

BREAKFAST

BACON, EGG & CHEESE SANDWICH 10

VEGGIE, EGG & CHEESE SANDWICH 10

DIVINE BLUEBERRY BISCUIT 15
two biscuits with egg, bacon, sausage,
and a side salad

LUNCH / DINNER

(served with your choice of side for \$18.99)

ROTISSERIE CHICKEN
WHOLE 18 / QUARTER 6
sage, oregano, lemon zest

CHIMICHURRI SALMON 10
cilantro, parsley, rosemary, red wine vinegar

CHIMICHURRI STEAK 10
cilantro, parsley, rosemary, red wine vinegar

BEEF RICOTTA MEATBALLS 12
four grass fed beef meatball, basil, ricotta,
garlic, onion, parmesan, bread crumbs

HERB GRILLED CHICKEN BREAST 10
sage, thyme, rosemary, onion, garlic

TURKEY BURGER 8
lean turkey with squash, carrots, garlic, onion

SATAYS 10

(served with your 4 skewers per order)

POMEGRANTE GLAZED CHICKEN
grilled chicken thighs with sweet pomegrante glazed

BUFFALO CHICKEN
chicken breast chunks tossed in buffalo sauce

SESAME MARINATED VEGGIE
pepper, onion, tomato, squash in sesame oil

SIDES 13

CILANTRO BROWN RICE

BUTTERNUT SQUASH & FARRO

WHIPPED MASH POTATOES

ANCHO SWEET POTATOES

GRILLED LEMON ASPARAGUS

ROASTED BRUSSEL SPROUTS

CHILI GARLIC ROASTED BROCCOLI

CHARRED CURRY CAULIFLOWER

BASIL MARINARATED CHERRY TOMATOES

BUFFALO CAULIFLOWER

ROASTED FENNEL SALAD

FAMILY MEAL DEALS

WHOLE CHICKEN + FOUR SIDES 35

ONE PROTEIN + TWO SIDES 18

TWO PROTEIN + THREE SIDES 24

PASTA 18

FORAGERS ANCIENT GRAIN PASTA
your choice of sauce: pesto, marinara, alfredo

VEGGIE LASAGNA
spinach pesto, ricotta, marinara, fresh mozzarella

RIGATONI MAC & CHEESE

TACOS OR QUESADILLA 10

(your choice of 3 tacos or quesadilla)

PULLED CHICKEN & CHEEDAR CHEESE

PICO DE GALLO & GUACAMOLE

WRAPS 13

TUNA SALAD WRAP
lettuce, tuna, avocado, red onion

B.L.A.T WRAP
bacon, lettuce, avocado, tomato with herb mayo

BBQ PULLED CHICKEN WRAP
lettuce, tomato, BBQ chicken, caesar salad

CAESAR CHICKEN SALAD WRAP
roasted chicken, caesar dressing, lettuce and
parmesan cheese

MIXED VEGGIE WRAP
zucchini, squash, mushrooms, roasted pepper

BUFFALO CHICKEN WRAP
lettuce, tomato, buffalo sauce and blue cheese

SANDWICH 14

ROASTED TURKEY SANDWICH
with swiss cheese, baby spinach, dijon, mayo

FORAGERS CHICKEN SANDWICH
with lettuce, red onion, pickle

HAM & GRUYERE SANDWICH

AVOCADO CAPRESE SANDWICH
avocado, tomato, basil, fresh mozzarella, balsamic vinegar

EGG SALAD SANDWICH
with dill mayo and celery

PLEASE NOTE: OUR KITCHEN PROCESSES
WHEAT, DAIRY, EGGS & NUTS

SALADS 12

GREEK SALAD **M F**

cucumber, peppers, olive, feta cheese

CAESAR SALAD

romaine, parm. cheese, croutons, caesar dressing

SWEET POTATO & KALE SALAD **V M F**

roasted sweet potato, fresh curly kale, coconut flakes, sesame seeds, yuzu dressing

FORAGERS SALAD **V M F**

fennel, cucumber, onion, dill, mint, chives, lemon dressing

SOUPS 10

CHICKEN SOUP

homemade chicken stock, carrots, onions, celery

ROASTED ZUCCHINI SQUASH SOUP

zucchini, squash, garlic, onion, herbs

ROASTED TOMATO SOUP

roasted tomato, garlic, onion, basil, carrots, celery

YELLOW SPLIT PEA SOUP

split pea, onions, garlic, celery, carrots

GREEN LENTIL SOUP

green lentils, celery, carrots, onions, garlic

POTATO LEEK SOUP

potato puree, leeks, onions, garlic, celery, carrots

CARROT GINGER SOUP

carrots, ginger, onions, garlic, celery pureed together

GRAB & GO 10

CHICKEN SALAD **M F**

TUNA SALAD **M F**

EGG SALAD **M F**

CHICKEN & EDAMAME **M F**

QUINOA & AVOCADO **V M F**

FORAGERS TABLE TO-GO

BREKKIE MERGUEZ SAUSAGE 18 **M F**

moroccan spiced lamb, herb roasted tomatoes, chickpea stew

WATERMELON RADISH 24 **M F**

in chili oil

CHARRED OCTOPUS 32 **M F**

grilled with sea salt & cracked pepper, cauliflower puree, chorizo, and potatoes

MUSHROOM PASTRAMI 30

with rye berry risotto, pickled mustard seeds, red cabbage, and local baby greens

BEET BARLEY BURGER 20 **V**

with carrot kraut, herb coconut yogurt on a sesame brioche, and a side of crispy fingerling

CRISP BRANZINO 24

pan seared with sea salt & cracked pepper, lobster bisque, baby carrots, watermelon radish, and drizzled with chili oil

PAN SEARED DUCK BREAST 38

with poached pear, roasted celery root, fonio, pilaf, port wine, and fig chutney

GRILLED BERKSHIRE PORK CHOP 38

with house polenta, glazed apple & turnip fried lotus root, pomegranate seeds with cidar sauce

READY TO FREEZE

VEGETARIAN LASAGNA 16

CHICKEN BREAST 15 **M F**

with roasted vegetables and mash potatoes

PORK CHOP 16 **M F**

with green beans and mash potatoes

YUKON MASH POTATOES 8 **V F G**

HERB BAKED CHICKEN BREAST 10

per piece

THREE CHEESE MAC & CHEESE 8.99

ROASTED SALMON 11 **M F**

per piece

ORGANIC ROASTED CARROTS 14 **V M F**

per pound



TAKEOUT / DELIVERY

CHELSEA

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DUMBO

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DEKALB MARKET HALL

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