

EST. 2010



Start & Share Plates

CHICKEN WINGS Sea salt & pepper • buffalo hot • bourbon BBQ • teriyaki • sweet chilli • honey garlic.	13
NACHOS Jack & cheddar cheese, pickled jalapeño, diced bell pepper, sour cream, Forum salsa Add Cajun chicken or beef +5 • Add guacamole +3½	15
CALAMARI Classic tzatziki.	11
EDAMAME Sambal, coarse sea salt & pepper, black & white sesame seeds	7½
SWEET CHILI CHICKEN Fresh cucumber and pepper salad	9½
10" OVEN BAKED PIZZA Classic Hawaiian • Fajita chicken or beef, bell peppers & onions, Forum salsa, shredded jack & cheddar cheese Chorizo & prawn • Pepperoni & mushroom.	14
YAM FRIES Chipotle lime aioli.	7½
GRILLED PITA AND DIP TRIO Forum guacamolé, humus, tzatziki	7½
CHICKEN STRIPS & FRIES Honey mustard dipping sauce	10
PANKO BREADED ONION RINGS Chipotle lime aoli	11¾
MINI VEGETABLE SPRING ROLLS Asian five-spice dipping sauce	10
POUTINE With beef gravy, real cheese curds.	10
MINI SLIDERS Smoked apple wood cheddar, crisp double-smoked bacon and bourbon BBQ sauce	12½
FORUM DRY RIBS Sea salt & pepper	10

Sandwiches & Burgers Served with fries

Add cheese (see server for selection) +1½ • Substitute caesar salad, Forum salad, or yam fries +1¾

FORUM BURGER House-made 6oz beef patty, Swiss cheese, bacon, onion ring, sautéed mushrooms, leaf lettuce & tomato.	14½
THE SMOKE HOUSE House-made 6oz beef patty, smoked apple wood cheddar, double smoked bacon, chipotle mustard mayo.	13¾
THE FLAME THROWER House-made 6oz beef patty, banana peppers, pickled jalapeños, sambal, mayo, jack cheddar cheese, lettuce & tomato	14½
BBQ CHICKEN BURGER Bourbon BBQ sauce, mayo, aged white cheddar, bacon, lettuce & tomato.	12½
BLACKENED CAJUN CHICKEN BURGER avocado, forum salsa, leaf lettuce, chipotle lime aioli.	13
GRILLED CHICKEN KAISER Lettuce, tomato, mayo.	12½
THE VEGETARIAN Grilled veggie patty, roasted red pepper, lettuce, tomato, avocado, Forum humus.	12½
FORUM'S CLASSIC B.L.T. bacon, lettuce, tomato, on toasted multigrain.	12½
FORUM'S CLASSIC TURKEY CLUBHOUSE Bacon, lettuce, tomato, Forum's own herb-roasted turkey breast, mayo, aged white cheddar, on toasted multigrain.	12½
FORUM PHILLY CHEESE STEAK Sautéed certified angus beef, caramelized onions, banana & bell peppers, Swiss cheese, on toasted garlic ciabatta.	14½
GRILLED WILD SOCKEYE SALMON BURGER Lemon dill cream, lettuce, tomato, Spanish onion.	14¾

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Entrée Salads

CLASSIC CAESAR SALAD + GRILLED CHICKEN	14½
Shredded asiago and parmesan cheese, garlic flatbread croutons.	
CAJUN CHICKEN TACO SALAD	15½
Crisp romaine lettuce, fresh avocado, Forum salsa, cucumber, jack & cheddar cheese, buttermilk & chive dressing, crispy corn tortilla strips.	
SPINACH SALAD	15¾
Grilled chicken, pecans, fresh strawberries, Okanagan goat cheese, Spanish onion, grape tomatoes, triple berry vinaigrette.	
FORUM SALAD	15½
Blackened Cajun chicken breast, spring greens & crisp romaine, cucumber, grape tomatoes, apple wood smoked cheddar, bell peppers, fresh herb vinaigrette.	
GRILLED CAJUN SHRIMP SALAD	15¾
Avocado, roasted corn, grilled Spanish onion, baby spinach, mandarin orange segments, orange & chive vinaigrette.	
ADD TO ANY SALAD:	
Sautéed prawns +5½ • Grilled chicken +4½ • Cajun chicken or beef +5 • Pan seared 6oz salmon +8	

Entrées

FORUM JAMBALAYA	18
Chorizo sausage, grilled chicken, prawns, bell peppers, lemongrass basmati rice, spicy Cajun tomato sauce.	
GRILLED WILD SOCKEYE SALMON	18
Fresh herb risotto and seasonal market vegetables.	
8OZ NEW YORK STRIPLOIN	19¾
Creamy Yukon Gold mashed potato and seasonal market vegetables. Add sautéed prawns +5½	
CHICKEN TERIYAKI RICE BOWL	14
Sautéed bell peppers, broccoli, baby corn, savoy cabbage.	
OVEN-ROASTED HALF-CHICKEN DINNER	19
Creamy Yukon Gold mashed potato and seasonal market vegetables.	
FAJITA CHICKEN PENNE	15
Sautéed bell peppers and Spanish onion, roasted garlic, grape tomatoes, spicy rosé sauce.	
PRAWN FETTUCCINI	16
Baby spinach, cherry tomatoes, fresh basil, classic alfredo sauce.	

Desserts

NEW YORK CHEESECAKE Fresh strawberries, chocolate fudge and whipped cream.	7¾
FORUM MILE-HIGH MOCHA MUD PIE Espresso gelato, chocolate fudge, caramel, Oreo cookie crumbs. ...	7¾
BAKED APPLE CRUMBLE With vanilla gelato.	7¾

Brunch (served until 3pm daily)

BREAKFAST BURRITO	12
Scrambled egg, chorizo, bell peppers, salsa, jack & cheddar cheese, guacamole & sour cream, crispy hashbrowns.	
THREE CHEESE OMELETTE	12
Jack & cheddar cheese, Swiss cheese, hashbrowns and multigrain toast.	
SCRAMBLED AND BACON	12
3 eggs, 3 strips double smoked bacon, hashbrowns and multigrain toast.	
PULLED PORK HASH	12
Sautéed peppers & onions, hashbrowns, BBQ sauce, bacon, scrambled eggs, 2 poached eggs.	