



MENU



BAR SNACKS

- POPCORN** 5
Salt and Malt Vinegar
- HOUSE POTATO CHIPS** 7
Ranch Seasoned Chips, Sour Cream French Onion Dip
- TRAIL MIX** 7
BBQ Roasted Cashews, Puffed Wild Rice, Dried Papaya
- BEER CHEESE & CRACKERS** 11
Whipped Aged Cheddar, FR Beer, Spicy Maple, Ritz Crackers
- HOUSE SPICY BEEF JERKY** 10
Jalapeño, Brown Sugar & Citrus

SMALL PLATES

- GREEN GAZPACHO** 9
Cucumber, Spring Peas, Pickled Spring Onion, Daikon Radish
Add Lump Crab Meat +6
- FR HOUSE SALAD** 12
Field Greens, Grapefruit Segments, Hazelnuts, Lemon
Vinaigrette, Toasted Rye Crumble
- ARUGULA SALAD** 14
Whipped Ricotta, Dried Peaches, Ricotta Salata,
Shallot Vinaigrette, Pine Nuts
- KALE SALAD** 13
Purple Kale, Shaved Fennel, Fresh Herbs, Tahini-Orange
Dressing, Puffed Chickpeas, Fried Shallots
- BRUSSELS SPROUTS** 13
Miso Butter, Everything Spice, Slivered Almonds
- BURATTA** 15
Basil Pesto, Tomato Jam, Pickled Banana Peppers,
Parmesan Chips, Focaccia Bread

DAILY SPECIALS

- MONDAY: BURGER, BEER, AND BOURBON**
Single or double FR burger, any FR Beer; Add a shot of Cody Road for \$1
- TUESDAY: WING NIGHT**
Choice of Valentina Hot, Spicy BBQ, or Mango Chipotle
- WEDNESDAY: EMPANADAS**
Rotating Selection Served with chimichuri and Baja sauce
- THURSDAY: FRIED GIARDINIERA**
A FR classic & house favorite back one night a week, with house ranch dip
- HAPPY HOUR EVERY WEEKDAY**
Monday thru Thursday 3pm - 6pm; Friday 3pm-5pm
50% off Bar Snacks; \$10 FR House Flights; \$8 Select Wine
- 3 COURSE PRIX FIXE LUNCH**
Monday thru Friday 12pm - 3pm

CHEESE

- CHOICE OF 1 / 8; CHOICE OF 3 / 22; ALL 6 / 38**
Candied Nuts, Pickled Onion, Seasonal Jam, Crostinis
- MARISA** Sheep | Wisconsin
- MARIN-FRENCH BRIE** Cow | California
- BLACK GOAT TRUFFLE** Goat | Wisconsin
- MOBAY** Sheep, Goat | Wisconsin
- EWE CALF** Sheep, Goat, Cow | Wisconsin
- TALEGGIO D.O.P.** Cow | Italy

MAINS

- DUCK & DUMPLINGS** 22
Duck Confit, Ricotta Gnocchi, Mirepoix,
Duck Jus, Crispy Duck Skin
- ROASTED CARROTS** 16
Whole Oven Roasted Carrots, Eggplant Purée,
House Chili Crisp, Compressed Cucumbers, Carrot Tops
- MILK BRINED PORK SCHNITZEL SANDWICH** 17
Pickled Beet Mayo, Caraway Slaw, Sesame Bun
- FR BURGER** 15/18
Single or Double Smashburger, Giardiniera Mayo,
White American Cheese, Onions, B&B Pickles, Butter Bun
- FRIED MORTADELLA SANDWICH** 17
American Cheese, BBQ Potato Chips, B&B Pickles,
Dijonnaise, Lettuce, Shokupan Bread
- FRIED CHICKEN SANDWICH** 17
Chicken Thigh, B&B pickle, Special Sauce,
Fried Onions, Sesame Bun
- SPICY FRIED CHICKEN SANDWICH** 17
Hot Chicken Thigh, Spicy Mayo, Jalapeño Jam,
Fermented Cabbage
- CARROT LINGUINE** 21
Flour Power Linguine, Carrot Sauce, Fontina Cheese,
Spring Peas, Aleppo Pepper
- MUSHROOM POT PIE** 20
Wild Mushroom Filled Pastry, Porcini Caramel, Side Salad
- BEER BRAISED SHORT RIB** 26
Creamy Polenta, Japanese Sweet Potato, Crispy Kale,
Sweety Drops, Fresh Horseradish
- ORA KING SALMON** 25
Sourdough Crust, Carrot Purée, Edamame,
Ginger-Garlic Dashi, Pickled Pearl Onion

A 3% Credit Card Fee is added to all checks, we will gladly remove if you would like to pay cash or debit card!
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!

FORBIDDEN ROOT

Passion rooted in flavor

EST. 2016

BOTANIC-INSPIRED BREWS, ELEVATED CUISINE

CHICAGO, IL

DRAFT BEER



AVAILABLE IN 4 PACKS TO GO

#1 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 the fruity & spicy character of a classic hefeweizen yeast strain

#2 TINY HANDZ

West Coast IPA | 6.1% - 12oz/8 - 5oz/4

A slightly malty, but very traditional West Coast IPA featuring CTZ and Comet hops

#3 STATE OF MIND

Spiced Porter | 6.2% - 12oz/8 - 5oz/4

Our take on a classic British porter; a touch of sweetness & a solid roasted malt backbone. Cinnamon & cardamom create warmth on the palette.

#4 COLD CONDITIONED

Rye Lager | 4.1% - 16oz/8 - 5oz/4

Crisp, tasty, and very drinkable low ABV rye lager made with El Dorado hops and a Swiss lager strain.

#5 FRESH START

French-Style Saison | 5.5% - 12oz/7.50 - 5oz/4

This style being the traditional start of spring beer, we bring you a classic take on a French Saison. Brewed with malted oats and unmalted wheat for a fruity, crisp, and slightly dry farmhouse ale.

#6 ROSIE CHEEKS

Hefeweizen | 5% - 12oz/7.50 - 5oz/4

Our Signature Strawberry Basil Hefeweizen with a lemon & vanilla twist.

#7 PANDA PARTY

Black Lager w/ Oak & Vanilla | 5.5% - 16oz/8 - 5oz/4



A toasty roasted barley backbone in combination with toasted marshmallow and a hefty dose of vanilla. The toasted oak brings some light tannins then finishing with a slight hop bitterness

#8 RAPTURE OF REASON

Double IPA | 8.1% - 12oz/8 - 5oz/4

Double dry hopped with Citra, Vista & Pacific Sunrise.



#9 ELECTRIC GUITAR

Amber Lager | 5.4% - 12oz/8 - 5oz/4

Fresh, delicious, and easy drinking lager made with amber malts which also provides it's beautiful reddish hue.

#10 HOODIE WEATHER

Oak Aged Vienna-Style Lager | 5.5% - 16oz/7.50 - 5oz/4

A classic Vienna-style lager with toasted oak chips to round out the flavors and add depth.

#11 CRANAPPLE BLONDE

Belgian-Style Blonde Ale | 6.2% - 12oz/7.50 - 5oz/4

Luscious American cranberry & apple with the delicate spice of Belgian yeast. It's festive, refreshing, & sparkling good fun

#12 PEACH WIT

Belgian-Style Witbier | 5.1% - 12oz/7.50 - 5oz/4



A classic Belgian-style wheat beer with the addition of peaches & a selection of botanicals to enhance the peach aroma & flavor

#13 CAKE TASTING

Confectionery Amber Ale | 5.4% - 12oz/8 - 5oz/4

Tahitian vanilla beans and milk sugar in a sweet embrace with deep honey, biscuit, and oat malts. A truly indulgent delight.

*Contains Lactose; Collaboration w/ Derive Brewing Company

#14 TINY PURPLE HANDZ

Fruited West Coast IPA | 6% - 12oz/7.5 - 5oz/4

Our Tiny Handz WC IPA fruited with Mulberries

#15 DISTANT MEMORY

Oaked West Coast IPA | 6.5% | 12oz/8 - 5oz/4

Triple dry-hopped with notes of ripe red berries, sweet tangerine, and a pleasant pull of pineapple and guava candy.

#16 GUEST DRAFT

Please ask your server



THE FR HOUSE FLIGHT 14

Hoodie Weather | Rosie Cheeks | Cranapple Blonde | Panda Party | Tiny Handz



CANNED BEER



OHIO HIGH HAZY PALE ALE | 5.7% | 8.50

Double dry hopped pale ale brewed with Ohio grown malt and hops.

MALL HYPE DDH HAZY PALE ALE | 5.6% | 8.50

Waves of juice flood the pallet with tropical and citrus notes aplenty. A house favorite combo of Mosaic and Motueka hops make this one shine!

NOTE TO SELF GERMAN STYLE KOLSCH | 4.6% | 7.50

Our homage to the traditional, elegant, German Kolsch

EARLY CHECK IN CZECH PILSNER | 4.5% | 7.50

If you are looking for a crusher, this is it. A perfect balance of Czech hops and bready, cracker-like malt notes with a crisp, easy finish

NA BEER 8

Untitled Art, Waunakee, WI

Juicy IPA | Italian Pilsner

GLUTEN FREE OPTIONS

CIDERS 8

Eris Ciders, Chicago, IL

Pedestrian | Pepper Jam | Blush

HARD SELTZERS 8

Untitled Art, Waunakee, WI

| Blackberry-Agave | Navel Orange-Yuzu |
| Pineapple-Mango | Prickly Pear-Guava |

What's A Love Handle?

Look out for one of these Hearts up on our draft board during the Month of November. 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.

HEAD BREWER: NICK WILLIAMS/ BREWER: PHIL ZELEWSKY

COCKTAILS 14

FORBIDDEN ROOT OLD FASHIONED

Rittenhouse Rye, Maple Syrup, Bolivar & Angostura Bitters, Quari Ice Cube, Orange Swath

COSMOCHARLATAN

Koval Cranberry Gin, Campari, Génépy le Chamois, Lime, Honey, FR IPA

FUYU CONSIDERATION

Fuyu Japanese Whisky, Luxardo Sangue Morlacco Cherry Liqueur, Drambuie, Lemon, Orange Bitters

LIGHTS & SIRENS

Rooster Rojo Reposado Tequila, New Deal Coffee Liqueur, Cinpatrazzo Amaro, Egg White, Bitterman's Xocolatl Mole Bitters

NAKED IN THE RAIN

Jalapeño Infused-Confianza Blanco Tequila, El Silencio Mezcal, New Deal Ginger Liqueur, Campari, Lime, Maple, Orange Bitters

WEST TOWN SPRITZ

Aperol, Orange Blossom, Lemon, Cava

UVA

Watershed Four Peel Barrel Aged Gin, Jules Theuriet Pamplemousse Liqueur, Fernet Branca, Lemon, Honey

FR BOTANICAL SERIES

STRAWBERRY BASIL MARGARITA – 14

Confianza Blanco Tequila, Curacao, Lime, Topped with FR Strawberry Basil

FR GIN & TONIC – 14

FR Watershed 4 Peel Barrel Aged Gin, house tonic syrup, lime bitters

FR VERMOUTH – 8

Randy Mosher made a classic Vermouth from his experiences in Barcelona. Served over ice with an Orange Swath

FR NEGRONI – 14

28 Mile Debonair Gin, Campari, House Vermouth, Orange Swath

WINE 14 GLASS/54 BOTTLE

SPARKLING

Los Monteros, Cava, Penedes, Spain

WHITE

Wither Hills Sauvignon Blanc, Marlborough, NZ
Domaine de la Bastide, Viognier, Roussanne, Rhone Valley, France
Fox Glove Chardonnay, Central Coast, California

ROSE/ORANGE

Mas De Valérieole Vé Rosé, Provence, France
Aransat "Orange", Pinot Grigio/Sauv. Blanc Friuli, Italy

RED

Domain Eric Louis Sophie Bertin, Pinot Noir, Loire Valley, France
Nine Hats Cabernet Sauvignon, Columbia Valley, WA
Domaine Cheron Yves Cheron Côte du Rhone, Rhone Valley, France

NA COCKTAILS 12

CAGE THE ORANGE

Orange Blossom, Fresh Lemon, Soda

JADED MONK

Matcha, Oat Milk, Mint, Fresh Lemon, Cocoa Shavings

SOFT DRINKS

Daydream Coffee-French Press – 5
Daydream Hot Tea – 5
Daydream Cold Brewed Herbal Iced Tea – 4
Gosling's Ginger beer – 5
IBC Root Beer – 5
Coke, Diet Coke, Sprite, Ginger Ale – 4

SPIRITS (Shot/2oz)

BOURBON

Cody Road 7/13
Old Forester 7/13
Green River Wheated 7/13
Ol' Major Bacon 7/13
Elijah Craig Small Batch 7/13
Barrell Armida 8/15
Koval Bourbon 8/15
Willet Pot Still 8/15
Rowan's Creek 8/15
Noah's Mill 9/17
Watershed 6yr 9/17

RYE

Rittenhouse Rye 7/13
Dad's Hat Vermouth Brl 7/13
Savage & Cook Lip Service 7/13
Willet Small Batch Rye 8/15
High West Double Rye 8/15
Willet Small Batch 9/17
Koval Amburana Barrel 14/25

VODKA

CH Distillery 8/15
Barr Hill 9/17

BRANDY

Rhine Hall Oak-Aged Apple 6/11
Duffau Napoleon Armagnac 6/11
Pierre Ferrand 1840 Cognac 8/14

AMARI & CORDIALS

Amaro Meletti 6/11
Amaro Cinpatrazzo 6/11
Fernet Branca 6/11
Branca Menta 6/11
Maplewood Chocolate Liqueur 7/13
Maplewood Pistachio Liqueur 7/13
CH Distillery Fernet Dogma 6/11
Cocchi Americano 6/11
Pierre Ferrand Dry Curacao 7/13
Jepson's Malört 6/11
Luxardo Maraschino Liqueur 7/13
Luxardo Amaretto 7/13
Ramazzotti Amaro 5/10
Amaro Nonino 7/13
Amaro Sirene 6/11
Cardamaro 6/12
Kübler Absinthe 6/11
La Muse Verte Absinthe 6/11
Génépy le Chamois 6/11
Yellow Chartreuse 9/17
Green Chartreuse 9/17

AMERICAN WHISKEY

Bull Run 15yr Pinot Noir Brl 7/13
Boondocks Cask Strength 7/13
Redwood Empire Lost Monarch 7/13
Corsair Oatrage 7/13

WORLD WHISKEY

Blackadder Peat Reek Scotch 9/15
Clydeside Stobcross Scotch 9/15
Monkey Shoulder Scotch 8/15
Ohishi Japanese Rice Whisky 9/15
Fuyu Small Batch Japanese 8/15
Tullamore Dew Irish 7/13
Gelston's Irish Sherry Csk 7/13
Redbreast 12yr Irish 11/21
Waterford Dunmore Irish 8/15

AGAVE

Confianza Blanco 7/13
El Silencio Mezcal 7/13
Flecha Azul Blanco 8/15
Flecha Azul Anejo 9/17
Rooster Rojo Reposado 9/17

RUM

Plantation White Rum 7/13
Plantation Barbados 5yr 7/13
El Dorado "Superior" Dark 8/14
Ron Centenario Solera 20yr 9/17
Soul Cachaca 7/13

GIN / GENEVER / AQUAVIT

Watershed/FR Bourbon Brl 8/14
FR Barr Hill Tom Cat Gin 8/14
Maplewood Brewer's Gin 7/13
Skeptic Gin-quila Reposado Brl 7/13
Hendrick's Orbium 7/13
Hendrick's Midsummer Solstice 7/13
28 Mile London Dry 7/13
Koval Cranberry Gin 6/11
Boulder Rose Gin 7/13
Greenhook American Dry Gin 6/11
Greenhook Old Tom Gin 7/13
Boulder New Western Gin 6/11
Benham Sonoma Dry 7/13
Mile High Spirits Denver Dry 7/13

HOUSE SHOTS 7

NO TEA, NO SHADE

Tullamore Dew Irish Whiskey, Catron Pêche de Vigne, Lemon Soda

CINN-OAK

Old Forester, Tentura Cinnamon Liqueur

BREAKFAST OF CHAMPIONS

Old Forester, Maple Syrup, New Deal Coffee Liqueur


SMOKE AND FLAME

El Silencio Mezcal, Ancho Reyes Chili Liqueur, Lime & Orange Bitters

CHICAGO KEYS

Jeppson's Malört, Jules Theuriet Pamplemousse Liqueur

Forbidden Root Single Barrels
These single barrels were hand selected by the Forbidden Root team
and our friends at local distilleries



FR BARR HILL TOM CAT GIN
WATERSHED FOUR PEEL BOURBON BARREL-AGED GIN