



# 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
- LITTLE GEM SALAD** 14  
Bagna Cauda Vinaigrette, Parmesan Frico, Crudite,  
Pickled Beet Purée
- ARUGULA SALAD** 14  
Whipped Ricotta, Dried Peaches, Ricotta Salata,  
Shallot Vinaigrette, Pine Nuts
- KALE SALAD** 13  
Shaved Fennel, Fresh Herbs, Tahini-Orange Dressing,  
Puffed Chickpeas, Fried Shallots
- BRUSSELS SPROUTS** 13  
Miso Butter, Everything Spice, Slivered Almonds
- BURATTA** 15  
Marinated Cherry Tomatoes, Pea Puree, Pickled  
Spring Onions, Focaccia Bread
- HOUSE MADE CHORIZO** 17  
Smashed Marble Potatoes, Aji Verde, Queso Fresco,  
Fresno Chiles

## 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** 7  
Sheep | Wisconsin
- BLACK GOAT TRUFFLE** 11  
Goat | Wisconsin
- HOOKE'S ORIGINAL BLUE** 10  
Cow | Wisconsin
- MARIN-FRENCH BRIE**  
Cow | California
- MOBAY**  
Sheep, Goat | 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** 28  
Creamy Polenta, Sweet Corn, Crispy Kale,  
Sweety Drops, Fresh Horseradish
- ORA KING SALMON** 27  
Bagel Crusted Salmon, Millet, Horseradish Yogurt,  
Tomato Water, Capers, Red Onion, Cucumber

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!

EXECUTIVE CHEF PETER BEATTY SOUS CHEF JOSE REYES SOUS CHEF ANTWON SHAW