



## from the garden

upgrade salad with chicken - 5 beef filet or salmon - 9

### chardonnay poached salmon - 17

roasted yellow beets, dried cranberries, red onion, shaved brussel sprouts, candied pecans, goat cheese & champagne vinaigrette

### asian beef short rib - 16

romaine, cabbage, carrots, cucumber, green onion, edamame, crispy rice noodles & sesame-ginger vinaigrette

### house salad - starter 6 • full 9

field greens, avocado, grape tomatoes, sunflower seeds, goat cheese & raspberry vinaigrette

### crisp romaine heart caesar - starter 6 • full 9

shaved parmesan, croutons & garlic anchovy dressing

### tossed cobb salad - 14

grilled chicken, bacon, avocado, tomato, bleu cheese, egg & ranch dressing

## small plates

### grilled artichokes - 10

parmesan & garlic crusted with lemon aioli

### hot wings - 8

celery & bleu cheese dipping sauce

### frito misto - 15

calamari, rock shrimp, shishito peppers, onion & fire roasted chile aioli

### ale steamed black mussels - 15

calabrese sausage, smoked paprika & grilled toast

### bacon wrapped sea scallops - 17

soy ginger glaze & sriracha

### crab cakes - 15

fire roasted chile aioli & micro-greens

### fish tacos - 9

beer battered cod, cabbage & pico de gallo

### cheesy baked focaccia bread - 6

mozzarella, garlic, parsley & balsamic-olive oil dipping sauce

### clam chowder - cup 8 • bowl 11

### black bean chili - cup 6 • bowl 9

pico de gallo & sour cream

## large plates

### mary's chicken breast - 18

prosciutto, oven roasted tomatoes, sage-cream & angel hair pasta

### braised short rib stroganoff - 18

shallot mushroom gravy, creme fraiche & truffled pappardelle

### cider brined pork chop - 22

whiskey apple sauce & sage roasted baby sweet potatoes

### pan seared bistro steak - 23

brandy-crimini mushroom pan sauce, mashed potatoes & grilled broccolini

### blackened salmon paella - 22

mussels, rock shrimp, calabrese sausage, peas, saffron risotto & smoked paprika beurre blanc

### chicken & gnocchi - 18

pancetta, broccolini, roasted garlic, white wine & parmesan

### market specials

daily offerings from the land & sea

## flatbreads

### bbq chicken - 13

mozzarella, caramelized onions & cilantro

### pesto margarita - 11

roasted tomatoes, mozzarella & fresh parmesan

### bacon garlic - 13

white garlic sauce, crispy bacon, mushrooms, green onion & truffled oil

## sandwiches

### foundation classic burger - 11

house sauce, lettuce, tomato, red onion & pickle  
*add cheese, bacon or avocado - 2*

### the gorgonzola burger - 14

thick cut bacon, caramelized shallots & creamy gorgonzola sauce

### slow roasted french dip - 16

thinly sliced roast beef with provolone, onion spread & au jus

### grilled chicken club - 14

thick cut bacon, lettuce, tomato, avocado & rosemary aioli on toasted hoagie

### crab cake po' boy - 16

cabbage, tomato, pickle & chile aioli on sourdough

### rib-n-cheese - 15

shredded short rib, fontina, bacon shallot jam on grilled sourdough

### grilled salmon bahn mi - 16

soy ginger marinate, cabbage, mint, jalapeno, cilantro & sriracha mayo

### portobello - 14

pesto, provolone, roasted peppers & arugula

### cubano - 16

grilled pork, tasso ham, bacon, fontina, pickles, lettuce, pepperoncini & spicy mayo



@foundationRBar | foundationrestaurant&bar | #FOUNDATION\_SAC

Thank you for visiting Foundation Restaurant & Bar

400 L Street, Sacramento CA 95814 | 916.321.9522 | foundationsacramento.com