church & State** Roussanne 15/23
- 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
- 2020 **Corcelettes** "Forage" Merlot 15/23
- 2017 **Great Northern** Syrah 14/21
- 2021 **Church & State** "Lost Inhibitions" Cab/Merlot 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

### 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

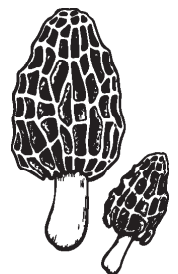
- Sea Cider** "Rumrunner" Apple Cider - *Saanich* 9
- Sea Cider** "Pippins" Apple Cider - *Saanich* 9
- Sea Cider** "Seasonal" Apple Cider - *Saanich* 9

### 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

#### 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