



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

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
14 oz beef New York striploin	75

Sauce (GF)

peppercorn sauce	4
salsa verde	4
horseradish cream	4

SEA

Arctic Char

navy beans, heirloom carrots, tomato ragout, parsley coulis 42

Halibut

wild Pacific halibut, braised turnip, kale, ikura, onion soubise 51

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

Smoked Fish Dip

smoked sablefish, sour cream & onion, fried tortilla chips, pickled jalapeño 16

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

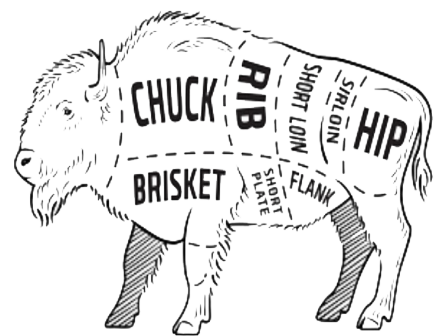
Mushroom Barley "Risotto"

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, now available every day!
#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
- 2022 **Bench 1775** Sauvignon Blanc Naramata Bench 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
- 2017 **Pentâge** GSM 16/24
- 2020 **Chronos** Cabernet Franc 14/21
- 2020 **Corcelettes** "Forage" Merlot 15/23
- 2019 **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
- 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

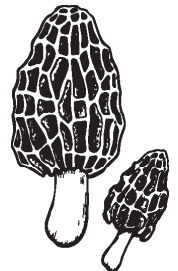
- Sea Cider** "Rumrunner" Apple Cider - Saanich 9
- Sea Cider** "Pippins" Apple Cider - Saanich 9
- Sea Cider** "Seasonal" Apple Cider - Saanich 9

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