

BAR SNACKS

POPCORN Salt and Malt Vinegar	4
HOUSE POTATO CHIPS Ranch Seasoned Chips, Sour Cream French Onion Dip	7
TRAIL MIX BBQ Roasted Cashews, Puffed Wild Rice, Dried Papaya	7
BEER CHEESE & CRACKERS Whipped Aged Cheddar, FR Beer, Spicy Maple, Ritz Crackers	10

SMALL PLATES

BUTTERNUT SQUASH SOUP Sage, Herb Oil, Brown Butter Solids	9
LION’S MANE MUSHROOM CAKES Rouille, Chow-Chow, Arugula	14
FR HOUSE SALAD Field Greens, Grapefruit Segments, Hazelnuts, Lemon Vinaigrette, Toasted Rye Crumble	12
ARUGULA SALAD Whipped Ricotta, Dried Peaches, Ricotta Salata, Shallot Vinaigrette, Pine Nuts	14
KALE SALAD Purple Kale, Shaved Fennel, Fresh Herbs, Tahini-Orange Dressing, Puffed Chickpeas, Fried Shallots	13
BRUSSELS SPROUTS Miso Butter, Everything Spice, Slivered Almonds	12
BURATTA Basil Pesto, Tomato Jam, Pickled Banana Peppers, Parmesan Chips, Focaccia Bread	14

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 / 21; 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 Duck Confit, Ricotta Gnocchi, Mirepoix, Duck Jus, Crispy Duck Skin	21
MILK BRINED PORK SCHNITZEL SANDWICH Pickled Beet Mayo, Caraway Slaw, Sesame Bun	17
FR BURGER Single or Double Smashburger, Giardiniera Mayo, White American Cheese, Onions, B&B Pickles, Butter Bun	15/18
FRIED MORTADELLA SANDWICH American Cheese, BBQ Potato Chips, B&B Pickles, Dijonnaise, Lettuce, Shokupan Bread	17
FRIED CHICKEN SANDWICH Chicken Thigh, B&B pickle, Special Sauce, Fried Onions, Sesame Bun	16
SPICY FRIED CHICKEN SANDWICH Hot Chicken Thigh, Spicy Mayo, Jalapeño Jam, Fermented Cabbage	17
MUSHROOM POT PIE Wild Mushroom Filled Pastry, Porcini Caramel, Side Salad	19
ROASTED CARROTS Whole Oven Roasted Carrots, Eggplant Purée, House Chili Crisp, Compressed Cucumbers, Carrot Tops	15
ORA KING SALMON Sourdough Crust, Carrot Purée, Edamame, Ginger-Garlic Dashi, Pickled Pearl Onion	25
PASTA MELANZANA Flour Power Casarecce Pasta, Roasted Eggplant, Spicy Tomato Sauce, Shaved Squash, Stracciatella	20
BEER BRAISED SHORT RIB Creamy Polenta, Japanese Sweet Potato, Crispy Kale, Sweet Drops, Fresh Horseradish	25

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 add the fruity & spicy character of a classic hefeweizen yeast strain

#2 TINY HANDZ

West Coast IPA | 6.1% - 12oz/7.50 – 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/7.50 – 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/7 – 5oz/4

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

#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 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/7.50 – 5oz/4

This cold weather favorite has a has an amazing roasted barley backbone providing a great combo with the toasted marshmallow and Vanilla. The toasted oak brings someslight tannins finishing with a slight hop bitterness

#8 STATE OF GRIND

Spiced Porter w/ coffee | 6.2% - 12oz/7.50 – 5oz/4

Our spiced British porter with a little added cold brew coffee

#9 PERSONAL BUBBLE

American Wheat Ale | 4.5% - 16oz/7 – 5oz/4

An easy drinking wheat ale, with subtle grapefruit aromas and a creamy mouthfeel from Grains of Paradise

#10 CALL YOUR MOM

Bourbon Barrel-Aged Imperial Stout | 12.9% - 10oz/8 – 5oz/5

Imperial stout age 15 months in Elijah Craig® 10-year bourbon barrels with Madagascar vanilla beans, Fijian cocoa, cinnamon, and maple

#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 SECOND VERSE

Mixed Fermentation Ale | 6.3% - 10oz/7 – 5oz/4

Brettanomyces primary fermented ale, aged in our American White oak foeder 18 months on local Frostbite apples. A bit funky w/ a dry tannic finish.

#14 HOODIE WEATHER

Oak Aged Vienna-Style Lager | 5.5% - 12oz/7 – 5oz/4

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

#15 GUEST DRAFT

Please ask your server

#16 GUEST DRAFT

Please ask your server



THE FR HOUSE FLIGHT 14

Personal Bubble | Hoodie Weather | Panda Party | Cranapple Blonde | Halfway To Crazy



CANNED BEER



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

NIGHT MOTH | OAK-AGED HAZY IPA | 7.2% | 8.50

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.

NA BEER 8

Untitled ArtWaunakee, WI

Italian Pilsner

West Coast IPA

RADIO SWAN | HAZY IPA | 6.4% | 8.50

Brewed with rye malt and lactose. It has dank aromatics with bright fruit from the hops. It starts juicy, and then finishes with spicy rye complexity.

SEATING CHART HAZY PALE ALE | 6.0% | 8.50

A double dry-hopped hazy with Nelson, Nelson Hop Sauce, HBC 586, & HS Grove hops, this beer is a delightfully balanced IPA. Brewed with good friends at Derive Brewing Co. in Columbus, OH

SNOOCHIE BOOCHIES DOUBLE IPA | 8% | 8.50

Hazy and juicy with intense aromas of Sweet Orange, not unlike a Creamsicle. Creamy mouthfeel with a touch of sweetness that is in lockstep with the hop bitterness.

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
- CANNELLA CAFÉ

CH Distillery Vodka, Tentura Cinnamon Liqueur, New Deal Coffee Liqueur, Egg White, Maple, Black Walnut Bitters
- COSMOCHARLATAN

Koval Cranberry Gin, Campari, Génépy le Chamois, Lime, Honey, FR IPA
- THE HAT MAN

Old Forester Bourbon, Maplewood Chocolate Liqueur, Luxardo Maraschino Liqueur, Angostura Bitters
- NAKED IN THE RAIN

Jalapeno 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, Lime, Curacao, 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

Sokol Blosser Rosé of Pinot Noir, Dundee Hills, OR
Aransat “Orange”, Pinot Grigio/Sauv. Blanc Friuli, Italy
- RED

Humberto Canale Estate Pinot Noir, Patagonia, Argentina
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

DAY BREEZE

Coconut Milk, Pineapple Juice, Cranberry Juice, Orange Juice

GROVE STREET

Fresh Lemon, Pure Maple Syrup, Fee Bros. NA Cardamom Bitters

JADED MONK

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

SOFT DRINKS

Daydream Coffee-French Press – 5
Daydream Hot Tea – 5
Daydream Cold Brewed Iced Tea – 4
Gosling’s Ginger beer – 5
IBC Root Beer – 5
Coke, Diet Coke, Sprite, Ginger Ale – 4
- | SPIRITS (Shot/2oz) | | | |
|-----------------------------|-------|--------------------------------|------|
| BOURBON | | AMERICAN WHISKEY | |
| Cody Road | 7/13 | Dickel Tennessee Sour Mash | 5/10 |
| Old Forester | 7/13 | Bull Run 15yr Pinot Noir Brl | 7/13 |
| Willett Pot Still | 8/15 | Boondocks Cask Strength | 7/13 |
| Ol’ Major Bacon | 7/13 | Savage & Cooke 2nd Glance | 6/11 |
| Barrell Armida | 8/15 | Redwood Empire Lost Monarch | 7/13 |
| Koval Bourbon | 8/15 | Corsair Oatrage | 7/13 |
| Watershed 6yr | 9/16 | | |
| RYE | | WORLD WHISKEY | |
| Rittenhouse Rye | 7/13 | Blackadder Peat Reek Scotch | 9/15 |
| Dad’s Hat Vermouth Brl | 7/13 | Clydeside Stobcross Scotch | 9/15 |
| Savage & Cook Lip Service | 7/13 | Monkey Shoulder Scotch | 9/15 |
| Willet Small Batch Rye | 7/13 | Ohishi Japanese Rice Whisky | 9/15 |
| Koval Amburana Barrel | 14/25 | Fuyu Small Batch Japanese | 8/15 |
| | | Tullamore Dew Irish | 6/11 |
| | | Gelston’s Irish Sherry Csk | 7/13 |
| | | Waterford Dunmore Irish | 8/15 |
| VODKA | | AGAVE | |
| CH Distillery | 7/13 | Confianza Blanco | 7/13 |
| Barr Hill | 8/15 | El Silencio Mezcal | 7/13 |
| BRANDY | | Flecha Azul Blanco | 8/15 |
| Rhine Hall Oak-Aged Apple | 6/11 | Flecha Azul Anejo | 9/17 |
| Duffau Napoleon Armagnac | 6/11 | Rooster Rojo Reposado | 9/17 |
| Pierre Ferrand 1840 Cognac | 8/14 | | |
| AMARI & CORDIALS | | RUM | |
| Amaro Meletti | 6/11 | Plantation White Rum | 7/13 |
| Amaro Cinpatrazzo | 6/11 | Plantation Barbados 5yr | 7/13 |
| Fernet Branca | 6/11 | El Dorado “Superior” Dark | 8/14 |
| Branca Menta | 6/11 | Ron Centenario Solera 20yr | 9/17 |
| Maplewood Chocolate Liqueur | 7/13 | Soul Cachaca | 7/13 |
| Maplewood Pistachio Liqueur | 7/13 | | |
| CH Distillery Fernet Dogma | 6/11 | GIN / GENEVER / AQUAVIT | |
| Cocchi Americano | 6/11 | Watershed/FR Bourbon Brl | 8/14 |
| Pierre Ferrand Dry Curacao | 7/13 | FR Barr Hill Tom Cat Gin | 8/14 |
| Jepson’s Malört | 5/10 | Maplewood Brewer’s Gin | 7/13 |
| Luxardo Maraschino Liqueur | 7/13 | Skeptic Gin-quila Reposado Brl | 7/13 |
| Luxardo Amaretto | 7/13 | Hendrick’s Orbium | 7/13 |
| Ramazotti Amaro | 5/10 | Hendrick’s Midsummer Solstice | 7/13 |
| Amaro Nonino | 5/10 | 28 Mile London Dry | 7/13 |
| Amaro Sirene | 6/11 | Koval Cranberry Gin | 6/11 |
| Cardamaro | 6/12 | Boulder Rose Gin | 7/13 |
| Kübler Absinthe | 6/11 | Greenhook American Dry Gin | 6/11 |
| La Muse Verte Absinthe | 6/11 | Greenhook Old Tom Gin | 7/13 |
| Génépy le Chamois | 6/11 | Boulder New Western Gin | 6/11 |
| Green Chartreuse | 9/17 | Benham Sonoma Dry | 7/13 |
- HOUSE SHOTS 6
- ON GUARD

Heirloom Pineapple Amaro, Fico d’ India Prickly Pear, Boulder Rosé Gin

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

KOVAL BOTTLED IN BOND RYE