



The Foresters Arms  
**LUNCH & DINNER**

Monday-Thursday, 12pm-2:45pm & 6pm-8:45pm / 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 6** *vg/gf/df* / **Mixed Olives 5.5** *vg/gf/df*

**Sun-Dried Tomato & Parmesan Focaccia, Olive Oil & Balsamic Vinegar 6** *v*

**Hot Honey & Thyme Baked Camembert (for two), Toasted Sourdough, Crostini & Onion Marmalade 18** *v/gfo*

### STARTERS

**Seasonal Soup of the Day, Crusty Sourdough 8.5** *gfo*

**Smoked Mackerel, Lime & Ginger Pâté, Pickled Cucumber, Brioche 10** *gfo*

**Vodka Cured Salmon, Dill, Crème Fraiche, Crispy Capers 12** *dfo/gf*

**Pressed Ham Hock, Capers, Cornichons, Parsley, Brioche, Truffled Egg Mayo 10** *dfo/gfo*

**Tempura Broccoli, Courgette, Lemon & Lime Mayo 9** *vg/gf/df*

**Whipped Feta, Olive Oil Croutons, Beetroot, Green Apple, Pistachios 10** *v/gfo/nuts*

### MAINS

**Harveys Beer Battered Cod & Chips, Garden Peas, Tartare Sauce, Lemon 18** *df*

**Sussex 8oz Beef Burger, Brioche Bun, Tomato, Gherkin, Red Onion, Tomato Relish, House Chips, Coleslaw 18** *gfo/dfo* (Add Cheese £1.25 / Add Bacon £1.25)

**Sussex Lamb Shoulder & Mint Pie, Creamy Mash, Roasted Carrots, Seasonal Greens, Red Wine Gravy 22**

**Scampi & Chips, Garden Peas, Tartare Sauce, Lemon 18** *df*

**Chargrilled Flat Iron Steak, (8oz) Roast Cherry Vine Tomatoes, Broccoli, House Chips, Peppercorn Sauce 28** *gf/dfo*

**Pan Fried Calves Livers, Creamy Mash, Bacon & Onion Braised Cabbage, Red Wine Gravy 20** *gf*

**Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress 16** *gf/df*

**Wild Garlic Stuffed Chicken Supreme, Asparagus, Creamed Cabbage, Potato Fondant, Red Wine Gravy 22** *gf*

**Green Pea & Mint Risotto, Asparagus, Crispy Kale, Green Oil 18** *vg/gf*

**French Onion, Wild Mushrooms & Lentil Cottage Pie, Roasted New Potatoes 20** *vg/gf*

### LIGHT LUNCH

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

**Sandwich Of The Day 15**

Served in Toasted Ciabatta, with House Chips.

*Please ask your server for today's filling*

### SIDES

**House Chips 5 / Cheesy Chips 6**

**Sautéed Seasonal Vegetables, Crispy Chilli Oil 5**

**Pear, Grape, Feta & Kale Salad 4.5**

**House Salad, Baby Gem, Cherry Tomatoes, Red Onion, Cucumber, Rapeseed Vinaigrette 5**

### DESSERTS

**White Chocolate & Cardamon Tart, Raspberry Curd 9** *v*

**Sticky Toffee Pudding, Butterscotch Sauce, Clotted Cream Ice Cream 9** *v*

**Orange Brownie, Orange Sherbert, Vanilla Ice Cream 9** *v*

**Rhubarb, Stem Ginger & Apple Crumble, Vanilla Custard 9** *vg/gf/df*

**Miso & Dulce de Leche Affogato, Kahlua, Vanilla Ice Cream, Espresso 9** *gf/dfo*

**Homemade Ice Cream, produced in-house at The Foresters. 3.75 per scoop** *vg*

**Please make your server aware of any allergens prior to ordering**

*(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*