



LUNCH & DINNER

Monday-Friday, 12pm-2:45pm & 6pm-8:45pm / Saturday, 12pm-8:45pm

All of our dishes are homemade at The Foresters, using fresh, seasonal ingredients.

NIBBLES

Fried Padron Peppers 4 (v)(vg)(gf)(df) / **Mixed Olives 4** (v)(vg)(gf)(df)

Our Own Garlic Rosemary Focaccia, Olive Tapenade 5 (v)(vg)(df)(nuts)

STARTERS

Roasted Butternut Squash Soup, Toasted Hazelnuts, Homemade Focaccia 8 (v)(vg)(gfo)(nuts)

Traditional Baked Sussex Smokie, Crusty Sourdough 8.5

Crayfish & Prawn Cocktail, Vodka Spiced Cherry Tomatoes, Bread & Butter 9 (gfo)

Roast Squash & Sage Arancini, Braised Peppers, Balsamic 8 (v)(vg)

Sussex Scotch Egg, Locally Sourced Sausage Meat, Homemade Apple & Date Chutney 9

MAINS

Long Man Beer Battered Cod & Chips, Garden Peas, Tartare Sauce, Lemon 18 (df)

Sussex 8oz Beef Burger, Brioche Bun, Tomato, Gherkin, Ale Braised Onions, Parsley Mayo, House Chips 17 (gfo)(dfo) (Add Cheese £1. Add Bacon £1)

Steak & Ale Pie, Creamy Mash, Roasted Carrots, Seasonal Greens, Red Wine Gravy 20

Moules Mariniere, White Wine, Garlic & Parsley Cream, House Chips 20 (gf)

Flat Iron Steak, (8oz) Grilled Broccoli, Slow Roasted Tomatoes, House Chips, Peppercorn Sauce 26

Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress 16 (gf)(df)

Herb Roasted Butternut Squash, Confit Tomato & Butterbean Cassoulet, Sprouting Broccoli 20 (v)(vg)(gf)(df)

SANDWICH OF THE DAY

(Mon-Fri, 12pm-2:45pm. Sat 12pm-4pm)

**Served in Toasted Brioche,
with House Chips**

*Please ask your server for
today's filling & price*

SIDES

House Chips 4.5 / Cheesy Chips 5.5

Sautéed New Potatoes 4.5

Roasted Carrots, Horseradish & Rosemary 4.5

Tenderstem Broccoli, Confit Garlic & Shallots 4.5

**House Salad, Baby Gem, Cherry Tomatoes, Red Onion,
Cucumber, Rapeseed Vinaigrette 4.5**

DESSERTS

Warm Dark Cherry Frangipane, Homemade Cherry Ripple Ice Cream 9 (v)(nuts)

Sticky Toffee Pudding, Vanilla Ice Cream, Butterscotch Sauce 8.5 (v)

Triple Chocolate Brownie, Mocha Ice Cream, Pine Nut Brittle 9 (v)(nuts)

Warm Treacle Tart, Clotted Cream 8.5 (v)(nuts)

Apple & Plum Crumble, Vanilla Custard 8 (v)(vgo)(gf)

Sussex Cheeses, Homemade Chutney, Crackers 12 (gfo)

Trio of Ice Creams 7 (vgo)

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free (gfo) gf option
(df) dairy free (dfo) df option (nuts) contains nuts 'Option' = this dish can be adapted. Please ask for details