



The Fforest Inn

STARTERS

WARM HUMMUS £8

Served with homemade flat bread

VEGETARIAN - Gluten free, dairy free & vegan option available

CHICKEN TIKKA £9

Chunks of chicken tikka served with cucumber raita & salad garnish

Gluten free

SEASONAL SOUP £7

Homemade soup, served with crusty bread

VEGETARIAN

Gluten free, dairy free & vegan option available

SHARING PLATTER FOR 2 £14

Sun-dried tomato, basil & walnut soft cheese, served with cornichons, peppadews, olives, leaves & crusty bread

VEGETARIAN

Gluten free option available

EXTRAS

HAND CUT CHIPS £5

GARLIC BREAD £5

CHEESE & BACON CHIPS £6

CHEESY GARLIC BREAD £6

COLESLAW £3

PICKLED ONION RINGS £6

KIDS MENU

Served with chips, peas or beans

CHICKEN FINGERS £9

CHEESEBURGER £9

JUMBO SAUSAGE £9

MAINS

SCAMPI £17

Wholetail scampi, served with chips, peas & salad

BATTERED COD £17

Ale battered cod, served with chips, peas & salad

CHICKEN OR VEGETARIAN TAGINE £16

Aromatic Middle Eastern style dish served with couscous

Vegan option available

SUMMER COQ AU VIN £18

Braised chicken cooked in rosé wine & served with mixed vegetables, & new potatoes or chips

Gluten free

SALMON EN CROUTE £19

Puff pastry parcel with a fillet of salmon, and creamy garlic coating, mixed vegetables, & new potatoes or chips

GAMMON STEAK £22

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

Gluten free

100Z RUMP £26

Served with chips, onion rings, tomatoes, mushrooms, peas & salad

Served without onion rings for gluten free customers

Peppercorn or Stilton sauce +£3

Fried free-range egg +£1

continued...

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.

HOMEMADE BURGERS

FFOREST BURGER

Pure steak burger, served with Monterey jack cheese, bacon, lettuce, tomato, gherkins & relish in a bun, with chips & salad

Gluten free option available

Fried free-range egg +£1

£18

MAMMOTH BURGER

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

Gluten free option available - served without onion rings

Fried free-range egg +£1

£24

CHICKEN BURGER

Southern fried chicken, garlic mayo, lettuce & tomato, served with chips & salad

£18

TIKI BURGER

Fragrant veggie burger made in-house with sweetcorn, paneer, sunflower seeds & herbs, served with chips & salad

VEGETARIAN

Gluten free & vegan option available

£17

LUNCH MENU

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

WRAPS

Served with salad;

Steak strips with caramelised peppers, onions, relish & salad

£13

Chicken with caramelised peppers, onions, relish & salad

£12

Halloumi, lightly spiced, with pomegranate molasses

£11

Breakfast wrap; sausage, bacon & egg, with red or brown sauce

£11

Add a small portion of chips +£2

SUNDAY CARVERY

Carvery only served Sundays
12.30 to 14.30.

Choice of three meats or our
vegetarian/vegan option served with
a selection of vegetables.

Advanced booking highly
recommended.

ADULT: one course £18
two course £24

CHILD: one course £11
two course £16

Up to 3yrs free

DESSERTS

£8

Our desserts are all made in-house
and change regularly.

Please ask for today's list.

CHEESE BOARD

£11

COFFEES & TEAS

Selection of fresh coffees/teas, from £3

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.**

