



The Fforest Inn

STARTERS

Warm hummus

Served with homemade flat bread

VEGETARIAN
Gluten free, dairy free &
vegan option available

£6

Chicken kofta

Mediterranean harissa chicken kebab,
served with garlic mayo and a touch of
chilli sauce

£9

Hearty soup

Homemade soup, served
with crusty bread

VEGETARIAN
Gluten free, dairy free &
vegan option available

£7

Sharing deli platter for two

Melted brie, sweet potato wedges, cornichons, peppadews,
olives, leaves with a balsamic dressing & homemade flat bread

VEGETARIAN
Gluten free option available

£13

MAINS

Scampi

Whole tail scampi, served
with chips, peas & salad

£15

Battered cod

Ale battered cod, served
with chips, peas & salad

£16

Spinach & ricotta lasagne

Served with salad
& garlic bread

VEGETARIAN
Gluten free option available

£15

Mediterranean chicken

Chicken breast stuffed with sun-dried
tomatoes, spinach & mozzarella,
served with chips & salad

Gluten free

£16

Tiki burger

Fragrant veggie burger,
served with chips & salad

VEGETARIAN
Gluten free, dairy free & vegan option available

£16

Gammon steak

With egg, chips, peas, salad,
mushrooms & tomato

Gluten free

£19

Burger

Homemade burger, served with
Monterey jack cheese, bacon,
lettuce, tomato, onion,
gherkins & relish,
with chips & salad

Gluten free option available

£18

Fried free-range egg +£1

Mammoth burger

Double the filling of our normal burger,
with a couple of onion rings thrown in,
served with chips & salad

Gluten free option available

£23

Fried free-range egg +£1

10oz Rump

Locally sourced 10oz rump steak,
served with chips, onion rings, tomatoes,
mushrooms, peas & salad

Served without onion rings for
gluten free customers

£25

Peppercorn or Stilton sauce +£3

Fried free-range egg +£1

Where gluten free, dairy free or vegan options are available, please let staff know if this is what you require.

PLEASE NOTE: friendly and well behaved dogs are welcome in the bar. We have limited space in this area, so please check when you book that we can accommodate a table for you with a dog.

KIDS MENU

Served with homemade chips, and your choice of peas or baked beans

Chicken fingers

£9

Mini Cheeseburger

£9

Jumbo sausage

£9

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LUNCH MENU

Served alongside the normal menu, 12.00 to 15.00 (excl. Sundays)

ON TOAST

Mushrooms & horseradish labneh £11

Texan spicy beans £11

Tomato, mozzarella & basil £11

TORTILLA WRAPS

with caramelised peppers, onions and relish, served with salad and a small portion of chips

Steak strips £13

Chicken £12

Mozarella, cheddar & mushrooms £11

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SIDES

Hand cut chips £4

Cheese & bacon chips £6

Coleslaw £3

Garlic bread £5

Cheesy garlic bread £6

Pickled onion rings £6

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CARVERY

Served Sundays 12.30 to 14.30. Please note only carvery is served Sunday lunchtime. Advanced booking highly recommended.

ADULT: one course £15 / two course £21

CHILD (4 to 10yrs): one course £10 / two course £14 / up to 3yrs free

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DESSERTS

Our desserts are all made in-house and change regularly. Please ask for today's list.

£7

ALLERGENS & DIETARY REQUIREMENTS: Some items will need special preparation to meet dietary requirements - please inform us if a person in your party has a food allergy before placing your order. Our products may contain wheat, egg, dairy, sesame, soy, nuts or fish allergens. Every effort is made to keep a fryer free from gluten. However, if we have been busy we may have had to use both and there could be small traces of gluten in any fried items.

Please check with us before ordering if this is a problem.

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