



The Foresters Arms

LUNCH & DINNER

Monday-Thursday, 12pm-2:45pm & 6pm-8:45pm / Friday, 12pm-2:45pm & 5pm-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*
Olive & Sunblush Tomato Focaccia, Olive Oil & Balsamic 6 *v/vg*
White Truffle & Rosemary Camembert, Toasted Sourdough, Crostini & Onion Marmalade 18 *v/gfo*

STARTERS

Nuthourne Tomato & Mango Bruschetta, Chilli, Mint, Pomegranate 9 *vg/v/df/gfo*
Smoked Mackerel, Heritage Tomato, Quail Egg, Olives, Mixed Leaves 10 *gf/df*
Beetroot & Orange Cured Salmon, Candied Beetroot, Crème Fraiche 12 *df/gf*
Ploughmans Scotch Egg, Apple Chutney, Pork Crackling 10
Tempura Artichoke, Charred Lime, Garlic Aioli 9 *vg/gf/df*
Whipped Goats Cheese, Grilled Peach, Honey, Thyme, Wild Rice, Pumpkin Crumb 10 *gfo/v*

MAINS

Creamy Chicken, Asparagus & Tarragon Pie, Creamy Mash, Roasted Carrots, Seasonal Greens, Red Wine Gravy 22
Chargrilled Flat Iron Steak, (8oz) Roast Cherry Vine Tomatoes, Broccoli, House Chips, Peppercorn Sauce 28 *gf/df*
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*
Anchovy, Parmesan & Bacon Stuffed Chicken, Fondant Potato, Fine Beans, Charred Baby Gem, Caesar Dressing 22 *gfo*
Artichoke, Spinach & Lemon Risotto, Preserved Lemon, Crispy Artichoke 20 *v/vg/gf/df*
Superfood Salad, Bulgar Wheat, Pomegranate, Grilled Veg, Pumpkin Seeds, Salsa Verde 18 *v/vg/df/gfo*
Harveys Beer Battered Cod & Chips, Garden Peas, Tartare Sauce, Lemon 18 *df*
Scampi & 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/df* **(Add Cheese £1.25 / Add Bacon £1.25)**

LIGHT LUNCH

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

Sandwich Of The Day,
served in Toasted Ciabatta, with House Chips.
Please ask your server for todays filling 15

SIDES

House Chips 5 / Cheesy Chips 6
Tempura Seasonal Veg, Crispy Chilli Oil 6 *gf/df*
Nuthourne Tomato, Mango, Chilli, Mint Salad 5 *v/vg/gf/df*
House Salad, Baby Gem, Cherry Tomatoes, Red Onion, Cucumber, Rapeseed Vinaigrette 5

DESSERTS

Toasted Brioche, Caramelised Banana, Burnt Butter Caramel, Banana Ice Cream 9 *v*
Foresters Mess, Strawberry, Raspberry, Meringue, Basil, Strawberry Ice Cream 9 *v/gf*
Green Matcha Brûlée, Ginger Snap 9 *v*
Passion Fruit Cheesecake, Caramelised Biscuit, Lime Sherbert, Vanilla Ice Cream 9 *v/vg/df*
Honeycomb Affogato, Kahlua, Honeycomb Ice Cream, Espresso 9 *vgo/gf/df*
Selection Of Kelly's & Homemade Ice Cream, 3.75 per scoop *vgo*

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

Tables of 10+ will be subject to a 12% service charge.