## Freshly prepared for you in the forest

BREAKFAST - SERVED UNTIL 11:30am

## The Full GFO $1,220 \mathrm{kcal}$

Two bacon rashers, two sausages, two fried eggs, beans, hash browns, flat mushroom, beef tomato, black pudding and a bloomer toast slice with butter

The Half GFO 523kcal
Bacon rasher, sausage, beans, beef tomato, flat mushroom, fried egg and a bloomer toast slice with butter

The Vegan ve 725 kcal
Two sausages, beans, flat mushroom, hash brown, half avocado, beef tomato and a bloomer toast slice

The Baked v 497 kcal
Warm croissant, tea cake, pain au chocolat,
bloomer toast, strawberry jam and butter
£9.00
$£ 9.00$

## £13.00

.


## Stacked sandwiches

## Choose from:

Triple bacon GFO 786kcal £6.50
Triple sausage GFO $742 \mathrm{kcal} \quad £ 7.00$
Triple vegan sausage VE 424kcal $£ 6.00$
Half avocado on toast $v$, VEO, GFO 663kcal
£10.00 With two eggs, beef tomato, seeds, dill and crushed chillis, stacked on sourdough bread

## American-style pancakes

With your choice of toppings:
Berries and banana ve 471 kcal
£7.00
Beechwood smoked bacon and maple syrup 599kcal £7.00 Nutella v 653 kcal £6.00

## LUNCH AND LIGHTER BITES - SERVED FROM 12 pm

## From the Deli

Our freshly prepared deli choices make lunch deliciously easy. All served with our signature forest slaw 92kcal, light salad 3kcal and yummy fries 346 kcal .

## Sandwiches*

Choose from wholemeal 258 kcal , white 247 kcal or sourdough 253kcal bloomer bread.

Baked ham, Emmental, beef tomato and chutney GFO 680 kcal Chicken, iceberg lettuce and tomato GFO 460 kcal
Hummus, avocado and beef tomato VE, GFO 686 kcal
*Kcal declarations are for the white bloomer bread option

## Paninis

£ 11.00
Ham and Emmental cheese 654kcal
Tuna and mozzarella 555kcal

## Ciabatta

$\begin{array}{ll}\text { Southern fried chicken and bacon } 679 \mathrm{kcal} & £ 11.00 \\ \text { Breaded fish, iceberg lettuce and beef tomato } 486 \mathrm{kcal} & £ 12.00 \\ \text { Buttermilk chicken club with iceberg lettuce, } & £ 11.00 \\ \text { beef tomato and mayonnaise } 561 \mathrm{kcal} & \end{array}$
£11.00


## Signature stonebaked flatbreads

A tasty Khobez-style flatbread, packed with a choice of fresh, aromatic fillings. All topped with chimichurri, rocket and pickled pink onion.
Boneless garlic \& sweet chilli chicken tenders 843kcal Vegan bites with sweet chilli sauce VE 723 kcal
Vegan bites with sweet chilli sauce VE 723 kcal
Feta, garlic, dill and flat mushroom v 674 kcal
£12.00
£10.00

## Baked potatoes

A firm forest favourite, oven-baked and topped with a choice of classic spud fillings, forest slaw and a light salad.
Baked ham and mozzarella GFO 550kcal £8.00
Tuna mayonnaise GFO 481kcal
Baked beans and cheese v, VEO, GF 600kcal £7.00
Smoky bean chilli ve, GFO 495kcal £8.00
Cook's soup of the day VE, GFO 295kcal
£6.00

Served with bread and British butter.
Ask us what's on today.

## SERVED FROM 12pm

## HOT RICE BOWLS

Our hearty hot bowls start with a base of steamed white rice and smashed avocado garnish, with half a flame-baked garlic and coriander naan.

Build your bowl:
Smoky bean chilli VE, GFO 656kcal
£10.00
Rainbow vegan curry VE, GFO 669 kcal
£11.00

## BURGERS

Our mouthwatering burgers are bursting with flavour, served in a grill-marked bun topped with beef tomato and iceberg lettuce with forest slaw 92kcal on the side. Add skin-on fries 346 kcal or baked potato 150 kca .


Signature loaded GFO 1,052kcal
$£ 16.00$
Two beef patties, bacon, panko-breaded onion rings,
Emmental cheese and chimichurri
Double beef GFO 906kcal
£14.50
Two beef patties with Emmental cheese
Buttermilk chicken 398 kcal
£13.50
Coated, crispy chicken fillet
Plant* VEO 559kcal
Packed full of plant protein and an irresistible flavour
*Plant burger doesn't include forest slaw
Breaded veggie $v 599 \mathrm{kcal}$ £13.00
Lightly seasoned, coarse vegetables in a light breadcrumb coating
Jumbo fish 491kcal
£14.00
Prime cod fish finger in a gluten free crumb
with tartare sauce and a hint of lemon

## FOREST CLASSICS

Freshly prepared favourites to enjoy in the forest.
Stone baked lasagne $1,066 \mathrm{kcal}$
Aberdeen Angus beef with garlic ciabatta, forest slaw and a light salad
Sausage and mash VEO 695kcal £12.00
Three pork sausages, creamy mashed potato with rich gravy and peas, topped with pickled pink onions
Chicken tikka masala $1,078 \mathrm{kcal}$
£11.00
With boiled rice and garlic naan
British chicken, ham hock and leek pie 995kcal £14.00

## PIZZAS

 FREE BASES
Baked on a 12 " fresh dough pizza base with tomato sauce and blended mozzarella. Choose from our delicious toppings:

AND TOPPINGS ask our team for details

Classic margherita V , GFO $1,356 \mathrm{kcal} \quad £ 12.50$
Vegan margherita VE, GFO 919kcal
£13.00
Pepperoni GFO $1,537 \mathrm{kcal}$
£14.50
BBQ chicken, streaky bacon, peppers £15.50
and sweetcorn GFO 1,686kcal
Sweet chilli chicken and peppers GFO $1,579 \mathrm{kcal} £ 14.50$
Spicy beef, jalapeño and pickled red onion £15.50 GFO 1,380kcal
Farmhouse (ham \& mushroom) GFO $1,448 \mathrm{kcal} £ 13.00$
Hawaiian (ham \& pineapple) GFO 1,486kcal
£14.00

The Feast GFO 1,728kcal
Our hero pizza, topped with pepperoni, BBQ chicken, spicy beef, ham and beef tomato

## Don't forget to add extras!

$\left[\begin{array}{ll}\text { EXTRAS } & \\ & \\ \text { Skin-on fries VE } 346 \mathrm{kcal} & £ 3.75 \\ \text { Sweet potato wedges vE } 234 \mathrm{kcal} & £ 3.75 \\ \text { Panko-breaded onion rings } \text { vE } 400 \mathrm{kcal} & £ 3.75 \\ \text { Garlic ciabatta } v 391 \mathrm{kcal} & £ 4.00 \\ \text { Garlic and mozzarella ciabatta } v 545 \mathrm{kcal} & £ 5.00 \\ \text { Forest slaw } \text { vE } 323 \mathrm{kcal} & £ 3.00 \\ \text { Watercress, rocket, feta and dill salad } v 353 \mathrm{kcal} & £ 4.00 \\ & \\ \hline\end{array}\right.$

## TREAT YOURSELF

Don't forget to have a peek at our counter for cakes and treats to eat in or grab and go. It changes day to day so there's always something for everyone.
 In a creamy sauce, wrapped in a thin butter shortcrust pastry with mash, peas and gravy
Mushroom and leek pie VE, GF 882 kcal £14.00
A mix of mushrooms, leeks and onions in a mushroom sauce made from soya milk. Open-topped with a crumb, pumpkin and sunflower seed shortcrust pastry, served with baked potato, peas and gravy

## SOFT DRINKS

| Coke | $£ 3.40$ |  |
| :--- | :--- | :--- |
| Diet Coke | $£ 3.30$ |  |
| Coke Zero | $£ 3.30$ |  |
| Sprite Zero | $£ 3.40$ |  |
| Fanta | $£ 3.40$ |  |
| Appletiser | $£ 3.35$ |  |
| Frobishers Fusions | $£ 3.35$ |  |
| Apple \& raspberry or orange \& passionfruit |  |  |
| Capri Sun Orange | $£ 2.40$ |  |
| Pip Organic |  |  |
| 2.10 |  |  |

Blackcurrant \& raspberry, cloudy apple or orange \& mango

## MILKSHAKES made with focal ice cream

 Choose from:Chocolate 623 kcal , strawberry 568 kcal , or vanilla $568 \mathrm{kcal} £ 4.00$


LOOKING FOR WINE, PROSECCO, CHAMPAGNE OR A LOCAL TIPPLE? Just ask the team what's available

## BOTTLED BEER \& CIDER




## Make ty ours...

Syrup shots 27 kcal
65p
Choose from vanilla, caramel or hazelnut
Non-dairy milk
Free!
Choose from oat -8kcal, almond -13 2kcal or soy milk -1 6kcal

| Cream 26 kcal | $65 p$ |
| :--- | :--- |
| Extra coffee shot 7 kcal | $£ 1.20$ |

Extra coffee shot 1 kcal
£1.20


## JUST FOR KIDS

## A yummy menu for mini explorers.

## Breakfast is served until 11:30am. Mains are served from 12pm.

## BREAKFAST

Mini full breakfast VEO 433kcal
£6.50
Sausage, beans, egg, hash brown and toast with butter
Stacked breakfast sandwiches
Choose from white or brown bread
Bacon with ketchup GFO 432kcal £4.00
Sausage with ketchup GFO 301kcal $£ 5.00$
Vegan sausage with ketchup VE 348kcal £5.00
Beans on toast VE $249 \mathrm{kcal} £ \mathbf{£ 2 . 5 0}$
American-style waffle VE
£5.00
Choose from these toppings:
Nutella V 564 kcal , berries VE 455 kcal , or smoked bacon 510kcal

## FOREST CLASSICS



Sausage, mash and beans GFO 366kcal
Chicken tenders, chips* and beans 592kcal
$£ 7.00$

Vegan nuggets, chips* and beans VE 436kcal
*Chips can be swapped with baked potato 300 kcal if preferred.

Baked potato with beans VE, GFO 386kcal
Baked potato with tuna mayonnaise
£ 4.00

## PIZZAS

Tasty toppings served on a baked ciabatta base, with tomato sauce and melted mozzarella.
Served with your choice of tasty fries or a baked potato.
Classic margherita V , GFO 585 kcal
Vegan margherita VE, GFO 431kcal
Pepperoni GFO 672kcal
BBQ chicken GFO 684kcal

## BURGERS

Our kids' burgers are bursting with flavour, served in a brioche bun with yummy fries and a mini salad.

Beef 560kcal
113g beef patty
Chicken tender 609 kcal
Veggie $V 578 \mathrm{kcal}$

## KIDS' DRINKS

Capri Sun blackcurrant, tropical or orange
Pip Organic cloudy apple
Pip Organic blackcurrant \& raspberry
Pip Organic orange \& mango
All $£ 2.00$

Add on a scoop of local ice cream for dessert, for just $£ 1.20$ extra when you order your kids' main.
Speak to the team for the nutritional information.

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