



The Fforest Inn

# MENU

## STARTERS

**Pork ribs**  
in homemade BBQ sauce  
£6.25



**Fish cakes**  
with a sweet chilli sauce  
£6.50

**Soup**  
served with a bread roll  
£5.95



**Tomato, mozzarella & basil bruschetta**  
on toasted garlic infused bread  
£6.50



**Garlic mushrooms**  
in a creamy sauce & melba toast  
£6.25



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## LITE BITES

Served 12.30pm to 4.00pm

**Sandwich**  
White or brown bread with salad & coleslaw  
Coronation chicken  
Ham with wholegrain mustard  
Cream cheese with smoked salmon or cucumber  
£6.50



**Jacket potato**  
With salad & coleslaw  
Coronation chicken  
Cheese with baked beans  
Vegetable curry  
£8.95



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## MAINS

All served with a salad garnish and either hand cut chips or jacket potato

**Garlic chicken**  
Chicken breast stuffed with garlic butter  
and wrapped in parma ham  
£12.50



**Ham & egg**  
Locally sourced ham, sliced and served  
with an egg fresh from the farm  
£11.75



**Haddock**  
Freshly battered with ale and  
served with peas  
£12.50

**Scampi**  
Breaded whole tail scampi  
£11.95

**Red lentil lasagne**  
With a rich tomato sauce and tofu/  
cashew nut based white sauce  
£11.95



**Vegetable burger**  
Chickpea, sweetcorn & coriander burger,  
served in a brioche or GF/vegan bun  
£10.75



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Gluten free V Vegetarian VG Vegan

**ALLERGENS:** Some menu items will need special preparation to meet the dietary requirements they are flagged with. Please inform us if a person in your party has a food allergy before placing your order. Our products may contain wheat, egg, dairy, soy, nuts or fish allergens. Every effort is made in the pub kitchen to keep one of our fryers free from gluten products. However, if we have been busy we may have had to use both and there could be small traces of gluten in all fried items. Please check with us before ordering if this is a problem.



## OFF THE GRILL

*All served with a salad garnish and either hand cut chips or jacket potato*

### 10oz Gammon

Locally sourced gammon steak served with an egg fresh from the farm, tomato, peas and mushrooms

£14.75



### Fforest cheese burger

Our burgers are made to order from just quality minced steak and seasoning (nothing else). Served in a brioche or gluten free bun.

£11.25

Add bacon £1

Add an onion ring £0.75

Make it mammoth - add bacon, onion rings and an extra burger £5



### 10oz Rump

Locally sourced Welsh Black or Hereford Angus (depending on availability) served with onion rings, tomato, mushrooms and

peas.

£18.50



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## CURRY

*Served with fragrant rice, mango chutney and a poppadom*

### Yellow coconut chicken curry

Mild

£10.75



### Vegetable curry

Medium

£10.75



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## SIDE ORDERS

### Hand cut chips

£2.50



VG

### Cheesy chips

£3.00



V

### Side salad

£3.00



VG

### Homemade coleslaw

£2.20



V

### Garlic bread

£2.75



V

### Cheesy garlic bread

£3.25



V

### Ale battered onion rings

£3.00

VG

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## KIDS MENU

### Chicken fingers

with chips & peas, beans or salad

£5.50

### Fforest Mini Cheese Burger

with chips & peas, beans or salad

£5.50

### Sausages

with chips & peas, beans or salad

£5.50

### Mini battered haddock

with chips & peas, beans or salad

£5.50

### 5oz Rump steak

with chips, an onion ring and

peas, beans or salad

£8.25

### Pasta

Orzo pasta in a rich tomato sauce with or without homemade meatballs

£5.50



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## DESSERTS

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

£5.50