



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 ½ 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
- Duck** (GF)  
Brome Lake duck breast , duck liver parfait, parsnip purée, beetroot, Huckleberry jus 49
- 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, mustard, toasted baguette 22
- Venison Carpaccio**  
coffee rubbed striploin, pickled heirloom carrots, cumin aioli, sous vide egg yolk, arugula, sourdough crisps 24

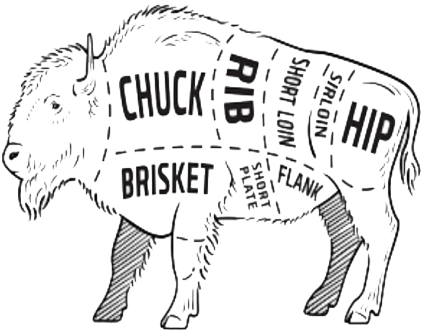
SOIL

- 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



BEST OF BC

Join us for the Best of BC menu starting from March 8th!  
#BestofBC is created to celebrate the incredible ingredients of British Columbia and our uncompromising commitment to locally sourced produce. We can’t wait to share these delicious plates with you and celebrate the best of BC together!



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 Chronos Cabernet Franc 14/21
- 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

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 Arbutus Distillery “Blue Gin”, Evolve “Effervescence” bubbles, fresh lemon (1 oz) 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

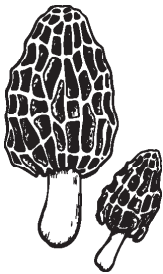
Sea Cider “Seasonal” Apple Cider - Saanich 9

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