



At Forage 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 and 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 our dishes are prepared with care and balance, so that are precise, yet never pretentious.

TO START

Pandoro Bread selections

House made chef's selection of dips (V)

12.⁰⁰

Our artisan breads are from Pandoro Bakery which is located in Wellington's CBD. Pandoro has been baking breads in the city for 20 years, all the breads are made by hand using natural ingredients. No chemicals or additives used and are GE free. They are baked in traditional deck ovens.

Bruschetta (V)

13.⁰⁰

With Otaki basil pesto, sundried tomato, Kapiti Danish feta cheese and Kalamata olives

A classic Italian starter, Pandoro ciabatta grilled and rubbed with basil pesto and sundried tomato

ENTRÉES

Soup of the day

16.⁵⁰

Ask your wait staff for today's specials

Our chefs create daily soups specials utilising local produce from Otaki

Vodka & beetroot cured Akaroa salmon fillet (GF)

19.⁵⁰

Served with Pendre garden greens salad and wasabi aioli

Our salmon is sourced from Akaroa in the South Island, who have been in operation for over 25 years. All their products are sustainable. Akaroa Salmon is an exclusive brand and is not available in supermarkets.

Pan seared Whangamata Scallops (GF)

19.⁵⁰

Accompanied with Otaki cauliflower couscous, fennel purée and hand-picked Otaki organic greens

Whangamata is a suburb of the Coromandel and home to NZ's finest aquaculture farms including the Coromandel Oyster Company Ltd.

Free range chicken, pistachio and garlic confit terrine

19.⁵⁰

With prosciutto, crispy Pandoro focaccia, cinnamon braised fig jam and Levin rocket salad

The free range chicken is sourced from Freedom Farm. On the farm the chickens get a top notch grain-based diet, that is supplemented by all the goodness they can forage.

Apple cider infused beetroot carpaccio (V, GF, VEG, CN)

18.⁵⁰

Served with rocket salad, nut crumble, vegan mozzarella and honey mustard dressings

Vegetables used to create this dish are from Chevalier Produce who source all the vegetables from Otaki. This is where you'll find small groups of farmers who work hard to care for their vegetables.

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MAINS

Baked stuffed eggplant (GF, V, Veg, CN)

32.⁵⁰

Served with Otaki vegetables braised with herbs & tomatoes with pumpkin purée and rocket salad

Vegetables used to create this dish are from Chevalier Produce who source all the vegetables from Otaki, where the small groups of farmers work hard to care for vegetables to grow at the best quality.

Moana market fish (GF)

38.⁰⁰

Pan fried Hapuka fillets served with chorizo and roasted new potatoes cake, bok choy & lemon beurre blanc

Hapuka fillets are source from the Kapiti Coast. Hapuka are a highly rated fish fetching top dollars in local and international market, they possessing a firm white flesh. Hapuka are a large, slow growing, long lived species maturing at 10 – 13 years with a life span of up to 60 years.

Kawakawa rubbed duck breast (GF)

38.⁰⁰

Canter Valley duck breast with Otaki green beans, free range chicken liver parfait tart with red wine jelly, purée de pommes de terre, glazed baby carrots, star anise jus

Duck breast is sourced from Canter Valley, who is a producer and supplier of quality gourmet poultry. Who has been operating since 1987 and is located near Sefton in Beautiful North Canterbury and it is family owned and operated. Striving to be environmentally conscious where sustainable poultry welfare management are in practice.

Dukkah dusted lamb rack (GF)

38.⁰⁰

Served with asparagus, butternut purée, Otaki leek, Agria dauphinoise and rosemary jus

Our lamb rack is sourced from Silver Fern Farm located in Hawke's Bay. Their lamb is tender, healthy and delicious with a subtly sweet flavour that has made it a favourite around the world. Raised by their farmers, on lush greens pastures, the lamb is prepared to the highest of standards, and is naturally raised and free range.

Five spice cured South Island pork belly

38.⁰⁰

Accompanied with Parisienne baked apples, kumara rosti, glazed baby turnips and whole grain mustard jus

Our pork belly is supplied from Fresh Pork New Zealand which is located in Timaru (South Island). Fresh Pork operate the only New Zealand owned pork factory, supplied to by a small number of dedicated farmers.

Plat Du Jour

38.⁰⁰

This ever changing dish showcases the best and freshest product of the day.
Your waiter will advise of the Chef's creation.

Forage's chefs highlight their creativity through this daily changing main dish which utilising New Zealand finest products.

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FORAGE GRILLS

Your preferred cut of meat served with Otaki Agria mashed potato, Kapiti market mushroom purée, broccolini and your choice of one sauce: brandy infused triple peppercorn, wild mushroom and thyme, classic béarnaise or garlic and parsley butter

Riverland's Black Angus Eye Fillet 180gm (GF) 39.⁰⁰

Riverland's Black Angus beef sirloin 180gm (GF) 39.⁰⁰

Riverland's Angus beef comes from the traditional farming regions of Taranaki, Manawatu and the East coast. Where cattle are grazed free range on fertile, lush pastures. Reared to a maximum of 30 months, only the best animals are hand selected.

Waitoa chicken supreme 220g (GF) 38.⁰⁰

The town of Waitoa is located on Waikato Region. All the chickens are free range and carry the SPCA Blue Tick showing they have been independently audited and meet the highest animal welfare standards in New Zealand.

SIDES

Chunky fries with spicy aioli and tomato sauce 8.⁰⁰

Green beans with almonds and bacon 8.⁰⁰

Otaki leek and agria dauphinoise 8.⁰⁰

Caesar salad with poached egg, parmesan, bacon, anchovy and a poached egg 8.⁰⁰

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DESSERTS

Vegan mango panna cotta (CN) (VEG) 16.⁵⁰

Served with Kapiti berries, almond crumbed

Waikane lemon tart 16.⁵⁰

With citrus mascarpone, berry gel & pistachio soil

Whittaker's white chocolate & raspberry crème brulee 16.⁵⁰

Accompanied with Kapiti vanilla bean ice cream

Forage chocolate tasting plate 16.⁵⁰

New Zealand cheese selection

Served with fruit relish, toasted fruit bread and assorted crackers

Kapiti Kikorangi

This is an award winning, long serving, stunning triple cream cheese with a golden curd and rich buttery texture marbled with dense blue veining

Smoked Gouda.

A delicious creamy hickory smoked Gouda. Semi-hard cheese with edible rind. Gouda represents a myriad of cheeses. The name comes from the town of Gouda in Holland which has sold farm house cheeses for hundreds of years. Gouda can be bought aged or smoked. It is available studded with spices or plain and can be made with cow or goats milk

White Stone Totara Tasty

Aged for 18-24 months this is a classic, strong flavoured vintage cheddar with a crunchy texture and sharp finish. Cheddar the way they use to be made in the old days.

1 Cheese variety 18.⁵⁰

2 Cheese variety 20.⁵⁰

3 Cheese variety 23.⁵⁰

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