



SOFT OPENING MENU

APPETIZERS *Entradas*

Cold *Fríos*

Tiradito de Pargo GF	15
Local snapper, sour orange and yuzu, cucumber, chiltepe oil <i>Pargo local, naranja agria y yuzu, pepino, aceite de chiltepe</i>	
Tuna Tostada	18
Crisp flour tortilla, garlic aioli, yellowfin, pearl onion, truffle <i>Tortilla crujiente, alioli de ajo, atún, cebolla perla, trufa</i>	
Green Coconut Ceviche GF	17
Snapper, green curry and coconut, pickled mango, tostones <i>Pargo, curry verde y coco, mango encurtido, tostones</i>	
The Forge Salad	14
House kimchi, crisp pork, cultured cream, cane syrup, herbs <i>Kimchi de la casa, cerdo crujiente, crema, miel de caña, hierbas</i>	
Honduran Cacao Beef Tataki	19
Seared beef, cacao and achiote, ponzu, crispy shallot <i>Res sellada, cacao y achiote, ponzu, chalote crujiente</i>	
Papaya Salad GF	14
Green papaya and mango, tamarind nuoc cham, peanut <i>Papaya y mango verde, nuoc cham de tamarindo, maní</i>	

Hot *Calientes*

Chiltepe Edamame   GF	9
House salt of chiltepe, morita, achiote and cane sugar <i>Sal de la casa de chiltepe, morita, achiote y rapadura</i>	
Nasu Dengaku 	13
Charred eggplant, sweet miso, cacao nib, pepitas <i>Berenjena al carbón, miso dulce, nibs de cacao, pepitoria</i>	
Forge Bravas	14
Fried potato in kimchi, cilantro aioli, crispy garlic <i>Papa frita en kimchi, alioli de cilantro, ajo crujiente</i>	
Baleada Nigiri	15
Six, rice and black bean, mantequilla crema, garlic tortilla crumb <i>Seis, arroz y frijol, mantequilla crema, migas de tortilla al ajo</i>	
Popcorn Shrimp	17
Local shrimp, three dips: smoked rosada, nuoc cham, cane and árbol <i>Camarón local, tres salsas: rosada ahumada, nuoc cham, caña y árbol</i>	

The Forge

A forge is where raw material meets heat and becomes something it was not. That is the work happening in St. John's Bay. People came here to build, and were given the room to do it.

This kitchen runs the same way. Charcoal, iron, and two cooking traditions that never met, pushed together until they hold.

Nothing here is imitated. Everything is made.

WOK & NOODLES *Wok y Fideos*

Rices & Noodles *Arroces y Fideos*

Kimchi Fried Rice	13
Aged kimchi, caramelised maduro, nori, fried egg <i>Kimchi añejo, maduro caramelizado, nori, huevo frito</i>	
Chicken Pad Thai	16
Tamarind and palm sugar. Peanut, chicharrón and encurtido alongside <i>Tamarindo y azúcar de palma. Maní, chicharrón y encurtido al lado</i>	
Free City Noodles	17
Rice vermicelli, curry and achiote, shrimp, Honduran char siu <i>Fideo de arroz, curry y achiote, camarón, char siu hondureño</i>	
Chipilin Pad See Ew	18
Wide noodles charred hard, beef, egg, dark soy <i>Fideo ancho al wok, res, huevo, soya oscura</i>	
Tapado Ramen	19
Garifuna coconut and seafood broth, snapper, shrimp, crab, plantain, yuca <i>Caldo garifuna de coco y mariscos, pargo, camarón, cangrejo, plátano, yuca</i>	
Roatan Dolsot	24
Saffron and achiote, chorizo, shrimp, squid. Crusted. Yolk folded at the table <i>Azafrán y achiote, chorizo, camarón, calamar. Con costra. Yema en la mesa</i>	

Wok *Wok*

Chop Suey Hondureño	22
Chayote, long bean, mushroom, char siu, black vinegar, chicharrón <i>Chayote, ejote largo, hongos, char siu, vinagre negro, chicharrón</i>	
Bay Islands Kung Pao	22
Chile de árbol and chiltepe, cashew, chayote, scallion <i>Chile de árbol y chiltepe, marañón, chayote, cebollín</i>	
Catacamas Steak	26
Flank steak, cane sugar and soy, garlic, ginger, scallion <i>Falda de res, rapadura y soya, ajo, jengibre, cebollín</i>	

How to Order

Everything is made to share. Three or four plates each is about right, and it is better to order twice than to order everything at once.

Your server will tell you what is landing best today. Ask.



SOFT OPENING MENU

SUSHI *Sushi*

Nigiri *Nigiri*

by the pair / por par

Tuna Aged three days, nikiri <i>Añejado tres días, nikiri</i>	11
Salmon Yuzu kosho, nikiri <i>Yuzu kosho, nikiri</i>	12
Grilled Shrimp Seared in achiote butter <i>Sellado en mantequilla de achiote</i>	12
Wagyu Seared, ponzu, crispy garlic <i>Sellado, ponzu, ajo crujiente</i>	24

The Three Salsas

Every table receives macha de chiltepe, morita ahumada and verde de loroco. The heat on this menu lives there, not on the plate.

Ask for more. They are made here and they cost us nothing to give you.

Rolls *Rolls*

Veggie Roll  Miso glazed eggplant, avocado, cacao nib, sesame <i>Berenjena glaseada en miso, aguacate, nibs de cacao, ajonjolí</i>	13
Aburi Roll Torch over the top, truffle, yuzu, nori and tempura crumb <i>Flameado por encima, trufa, yuzu, migas de nori y tempura</i>	18
The Forge Roll Shrimp tempura and avocado, seared wagyu, ponzu, crispy garlic <i>Camarón en tempura y aguacate, wagyu sellado, ponzu, ajo crujiente</i>	34

Key

-  vegetariano / vegetarian
-  vegano / vegan
- GF sin gluten / gluten free
-  picante / spicy

FROM THE FIRE *Del Fuego*

Proteins *Proteínas*

Robata Pork Belly	26
Confit and pressed, charcoal, tamarind and soy, encurtido <i>Confitada y prensada, al carbón, tamarindo y soya, encurtido</i>	

Vegetables *Vegetales*

Elote Ribs	12
Charred, miso and lime butter, cotija, togarashi	
<i>Al carbón, mantequilla de miso y limón, cotija, togarashi</i>	
Miso Maduros 	11
Charcoal, sweet miso, crumbled queso duro, sea salt	
<i>Al carbón, miso dulce, queso duro, sal marina</i>	
Robata Mushrooms	13
Local mushrooms, garlic ponzu butter, crispy shallot	
<i>Hongos locales, mantequilla de ponzu y ajo, chalote crujiente</i>	



The Cooking

Asia and Central America arrived at many of the same answers on their own. Tamarind sours a dish in Bangkok and in Tegucigalpa. Fermented salt deepens one in Seoul and in a Honduran kitchen. Japan built a whole way of eating out of small plates over charcoal, which is how this coast has always eaten anyway.

So we did not lay one cuisine over another. We looked for where the two were already the same thing, and cooked from there.

The kimchi is made here. The masa is ground here. The baleada is still a baleada.