

Forthright

FALL WEEKDAY ALL DAY MENU

11:00AM - 8:00PM

BREAKFAST *w/2 eggs +3 w/GF bread +1 w/avocado +1.5*

COCONUT CHIA PUDDING	Organic chia seeds, maple syrup, coconut milk, almonds, blueberries	6.5
YOGURT PARFAIT	Greek yogurt, house made granola, fresh berries	6.5
BREAKFAST SANDWICH	Challah bun or sourdough, scrambled eggs, ham, cheddar <i>w/GF bread +1 w/bacon +1</i>	8
PORK BELLY HASH	Maple glazed Pork belly, sweet potato, pickled poblano, fried eggs	11
BREAKFAST BOWL	Black bean, sweet potato, sautéed spinach, pickled poblano pepper, poached eggs	9
CHICKEN AND WAFFLES	Buttermilk waffles, crispy fried chicken, salted caramel butter, maple syrup	13

TOASTS *w/2 eggs +3 w/GF bread +1*

AVOCADO	Thick-cut toast, smashed avocado, crushed red pepper, pepitas	8.5
ASPARAGUS	Grilled asparagus, soft scrambled eggs, goat cheese, crème fraîche, chives	8.5
WILD MUSHROOM	Thick-cut toast, wild mushrooms, crème fraîche, chives	8.5

BOWLS *w/grilled salmon +5.5 w/grilled free-range chicken +4 w/fried goat cheese +4 w/flank steak +5.5*

SUPERFOOD	Quinoa, kale, avocado, shredded carrots, shaved beets, sprouts, radish, chopped almonds, orange ginger dressing, sunflower seeds	10
MEDITERRANEAN	Quinoa, avocado, tomato, olive, feta, red onion, cucumber, spinach Greek dressing, tzatziki	10
SOUTHWEST	Local roasted sweet potatoes, avocado, black beans, quinoa, red cabbage,	10
FORBIDDEN HARVEST	Black rice, arugula, roasted sweet potatoes, carrots, garlic lemon sauce	10

SANDWICHES *w/GF bread +1 w/french fries +1.75 w/chips +1 w/avocado +1.5*

TURKEY BLT	House roasted turkey breast, bacon jam, tomato, mustard aioli, romaine, sourdough	10
HAPPY CHICKEN	<i>w/smoked bacon +3.5</i> Grilled free-range chicken breast, gruyère, lettuce, tomato, onion, poblano aioli, challah bun	11
PATTY MELT	Certified Angus beef, sourdough, gruyère, garlic shallot aioli, side of cc sriracha	10
VEGGIE GRILLED CHEESE	Cheddar, gruyère, grilled onion, grilled jalapeños, avocado, sprouts	10
VEGGIE BURGER	Black bean, quinoa, rice, whole grain mustard aioli, avocado, onion strings, sunflower sprouts, challah bun	10
FORTHRIGHT BURGER	<i>w/smoked bacon +3.5</i> Certified Angus beef, lettuce, tomato, onion, aged cheddar, challah bun	10.5

SOUPS + SALADS *w/grilled salmon +5.5 w/grilled free-range chicken +4 w/fried goat cheese +4 w/flank steak +5.5 w/avocado +1.5*

SOUP DU JOUR	Fresh bowl of daily soup, toasted bread <i>w/GF bread +1</i>	7
KALE CAESAR	Kale, house made Caesar dressing, Parmesan, cherry tomatoes, croutons, pepitas	9.75
FORTHRIGHT SALAD	Arugula, spinach, tomato, red onion, cucumber, almonds, sherry thyme vinaigrette	9.75

PICK TWO: *Soup du jour -or- 1/2 salad -or- 1/2 sandwich w/GF bread +1* 10
Turkey BLT, Veggie Grilled Cheese, Kale Caesar Salad, Forthright Salad, Soup du Jour

OUR CHICKEN: *Pasture raised, antibiotic and hormone free*

OUR PORK: *Humanely raised, antibiotic and hormone free*

OUR PRODUCE: *As local as we can get it*



ALLERGY DISCLAIMER: *We endeavor to provide gluten free and dairy free options for our customers. However, we cannot guarantee that cross-contamination does not occur in our from-scratch kitchen. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food-borne illness.*