# Just for kids

Our yummy menu gives mini explorers plenty of fuel for forest adventures!

#### KID'S MEALS

Choose a main and two sides for £6.50.

#### MAINS

Choose one...

Chicken goujons 252kcal

Vegan bites VE 176kcal

Fish goujons 181kcal

Beef burger 428kcal

Sausage 333kcal, VEO 148kcal

Chicken breast VE 100kcal

Margherita pizza VEO 645kcal

Tomato and cheese pasta with hidden veg V 320kcal

#### SIDES

Choose two...

Fries VE 216kcal

Jacket potato VE 299kcal

House salad VE 15kcal

Baked beans VE 73kcal

Sweetcorn VE 76kcal

There's something for everyone

## We love to hear your feedback!

Help us improve our service and offerings by letting us know how your meal was. Scan the QR code here.



## Celebrating the Best of British



#### CAMPBELL BROTHERS

Campbell Brothers Butchers deliver a full range of locally sourced, quality meat, poultry, pork, lamb & beef. Established over 100 years ago, they champion sustainability and support nose-to-tail dining. With their experience and honesty, we trust that they do the right thing. campbellbrothers.co.uk



#### LAILA'S FINE FOODS

Created with passion, the team at Laila's Fine Foods lovingly make mouth-watering ready meals from all over the world that you can order from our menu. They buy local wherever possible and always use the freshest, finest ingredients, with just the right balance of spices and flavours. lailasfinefoods.co.uk

# Ready to order?

You can order food to your cabin for when you return from exploring the forest.

Scan the QR code on the tv to see our full menu or visit

forestholidays.co.uk/food to place your order. Don't miss out, pre-order early!

#### Allergens and nutritional information

We're legally obliged to let you know that adults need around 2000kcal a day.

All of our food is prepared in our kitchen where nuts, gluten and other allergens are present.

Our menu descriptions do not include all of the ingredients used in our dishes. If you have a food allergy, please let us know before ordering. Full allergen information is available at

#### forestholidays.co.uk/food-and-drink

All vegetarian and vegan foods are prepared in the same kitchen alongside the rest of our menu. We cannot guarantee that these items have been cooked in dedicated fryers. Please ask a team member for more information.

To discuss gluten free options, please speak to a member of the team.

KEY: VO Vegetarian option V Vegetarian dishes VEO Vegan option VE Vegan dishes

Please leave me in your cabin



# Wholesome food delivered to your cabin



#### **BREAKFASTS**

Full breakfast VO, VEO 1048kcal Bacon, sausages, tomato, potato hash, beans, egg & toast

#### Open style breakfast sandwich

Choose from white or brown bread Bacon 832kcal £6.50 £6.95 Sausage VEO 1097kcal

Avocado on toast V. VEO 748kcal £8.50

With heritage tomato, chilli flakes & poached egg

£7.50 Baked potato hash V, VEO 515kcal With baked egg

Classic American style pancakes

With bacon 626kcal £7.50 £6.95 With berries v 527kcal

Overnight oats V 479kcal £4.95

With cranberry, chia seeds, honey & a berry topping



A wholesome way to start your day in the porest

#### FOREST BOWLS

Starting with a base that's 100% vegan and full of hearty goodness, all our bowls feature a delicate blend of whole grains, fresh greens, sweet potato, chickpeas, sweetcorn, tumeric and miso.

#### BUILD YOUR BOWL WITH A CHOICE OF:

Grilled chicken 982kcal	£12.50
Sesame dipped avocado half VE 1158kcal	£11.95
Beans and greens VE 949kcal	£10.95

We love celebrating everything local and always look to support and promote local businesses surrounding our locations.

We're proud to help you discover the very Best of British.



#### **BURGERS**

Our hearty burgers are carefully prepared and served on a sourdough or brioche bun, with mouth-watering fries and our signature forest slaw. All topped with melted smoked cheese, beef tomato and Batavia lettuce.

#### CHOOSE FROM:

Beef 1507kcal	£12.50
Double beef 1876kcal	£15.50
Buttermilk chicken 1433kcal	£12.50
Plant based VE 1413kcal	£12.50
Veggie v 1389kcal	£10.95

You can't beat a good burger

#### PIZZAS

Meat feast 1665kcal

Chipotle hot 1490kcal

Chicken, bacon, pulled pork & pepperoni

Chipotle pulled pork, red onions & jalapeños

Served on 12" fresh dough. All topped with traditional mozzarella and a sprinkle of oregano. For gluten free options -247kcal or vegan options +83kcal, please contact the Forest Retreat.

£14.95

£14.95

Classic margherita V, VEO 1305kcal	£11.95
Pepperoni 1487kcal	£13.50
Farmhouse 1384kcal Ham & mushroom	£13.50
<b>Hawaiian</b> 1479kcal Ham & pineapple	£13.50
<b>Veggie feast</b> <i>v, vEO 1421kcal</i> Mushrooms, mixed peppers, red onions, sweetcorn & spinach	£13.50
BBQ chicken 1589kcal Chicken, crispy bacon, sweetcorn & BBQ sauce base	£14.95
Sweet chilli chicken 1424kcal Chicken & mixed peppers drizzled with sweet chilli sauce	£14.95

**DEAL £34.00** Choose any two pizzas, garlic pizza bread and a large tub of ice cream for dessert.

PIZZA NIGHT



### BURGER NIGHT **DEAL £25.00** Enjoy two burgers with

fries and onion rings.

\*£3 supplement charge for the double beef burger.

Don't sorget to add something on the side!

#### WORLD DISHES

STARTERS: Served with mango chutney.

Two chicken skewers 333kcal £4.95 Vegetable samosas VE 308kcal £4.95 Onion bhajis VE 425kcal £4.95

**Vegetable pakoras** VE 420kcal £4.95 £10.00 Mixed selection 1407kcal

Chicken skewers, three veg samosas ve, four onion bhajis ve & four veg pakoras ve

MAINS: All £11.95

Served with poppadoms and boiled rice.

Chicken tikka masala 798kcal

New recipes Chicken jalfrezi 607kcal for 2023! Chicken korma 888kcal

Thai green chicken curry 740kcal

Vegan rainbow VE 551kcal

Sweet potato pieces, courgette and peppers in a spiced tomato and coconut cream sauce

ADD ON:

Flame baked garlic and coriander £2.50 naan bread VE 200kcal

#### **EXTRAS**

Skin on fries VE 433kcal £3.50 Onion rings VE 500kcal £3.50 Garlic pizza bread v 1186kcal £6.50 Garlic pizza bread with cheese V 1443kcal £7.50 House salad VE 86kcal £2.75 Served with a balsamic dressing



## **CURRY NIGHT DEAL £31.50**

Tuck into our mixed selection starter and two curries. The choice is yours!







DESSERTS And to finish ...

Chocolate fondue V, VEO 748kcal

A selection of mini brownies ve, marshmallows and mini doughnuts v, served with toffee v and chocolate ve dipping sauces

Large ice cream tubs v

from £5.75

£8.50

Choose from a variety of flavours. See individual tub for nutritional information

Go on, you deserve a sweet treat