



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!

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

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 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

#9 ELECTRIC GUITAR

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

Fresh, delicious, and easy drinking lager made with amber malts making up 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 TWO FEET APART

Fruited Wheat | 4.5% - 16oz/8 - 5oz/4

Light and spritzzy fruited with lemon and ginger.

#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 PARALLEL UNIVERSE

DDH Hazy IPA | 6.9% - 12oz/8 - 5oz/4

Saturated waves of mango and papaya alternate on the nose while a juicy rush of pina colada floats through soft clouds of the next dimension. Nectarone, Mosaic, Cashmere.

#14 SHAMROCK PANDA PARTY

Panda Party Black Lager w/ Mint | 5.5% - 16oz/8 - 5oz/4

We took the refreshing flavor of fresh mint & added it to our Panda Party black lager. The result being fairly reminiscent of a old school grasshopper cocktail.

#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 | Shamrock Panda Party | Two Feet Apart | Tiny Handz



CANNED BEER



RADIO SWAN HAZY IPA | 6.4% | 8.50

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

OHIO HIGH HAZY PALE ALE | 5.7% | 8.50

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

HUNGRY FOR HITS WEST COAST IPA | 6.6% | 8.50

Double dry hopped with Citra, Nectarone & Grove.

RAPTURE FOR REASON DOUBLE IPA | 8.1% | 8.50

Double dry hopped with Citra, Vista & Pacific Sunrise.

LINGER LONGER AMERICAN LAGER | 4.1% | 7.50

This traditional American lager is a carefully crafted representation of what your grandpa would recognize as a great American beer.

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 ArtWaunakee, 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

