



SMALL PLATES

Fresh BC Oysters (GF)

Kelp mignonette, fresh horseradish, sambal
4.5 ea or 1/2 doz 24

Hannah Brooks Farm Cucumber Salad (V) (GF)

Hannah Brooks Farm mix greens, cucumbers, radishes, sesame
garlic dressing 24

Heirloom Tomato Salad (V)

Baker Breeze Farm cocktail tomatoes, whipped Neufchâtel
cheese, basil, brioche crisps 24

Duck Liver Parfait

Red wine jelly, toasted brioche 18

SEA

Salmon

Pearl couscous, crushed peas, mint, English pea velouté 42

Halibut (GF)

Wild Pacific halibut, tiger prawns, braised white radish, kale,
peri peri sauce 51

LAND

Duck (GF)

Brome Lake duck breast, sweet potato purée, local peaches,
duck jus 49

Bison (GF)

Bison "butcher's cut" steak, smashed nugget potato, carrot
purée, braised cabbage, cilantro gremolata 55

Beef (GF)

12 oz New York striploin, garlic scape pomme purée, green
beans, marrow butter 75

Sauce (GF)

Peppercorn sauce 4
Peri Peri sauce 4
Horseradish cream 4
Trio of sauces 10

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!**

Cast Iron Corn Bread (V)

Local cheddar, spicy honey 18

Prawn & Dungeness Crab Toast

Prawn & Dungeness crab toast, citrus aioli 21

Bison Carpaccio

Pickled rhubarb, green goddess aioli, sous vide egg yolk,
Alpindon cheese, brioche crisps 25

SOIL

Gnocchi (V)

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

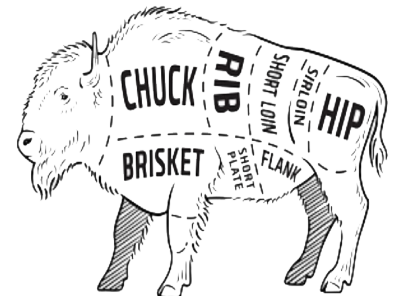
Risotto (V) (GF)

Local lobster mushroom, charred garlic scape, arugula,
Golden Ears Charmisan 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



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
Creamed corn, tarragon, jalapeño, Golden Ears cheese curd 14
Charred shishito peppers, togarashi, black pepper aioli 14



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





WINE BY THE GLASS

5 oz glass/8 oz glass

*Indicates wine on tap

WHITES & SPARKLING

- Evolve** "Effervescence" bubbles 12
- 2019 **La Frenz** "Aster" traditional method sparkling 16
- 2022 **Bench 1775** Sauvignon Blanc Naramata Bench 14/21
- 2018 **Church & State** Roussanne 15/23
- 2019 **Kettle Valley** Chardonnay 15/23
- 2022 **Culmina** "Unicus" Grüner Veltliner 16/24
- 2023 **Synchromesh** "Thorny Vines" Riesling *Off Dry 15/23

ROSÉS

- 2022 **Solvero** Rosé 12/19

REDS

- 2021 **Kettle Valley** "Estate" Pinot Noir 16/24
- 2017 **Pentâge** GSM 16/24
- 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** "First Crush" Hefeweizen 8
- Phillips** "Cold Snap" Kolsch - *Victoria* 8
- Bomber Brewing** "All The Things" Amber - *Vancouver* 8
- 33 Acres** "Nirvana" IPA - *Vancouver* 8
- Twin Sails** "Dat Juice" Citra Pale Ale - *Port Moody* 8
- Tofino Brewing** "Tuff Session" American Pale Ale - *Tofino* 8
- Off the Rail** Currant Affair "A Tart Twist Sour" (Blackberry, Currant berry and Dark Cherry) - *Vancouver* 8
- Crannog** "Back Hand of God" Stout - *Sorrento* 9

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

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

SEASONAL COCKTAILS

2 oz unless specified otherwise

- Old Fashioned** Prospector Rye, sugar, bitters 18
- Sazerac** Lady of the Cask brandy, sugar, bitters, Taboo Absinthe 18
- Black Cherry Manhattan** Prospector Rye, Amaro, cherry syrup 19
- Espresso Martini** Depth Charge coffee liqueur, Long Table vodka, simple syrup & Mogiana espresso 18
- Cucumber or Raspberry G&T** Choice of Wayward Raspberry gin or Long Table cucumber gin, topped with tonic 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
- Forage Daiquiri** Devine Distillery Honey Shine, Quadruple sec, simple syrup, lime juice 16
- Forage Clover Club** Wayward Raspberry gin, lemon juice, simple syrup, egg white 16

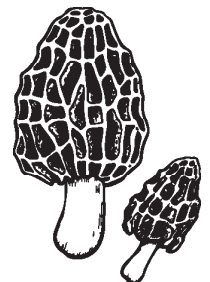
BC CRAFT CIDERS

- 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

- 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