



Our dishes are influenced by fresh local ingredients and the farmers that grow them. We pay tribute to the food by preparing it with care, using every edible part - from flower to root, from nose to tail. The inspiration behind our dishes stems from the cultures that make up our vibrant city.

Our aim is to combine these multi-cultural flavours into something uniquely Wellington. At Forage Kitchen + Bar, our dishes are prepared with care and balance, making them precise, yet never pretentious.

Breads

All our artisan breads are locally sourced from the Pandora Bakery in Wellington. They have been baking in Wellington for over 20 years. Hand-made, using natural ingredients only, baked in traditional deck ovens.

Artisan Breads and Dips V 14

A selection of fresh breads, served with homemade dips and extra virgin olive oil.

Garlic Bread V 10

Toasted ciabatta with homemade butter smoked in Manuka wood chips, with garlic and parsley.

Entrees

Soup of the Day V 16

Homemade from locally sourced, seasonal vegetables.

Mount Cook Alpine Salmon GF 19

Smoked in-house, served with watercress, horseradish cream, seaweed, herb oil and caviar.

Raised in the swift, cold currents of NZ's Southern Alps, our Mount Cook salmon directly descends of the original North-American Chinook stock, which was introduced into our local waterways from the Sacramento River 100 years ago.

Silver Fern Lamb Rump and Neck GF 19

Daikon mint chutney, green pea, lotus chips.

Grass-fed Angus Beef Tartare 22

Tender Riverlands Angus beef, naturally marbled and finely textured. Served with quail egg, crostini and greens.

Otaki Vegetable Medley VGN 18

Local vegetables from Otaki-region farmers, served with spiced pumpkin, Lavash bread and hazelnuts.

Mains

Moana Pan-fried Market Fish **GF 37**

Served on a summer blend of prawns, tomatoes, mozzarella, capers and basil pesto.

Daily-fresh from our local supplier, Wellington Trawling Company; family owned and operated for over 40 years.

Sliver Fern Lamb Rack **39**

Served with black quinoa pulao, smoked eggplant chutney, red wine jus and the lamb's sweetbread.

Sourced from Silver Fern Farm, located in Hawke's Bay. Their lambs are tender, with a subtly sweet flavour that has made it a favourite around the world. The lambs are raised by their farmers on the lush green pastures.

Prosciutto-wrapped Canterbury Pork Tenderloin **GF 37**

Served with fennel and pickle cabbage salad, Granny Smith apple purée and kumara mousse.

Sourced from a dedicated pork abattoir in Timaru, South Island, which works with a select group of dedicated farmers.

Horopito-rubbed Venison Loin & Chicken Liver **GF 39**

Served on a lush truffle mash, along with kale, baby carrot and red current jus.

The native Horopito herb is incredibly unique, with a spicy, aromatic and earthy taste. Our venison is produced in the open pastures of New Zealand in a natural, free-range environment.

Tofu, Spinach & Green Pea Risotto **VGN GF 29**

Served with toasted pine nuts and radish.

The vegetables used to create this dish are from the Otaki area. Otaki land is mix of dark and pink soil, which is ideal for vegetables to grow and enhances their natural rich flavours.

Braised Beef Cheek **GF 34**

Slow-cooked to become incredibly succulent. Served with cauliflower mash, baby vegetables and wild mushroom jus.

Signature Dish

Grass-fed Black Angus Beef Fillet 200 grams **GF 45**

Served with charred broccolini, layered potato gratin, pumpkin purée, fig jus and bone marrow served on the bone.

Our Riverlands Angus beef comes from the traditional farming regions of Taranaki, where cattle can freely graze on fertile lush pastures. Reared to a maximum of 30 months, only the best animals are hand-selected.

Sides 8 each

Seasonal vegetables tossed with extra virgin olive oil and fresh herbs. **VGN GF**

Hand-cut Parmesan fries served with truffle mascarpone. **GF**

Green salad topped with crumbled feta. **V GF**

Creamy kumara mash with sweet caramelised onion. **V GF**