**BAR SNACKS**

- Popcorn, Salt, and Malt Vinegar  
  
- House Made Ranch Chips, Sour Cream French Onion Dip  
  
- Trail Mix, BBQ Roasted Cashews, Puffed Wild Rice, Dried Papaya  
  
- Beer Cheese and Crackers, Whipped Aged Cheddar, FR Beer, Spicy Maple, Ritz Crackers

**CHEESES**

<table>
<thead>
<tr>
<th>Cheese Plate</th>
<th>Candied Nuts</th>
<th>Pickled Onion</th>
<th>Seasonal Jam</th>
<th>Choice of 1 / 8</th>
<th>Choice of 3 / 21</th>
<th>All 6 / 38</th>
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**SMALL PLATES**

- Chilled Sweet Corn Soup, Puréed Sweet Corn, Corn Broth, Tajín-Corn Relish, Chili Oil, Cilantro, Cotija Cheese
- Lion’s Mane Mushroom Cakes, Rouille, Chow-Chow
- FR House Salad, Field Greens, Grapefruit Segments, Hazelnuts, Lemon Vinaigrette, Toasted Rye Crumble
- Arugula Salad, Whipped Ricotta, Dried Peaches, Ricotta Salata, Shallot Vinaigrette, Pine Nuts
- Kale Salad, Purple Kale, Shaved Fennel, Fresh Herbs, Tahini-Orange Dressing, Puffed Chickpeas, Fried Shallots
- Brussels Sprouts, Miso Butter, Everything Spice, Slivered Almonds
- Burrata, Basil Pesto, Tomato Jam, Pickled Banana Peppers, Parmesan Chips, Focaccia Bread

**MAINS**

- Duck & Dumplings, Duck Confit, Ricotta Gnocchi, Mirepoix, Duck Jus, Crispy Duck Skin  
  
- Milk Brined Pork Schnitzel Sandwich, Pickled Beet Mayo, Caraway Slaw, Sesame Bun  
  
- FR Burger, Single or Double Smashburger, Giardiniera Mayo, White American Cheese, Onions, B&B Pickles, Butter Bun
- Fried Mortadella Sandwich, American Cheese, BBQ Chips, B&B Pickles, Dijonnaise, Lettuce, Shokupan
- Fried Chicken Sandwich, Chicken Thigh, B&B pickle, Special Sauce, Fried Onions, Sesame Bun
- Spicy Fried Chicken Sandwich, Hot Chicken Thigh, Spicy Mayo, Jalapeño Jam, Fermented Cabbage
- Roasted Carrots, Whole Oven Roasted Carrots, Sunflower Seed Butter, Pickled Beet
- Ora King Salmon, Sourdough Crust, Carrot Purée, Edamame, Ginger-Garlic Dashi, Pickled Pearl Onion
- Pasta Melanzana, Flour Power Casarecce Pasta, Roasted Eggplant, Spicy Tomato Sauce, Shaved Squash, Stracciatella
- Beer Braised Short Rib, Aligot Potato, Hon-Shimeji Mushrooms, Potato Straws, Sweetie Drops

**DESSERT**

- Sweet Corn Cheesecake, Maria Cookie Crust, Atole de Elote  
  
- Grapefruit Sorbet, Malört Meringue, Mint Syrup  
  
- Chocolate Beer Cake, Porter, Coffee, Hazelnut Praline

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20% Gratuity may be added to parties of 6 or more.  
| Please notify your server of any food allergies or sensitivities.  

*These items are cooked to order. Consuming raw or undercooked meats, Poultry, seafood, shellfish, eggs may increase your risk of foodborne illness.

4pk cans, pub-only beer, t-shirts, and gift certificates available

@forbiddenroot on ALL SOCIAL MEDIA!

Executive Chef Peter Beatty  
Sous Chef Jose Reyes  
Sous Chef Antwon Shaw
#1 Walking Distance (Collaboration with Rise Gardens)
Farmhouse Ale | 6.3% - 12oz/7.50 – 5oz/4
Slightly sweet and herbal farmhouse ale with Butterfly Borage and German Chamomile.

#2 Ginger Me Timbers
Golden Ale | 5% - 12oz/7.50 – 5oz/4
A crisp golden ale spiked generously with ginger. Fresh lime & a kiss of raspberry perfectly complements the spicy ginger.

#3 Night Moth Available in 4-packs to go
Oak-aged Hazy IPA | 7.2% | 12oz/8 – 5oz/4
Aromas of bright oak, green citrus/spruce. Wood intensifies as it warms. A medley of white grapefruit, pine, and vanilla. The complexity keeps you coming back to try and make sense of it.

#4 Radio Swan Available in 4-packs to go
Hazy IPA | 6.4% | 12oz/8– 5oz/4
Brewed with rye malt, and a touch of lactose. It has dank aromatics with a bit of bright fruit from the hops. A creamy mouthfeel starts out sweet and juicy, and then rounds out to finish dry with an echo of rye complexity.

#5 Halfway To Crazy
West Coast IPA | 6.2% - 12oz/7.5 – 5oz/4
Kettle hopped with El Dorado hops it bursts with citrus, pine and tropical fruits while balanced with an understated maltiness.

#6 Peach Wit Available in 4-packs to go
Belgian-Style Witbier | 5.1% – 12oz/7.50 – 5oz/4
A classic Belgian-style wheat beer with the addition of peaches and a selection of botanicals to enhance the peach aroma and flavor.

#7 Sparkling Rosé
Belgian-Style Brut Bierre | 7.5% - 12oz/8 – 5oz/4
Our newest iteration of one of a long-time house favorite. This dry, crisp Belgian-style Brut Bierre brewed w/ Niagara grapes and hibiscus.

#8 Ribell Positioned (Collab with Derive Brewing Company) Available in 4-packs to go
Saison | 6.0% | 12oz/7.50 – 5oz/4
*FOBAB Silver Medal 2022*
Bright citrus and clove aroma mixes with delicate fruit & spice character from both the Belgian yeast and the American White Oak fermentation.

#9 Personal Bubble
American Wheat Ale | 4.5% - 16oz/7 – 5oz/4
An easy drinking wheat ale, perfect for fall, with subtle grapefruit aromas and a creamy, mouthfeel from Grains of Paradise

#10 Festival
Festbier | 5.8% | 12oz/7 | 5oz/4
A bright golden hue welcomes you to the festivities with fresh bread and cracker malt notes, balanced with a traditional noble hop character.

#11 Cranapple Blonde Available in 4-packs to go
Belgian-Style Blonde Ale | 6.2% - 12oz/7.50 – 5oz/4
We love the bright, luscious character of our American cranberry, and thought it would be fun to combine it with apple. With the delicate spice accent of Belgian yeast, it’s festive, pink and sparkling good fun.

#12 Strawberry Basil Hefeweizen
German-Style Hefeweizen | 5% - 12oz/7.50 – 5oz/4
To this wheat ale we add strawberries, the cooling flavors of basil, then add the fruity & spicy character of a classic hefeweizen yeast strain.

#13 Carrot Spice Basic Batch
Golden Ale | 4.9% - 16oz/6 – 5oz/3
Our easy drinking golden ale with fall flavors of carrot and spices

#14 Hoodie Weather Available in 4-packs to go
Oak Aged Vienna-Style Lager | 5.5% - 12oz/7 – 5oz/4
If it’s Fall that means It is Hoodie Weather time. A classic Vienna-style lager with toasted oak chips to round out the flavors and add depth.

#15 Basic Batch
Golden Ale | 5% - 16oz/6 – 5oz/3
A clean, crisp, Forbidden Root classic Golden Ale

#16 Guest Draft...Please ask your server

**FR DRAFT BEER**

*What’s A Love Heart?* Look out for one of these Hearts up on our draft board during the Month of October. There will be one draft beer with a heart placed on its beer board. For every pint sold of each specific beer, we will donate $1 to A.B.L.E. stands for Artists Breaking Limits & Expectations. We are a Chicago nonprofit that creates theatre and film for, with, and by individuals with Down syndrome and other intellectual and developmental disabilities.

**FR CANNED BEER** (Canned beer available in 16oz 4packs to go)

**Summer Symphony** | Fruited Golden Ale | 6.2% | 5
A crisp and mildly tart golden ale with watermelon, lemon, and lime.

**Purple Pils** | Pilsner | 5.1% | 5
Iris root, chamomile, and jasmine are added along with the classic, “spicy” Bohemian Saaz hops and the result is a unique, well-integrated and incredibly drinkable Pilsner

**Perfect Lines** | American Wheat Ale | 4.7% | 7.50
An approachable quencher matching sweet Ohio-grown wheat malt with fruit forward hops, lending dark berry & tangerine notes.

**WINE 14 glass/54 bottle**

**Sparkling**
Los Monteros, Cava, Penedes, Spain
A crisp fresh and fruit driven Cava, well balanced with citrus flavors and a long finish.

**Rose/Orange**
Sokol Blosser Rosé of Pinot Noir, Dundee Hills, OR
Bright red fruit notes and mouth-watering acidity

**Aranast “Orange”**, Pinot Grigio/Sauv. Blanc, Friuli, Italy
A delicate white flowers bouquet leads to a savory palate and refreshing acidity

**White**
Totara, Sauvignon Blanc, Marlborough, NZ
Full of rich citrus, stone fruit and a mouth-watering minerality.

**Piazzo Comm. Armando, Roero Arneis, Piedmonte, Italy**
Delicate, floral & minerally, slight hints of fruit, hazelnut, lemon, sage and apple

**Domaine de la Bastide, Vignior, Roussanne,  Rhone Valley, France**
Aromas of honeysuckle & peach blossom; finishes clean & dry with a hint of citrus

**Red**
Domain Eric Louis Sophie Bertin, Pinot Noir, Loire Valley, France
Raspberry, cranberry, and strawberry backed by clove and black pepper.

**Vallana Colline Novaresi Spanna, Nebbiolo, Piedmonte, Italy**
Deep aroma of spice and red fruits, Gentle flavors of black fruits and earth

**Domaine Cheron Jardin D’eden Vacqueyras, GSM, Rhone Valley, France**
Full bodied & elegant with notes of plum, black fruits, tart cherry, and spice.

**CIDERS & HARD SELTZERS** **8**

**Eris Cider- Chicago, IL**
Pedestrian - Dry Cider, Crisp & Tart
Blush – Apple/Cherry Cider, Semi-Sweet w/ Sweet & Tart Cherries
Van Van Mojo - Apple/Blueberry Cider dry hopped w Mosaic hops

**Untitled Art Seltzer - Waunakee, WI**
Blackberry Agave
Blood Orange – Pomegranate
Pineapple – Mango
Prickly Pear – Guava

**Untitled Art Non-Alcoholic Beer - Waunakee, WI**
N/A Italian-Style Pilsner
N/A Juicy IPA

**The FR House Flight** **14**

Personal Bubble | Basic Batch Carrot & Spice | Summer Symphony | Cranapple Blonde | Night Moth