



BAR SNACKS

Cheddar Popcorn	5
House Made Potato Chips , Sour Dill Pickle Seasoning	6
Southern Fried Chicken Skins , Breaded Fried Chicken Skins, Pimento Cheese	9
Warm Marinated Olives , Hops, Burnt Garlic, Citrus	9
Beer Cheese & Crackers , Whipped Beer Cheese, Ritz Cracker	9
Sweet Chili Cashews , Dried Pineapple	9
Fried Okra , Cornmeal Breaded Okra, Buffalo Sauce	9

CHEESE

Served with Chef's Seasonal Accompaniments 1 for 8 / 3 for 21 / 6 for 38

~ Grana Padano	Cow – Italy	~ Parish Hill Hermit	Cow – Vermont
~ Sequatchie Cove Coppinger	Raw Cow – Tennessee	~ Cupola	Raw Cow – Wisconsin
~ Green Dirt Farm Ruby	Sheep & Cow – Missouri	~ Marisa	Sheep – Wisconsin

GARDEN

Peach Gazpacho , Heirloom Tomatoes, Torn Crouton, Cucumber, Crab Filled Tempura Squash Blossom	12
Grilled Summer Beans , Green Beans, Snap Peas, Tahini Vinaigrette, Wasabi Pea Crumble, Grapefruit	14
Vada Pav Sliders , Mint Chutney, Pineapple-Tamarind Jam, Pickled Peppers	14
Summer Squash , Nichols Farm Squash, Marinated Tomatoes, Allium Vinaigrette, Halloumi, Puffed Grains	17
Stracciatella , Garlic Scapes, Mama Little Peppers, Urfa Chiles, Banyuls Vinegar, Freeze Dried Satsuma, Baguette	17
Grilled Salad , Nichols Farm Heirloom Tomato, Fried Green Tomato, Smoked Gouda, Tarragon Dressing, Furikake	17
Hearth Roasted Carrots , Nichols Farm Carrots, Jerk Spice, Cilantro Yogurt, Grilled Pineapple, Tajin, Almonds	18
Ember Roasted Cauliflower , Thai Green Curry, Roasted Cauliflower, Pickled Chilis, Thai Basil, Crispy Garlic	18
Corn Agnolotti , Sweet Corn and Cheese Filled Pasta, Saffron, Blistered Blueberries, Roasted Corn, Blueberry Jus	19

SEA

Smoked Trout Rilette , Cream Cheese, Trout Roe, House Crackers	16
Mussels , Nayarit Sauce, Cilantro, Baguette	20
Charred Octopus , House Morcilla, Salsa Cruda, Dates, Confit Potatoes, Crispy Hominy	23
Fire Roasted Prawns , Peach Dashi, Pickled Green Papaya, Sea Beans, Lemon Balm	26

PASTURE

FR Burger* , Giardiniera Mayo, Aged Cheddar, Onions, B&B Pickle, Brioche Bun	16
Country Pâté , Game & Fowl, Dried Fruit, Nuts, B&B Onions, Apple Mustard, Sourdough	17
Porchetta French Dip , Hearth Roasted Porchetta, Arugula, Pickled Garlic, Fennel Aioli, Pork Jus	18
Duck and Dumplings , Duck Confit, Ricotta Gnocchi, Mirepoix, Duck Jus, Crispy Duck Skin	20
Wood-Grilled Pork Chop , Bone-In Sakura Pork Chop, Stone Fruit Agrodolce, Romanesco, Pickled Gribiche	28

SWEETS

Summer Sorbet , Peach Sorbet, Raspberry Sorbet, Pistachio Crisp, Lychee Noir Tea	9
Cherry Cheesecake , Goat Cheese Cheesecake, Pecan and Cocoa Nib Crunch, Chocolate Oat Cookie, Cherry Compote	9

Menu Created by Chef Carlos Cruz

Please notify your server of any Food Allergies or Dietary Restrictions you may have

*These items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs may increase your risk of foodborne illness. Take some Forbidden Root home with you and visit us at Forbiddenroot.com

Breads Provided by Phlour

A 20% Gratuity will be added to parties of 6 or more.



DRAFT BEER

#1 LEISURE ACTIVITY

Southern Hemisphere Pils | 5.7% - **16oz /6 - 5oz/3**

It is your time; you get to choose how to spend it. We combined our favorite hops from Australia and New Zealand for this twist on a classic German Pilsner. Your future is bright, crispy, and chill. Get it.

#2 Free Town 3.0

Euro Lager | 5.8% - **16oz/6 – 5oz/3**

For the third batch of Freetown, we're featuring more full-bodied malts and Mt. Hood hops, cold conditioned for 6 months. Still easy drinking, crisp, and delicious!

#3 Money on My Rind *Available in 4-packs to go*

Botanical Witbier | 6.5% - **16oz/7.50 – 5oz/3**

We take a witbier, spike it with juniper berries and the deliciousness of pure grapefruit, and add a peppery hint of grains of paradise.



#4 Neon Pyramid

Triple NEIPA | 10.1% - **10oz/8 - 5oz/4**

Hazy Triple IPA DD Hopped with Citra, Sultana, & Sabro Cryo.

#5 Strawberry Basil *Available in 4-packs to go*

Hefeweizen | 5.0% - **16oz/7.50 – 5oz/3**

To this wheat beer we add strawberries and the cooling flavors of basil, then push it further into the fruity and spicy realm with a classic hefeweizen wheat strain. The result is creamy, fruity, and thoughtfully quenching.

#6 Mainstream Exotic

Kettle Soured Ale w/ Feijoa Fruit | 4.5% - **13oz/7 – 5oz/3**

Mainstream Exotic combines a tart low alcohol base beer with Feijoa, a South American fruit with notes of mint, apples, and pineapple.

#7 Snoochie Boochies *Available in 4-packs to go*

Double IPA | 8.0% - **15oz/8 – 5oz/4**

This is our original double IPA with aromas of white fruit, pineapple, orangey citrus and just a touch of floral hops. Taste is full and very creamy, with a hint of light caramel and a blast of hop flavor. Its clean, modest bitterness is balanced against a touch of sweetness. Finish is clean, dry, and creamy.

#8 Basic Batch *Available in 4-packs to go*

Golden Ale | 5.0% - **16oz/5 – 5oz /2.50**

A crisp, clean, and unadulterated Golden Ale for the everyday drinker.

#9 Shifty Fellow *Available in 4-packs to go*

Saison with Buckwheat, Cucumber, & Shiso | 7% - **15oz/8 – 5oz/4**

Pale straw color, light haze. Surprisingly complex herbal nose, a fat note of buckwheat underlying it. On the palate, slightly minty shiso and spicy phenolic saison notes. Finish is lightly bitter with smooth tannins bringing everything into balance. Unique, subtle, tasty.

#10 Larsøl

Farmhouse Ale | 6.3% - **15oz/7.50– 5oz/4**

Farmhouse-style Ale with Rye, Juniper and Mead-Sweet. Our collaborative beer with Omega's Espe Kveik yeast!

#11 Radio Revival

DDH Rye Triple NEIPA | 10% – **10oz/7.50 – 5oz/4**

A collab with our friends at Riverlands Brewing. This is an elaboration of our Radio Swan Rye IPA. We DDH'd it with Citra, Cryo, Mosaic, and El Dorado.

#12 Photo Finish *Available in 4-packs to go*

American Pale Ale | 5.6% **15oz/7.50 – 5oz/4**

On the palate, some sweetish citrus, hints of light caramel, and a firmly tannic bittersweet finish. Kind of a classic American IPA, but updated with a cleaner, bolder aroma.

#13 Sparkling Rosé Ale *Available in 4-packs to go*

Brut Bier | 10% - **10oz/6.50 – 5oz/3**

Grapes have been used occasionally in beer since almost the very beginning, so we thought: why wait for an occasion? This dry, crisp Belgian-style Tripel is tinged with the luscious scent of Niagara grapes.

#14 Double Single *Available in 4-packs to go*

S.M.A.S.H Pale Ale | 6.2% - **16oz/7 – 5oz/3**

This is a S.M.A.S.H. beer, meaning it's made with a **Single Malt** (Maris Otter) **And Single Hop** (Jester) or **S.M.A.S.H.** Pale Ale. Look for this beer to be super bright, lightly hopped, and incredibly drinkable

#15 Summer Symphony *Available in 4-packs to go*

Fruited Tart Golden Ale | 6.2% - **13oz/7 – 5oz/3**

This tart golden ale brewed with fresh watermelon, lemon, and lime juices is an incredibly drinkable summer beer.

#16 Heirloom Beatbox *Available in 4-packs to go*

DDH Double India Pale Ale | 8.7% - **15oz/7.50 – 5oz/4**

Like crawling inside a hop cone and building a fort, this hop bomb throws aromatics of blueberries and peaches in a bowl of Fruity Pebbles. The dense layers of hop flavor reveal notes of cantaloupe and grapefruit.

The Cultivate Flight – 13

Enjoy a guided tour of some of our current favorites

Free Town | Shifty Fellow | Mainstream Exotic | Heirloom Beatbox | Neon Pyramid

CANNED BEER

(Also available in 4-packs to go)

Kyoto

Japanese Rice Lager | 5.1% | **16 oz/6.50**

A generous portion of jasmine rice in the mash lends a touch of sweetness. This one is easy like Sunday morning.

At All Times

Oak Fermented Kolsch | 4.7% | **16 oz/6.50**

This traditional Kolsch took a disco nap in our American oak foeder. Light and crisp, the gentle nudge of oak plays nicely with the ultra-light malt notes.

Phantom Tollbooth

DDH Double IPA | 8.1% | **16oz/7.50**

Dense aromas of mango, plum and grapefruit lead you through the hop fields to this dank juice bomb.

Ohio High

Hazy Pale Ale | 5.7% | **16oz/6.50**

A lovely Citrus forward pale Ale. The flagship beer of our Columbus brewpub.

Thyme Signature *Love Handle*

Botanical Hazy Double IPA | 8.2% - **16oz/7.50**

Hazy deep gold. Orangey hop nose, subtle herbal character from thyme and Triumph hops. Luscious mouthfeel and medium body. The thyme does a nice job of linking the hops and orange together, adding sophistication to the latter.

First Time Caller

Elderberry Cream Ale | 5.4% | **16 oz/6.50**

Longtime fans of the Cream Ale style, we took this classic to the FR boat show and came back with a fruit-forward, thirst-quenching banger with lightly sweet cereal malt notes and a crisp finish

Dizzying Heights

Fruited Sour Wheat Ale | 5.6% | **16oz/7.50**

Inspired by a pisco sour, we took copious amounts of passion fruit, blood orange and strawberry puree and added them to this firmly tart wheat ale brewed with Indian coriander and a touch of Himalayan pink salt.

Jewel of the Thiol

DDH Double IPA | 7.2% | **12oz/7.50**

Bursting with aromas of guava, honeydew, and candied apricot, this one was brewed with thiol-boosting yeast and Phantasm powder, unlocking an array of juicy flavor compounds. Dry hopped with house favorite Motueka and Sabro.

Ghost Tropic

Double IPA | **8.2% - 16oz/7.50**

Aromas lean to citrus and pineapple, plus a hint of bready malt. Palate is crisp with a little creaminess, with luscious white and tropical fruit notes. Finishes dry, crisp, and cleanly bitter.

Ciders & Hard Seltzer

Uncle John's Cider; Fennville, MI | 16oz/8

Apple – Semi Dry Cider

Apple-Cherry – Semi Sweet Cider with Michigan Cherries

Melded – Dry, Blend of French, English & American Apples (500ml/12)

Untitled Art Seltzer; Waunakee, WI | 12oz/8

Apricot-Kumquat

Blood Orange-Pomegranate

Strawberry-Kiwi

Naval Orange-Yuzu

Meyer Lemon-Watermelon

Prickly Pear-Guava

What's A Love Handle?

Look out for one of these hearts up on our draft board during the Month of August. Both of our locations, Cultivate and West Town, there will be one beer with a heart placed on the board. For every pint we sold we will donate \$1 to Digs with Dignity whose mission is to elevate the lives of those transitioning from homelessness in Chicago by filling their houses with everything that makes a comfortable, dignified home, all while also keeping furniture out of landfills! Help us help others by enjoying an ice-cold refreshing brew.



Head Brewer: Nick Williams/ Brewer: Phil Zelewsky

Cultivate Cocktails 14

Forbidden Old Fashioned* *choice of style:*

- Whiskey:** Koval Single Barrel Rye, Maple Syrup, Angostura & Bolivar Bitters, Orange Swath
Mezcal: La Luna Mezcal, Agave Syrup, Jamaican #2 bitters, Grapefruit Swath
Rum: Hamilton Zombie Blend Rum, Sugarcane Syrup, House Allspice Dram, Orange Swath

Mercedita

Hibiscus infused Tequila, Ancho Reyes Verde, Pamplemousse, Triple Syrup, Lime

Golden Negroni

Koval Barrel Aged Gin, Apologue Saffron, Aveže, Miro Vermut de Revs

Bee's Knees Martini

Bee's Wax Washed Barr Hill Gin, Mead, Spanish Dry Vermouth, Lemon Oil

Cultiveren: Zomer

Thyme Infused Genever, Pineapple Syrup, Lemon

Café Noche

Songbird Coffee Liqueur, Nixta, Amargo de Chile, Cold Brew

Patagonian Summer

Trä Kál, Kalani Coconut, Fernet Branca, Strawberry Shrub

Sangria Cobbler

House Sangria Syrup, Amontillado Sherry, Topped with Brut Sparkling Wine

Fernet & Cola – 10

Fernet-Branca and house made Cultivate Cola syrup topped with soda water.

FR Vermouth – 8

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

Cocktails Curated by Antonio Moreno

Cultivate House Shots 1oz/6

Chicago Keys: Malört, Pamplemousse, Grapefruit bitters

The Closer: Fernet, Coffee Liqueur, Orange Bitters

Pusher Love Girl: Koval Cranberry, Apologue Aronia, Cioco

Mini Carlo: Bourbon, Benedictine, Angostura and Orange bitters

Smoke and Flame: Mezcal-Chili Liqueur-Lime and Orange Bitters

Wine by the Glass

Sparkling

- Illinois Sparkling Company **Sparkling Brut** 13
 Illinois Sparkling Company **Sparkling Brut Ombré Rosé** 13

White

- Broadside **Chardonnay**, California 13
 Valdinevola **Pinot Grigio**, Italy 13
 Round Pond **Sauvignon Blanc**, California 14

Rosé/Orange

- Brancato Il Poggione, **Sangiovese**, Italy 13
 Gérard Bertrand Orange Gold **Orange Wine**, France 15

Red

- Ermita de San Felices Crianza Rioja, **Tempranillo**, Spain 13
Vin312/Forbidden Root, Red Blend, Chicago, IL 14
 Montinore Estate, **Pinot Noir**, Willamette Valley, Oregon 14

*Reserve wine bottle list available on request

Fortified Wine 7 / glass

- Jarana Fino **Sherry**
 Henriques & Henriques Seco **Madeira**
 Los Arcos Amontillado **Sherry**
 Don Nuño Oloroso **Sherry**
 Saveiro Dulce **Madeira**
 San Emilio PX **Sherry**
 Emilín Moscatel **Sherry**

NA Beverages

- Coke, Diet, Ginger Ale, Sprite 3 Untitled Art NA Hazy IPA 7
 Fentiman's Ginger Beer 6
 Fentiman's Elderflower Soda 6
 Fentiman's Grapefruit Tonic 6
 Water 8
 House Mocktail

Liquor

***All Pours are 1.5 oz unless otherwise specified

American Whiskey

- Old Bardstown Bourbon 8
 Rittenhouse Rye 8
 Cardinal Spirits Straight Rye 9
 Cardinal Spirits Straight Bourbon 9
 Johnny Drum Bourbon 9
 Corsair Triple Smoke 9
 Corsair Dark Rye 9
 Watershed Apple Brandy Cask Bourbon 10
Watershed FR "Yow" Bourbon 10
 St. George Baller Single Malt 10
 Stellum Bourbon 10
 Stellum Rye 10
 Rowan's Creek Bourbon 10
 Willett Pot Still Bourbon 10
 Old Pogue Maysville Club 10
Koval FR Peach Brandy Cask Rye 12
Koval FR Single Barrel Bourbon 12
 Corsair Tennessee Single Malt 12
 Watershed Bottled in Bond Bourbon 12
 Noah's Mill Bourbon 12
 Willett Small Batch 4yr Rye 12
 Barrel Craft Armida Bourbon 16
 Barrel Craft Seagrass Rye 16
 Barrel Craft Dovetail 16
 Bardstown Bourbon Co. Fusion #5 16
 Watershed Bourbon 6yr 18
 Bardstown Bourbon Co. Discovery #6 25

Gin/Genever/Aquavit

- City of London Dry Gin 8
 Askur London Dry Gin 8
 CH Distillery Aquavit 8
 Corsair Gin 8
 Corsair Barrel-Aged Gin 8
 Citadelle Gin 9
 Maplewood Spruce Gin 9
 Amrut Nilgiris Indian Gin 9
 Watershed Four Peel Gin 9
 Watershed Guild Gin 9
 Watershed Barrel-Aged Gin 10
 Citadelle Jardin d'été Gin 10
 Caledonia Barr Hill American Gin 10
 Cardinal Spirits Terra Gin 10
Koval Barrel Aged Gin 10
 Koval Cranberry Gin 10
 Hendrick's 10
 Norden Aquavit 10
 deBorgen Cask Aged Malt Genever 10
 deBorgen 17 yr Cask Malt Genever 12
 Notaris 3yr Genever 12

Rum

- Hamilton Demerara 8
 Hamilton Jamaica Pot Still Gold 8
 Hamilton Jamaica Pot Still Blonde 8
 Hamilton Jamaica Pot Still Black 8
 Cihuacán Jade Blanco 8
 Cachaca 51 8
 Cardinal Spirits Tiki 8
 Charanda Uruapan 8
 Clairin Communal 8
 Cihuacán Indigo 8yr 9
 Hamilton Beachbum Zombie 9
 Cihuacán Cinabrio 12yr 10
 Black Tot 12

Agave

- Campo Azul Blanco 8
 Confianza Reposado Tequila 8
 Dahlia Tequila Cristalino 8
 El Silencio Mezcal Espadín 8
 Granja Nómada Mezcal Espadín 8
 Del Maguey Vida Mezcal Espadín 10
 Yuu Baal Mezcal Reposada 10
 Rooster Rojo Añejo Tequila 10
 La Luna Mezcal Cupreata 10
 Sotol Coyote Chihuahua 12
 El Silencio Mezcal Ensamble 14
 Tequila Ocho Añejo 14
 Santo Coviso Bacanora Blanco 16
 Del Maguey Chichicapas Mezcal 18

International Whisky

- Tullamore Dew, Ireland 7
 Knappogue 12 yr, Ireland 9
 Monkey Shoulder, Scotland 9
 Abasolo, Mexico 10
 Rozelieres Single Malt, France 12
 Kikori, Japan 12
 A.D. Rattray Cask Islay, Scotland 12
 Starward Nova, Australia 12
 Amarut Single Malt, India 12
 Penderyn Single Malt, Wales 12
 Bruichladdich Laddie, Scotland 12
 Nikka Coffey Grain, Japan 18

Brandy

- Laird's Applejack Apple Brandy 8
 Pierre Ferrand 1840 Cognac 9
 Pére Magliore Calvados 9
 Mistral Nobel Pisco 9
 Hine Rare 12
 DeLord 25yr Bas-Armagnac 16

Vodka

- Cardinal Spirits Pride Vodka 9
 Watershed Vodka 9
 Playpen Vodka 9
 Cardinal Spirits Bramble Vodka 9
 CH Distillery Peppercorn Vodka 9
 Caledonia Barr Hill Vodka 12

Cordials

- Jeppson's Malört 7
 Velvet Falernum 7
 Génépi des Alpes 7
 Songbird Coffee Liqueur 7
 CH Dogma Rubin 8
 Ancho Reyes 8
 Ancho Reyes Verde 8
 Nixta 8
 Kalani Coconut 8
 Apologue Aronia Berry 8
 Apologue Persimmon 8
 Apologue Celery Root 8
 Apologue Saffron 8
 Drambuie 8
 Luxardo Maraschino 8
 Cocalero 8
 Giffard Pamplemousse 9
 Ciccio & Figli Ambrosia Aperitivo 10
 Green Chartreuse 10
 Yellow Chartreuse 10
 Italicus 10
 Pernod Absinthe 16

Amari

- Antico Amaro Noveis 7
 Cioco Carciofo 7
 Ælred Melon Aperitif 7
 Salers Gentiane 7
 Carpano Punt e Mes 7
 Fernet Branca 7
 Fernet Menta 7
 Mezzodi Aperitivo 7
 Aperol 7
 Alta Verde Amaro 7
 Campari 8
 Botanika Angelica 8
 Amargo Vallet 8
 Amaro di Angostura 8
 Aveze 8
 Heirloom Alchermes 8
 CH Dogma Fernet 8
 CH Dogma Amargo de Chile 8
 Heirloom Pineapple Amaro 8
 Watershed Nocino 8
 Zucca Rabarbaro 8
 Cardinal Spirits La Boite Amaro 9
 P.M. Pineaudes des Charantes 10
 Faccia Bruto Amaro Gorini 10
 Amaro Nonino 11
 Aperitivo Nonino 14

Forbidden Root Single Barrels

These single barrels are hand selected by the Forbidden Root team with our friends at local distilleries.

- Watershed Bourbon
 Bourbon Barrel Aged Koval Gin
 Peach Brandy Cask Koval Rye
 Koval Single Barrel Rye
 Koval Bourbon