



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 5 vg/gf/df / Mixed Olives 4.5 vg/gf/df

Our Own Garlic Rosemary Focaccia, Olive Oil & Balsamic Vinegar 5 vg/df/nuts

STARTERS

Whipped Feta Cheese, Heritage Tomato Salad, Pickled Fennel, Green Oil, Crostini 9 v/gfo

Salt & Pepper Calamari, Crispy Squid Rings, Aioli, Lemon 9

Black Pudding Scotch Egg, Homemade Fig Chutney 9.5

Spiced Sweet Potato & Chickpea Fritters, Tomato Salsa 8.5 vg/df/gf

Confit Garlic & Rosemary Baked Camembert (for two), Toasted Sourdough, Onion Marmalade 17 v/gfo

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 17 gfo/dfo (Add Cheese £1.25 / Add Bacon £1.25)

Chicken Ham Hock & Leek Pie, Creamy Mash, Roasted Carrots, Seasonal Greens, Red Wine Gravy 20

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

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

Chicken Caesar Salad, Cos Lettuce, Anchovies, Parmesan Shavings, Croutons, Caesar Dressing 18

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

Spiced Baked Aubergine, Confit Garlic & Herb Polenta, Harissa Braised Peppers,

Pomegranate Molasses, Rocket Salad 20 vg/gfo

Marinated Heritage Tomato & Burrata Salad, Roasted Beetroot, Fennel & Radicchio, Basil Pesto 18 v/gf

LIGHT LUNCH

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

Sandwich Of The Day 14

Served in Toasted Ciabatta, with House Chips.

Please ask your server for today's filling

Ploughmans 15

Cheddar Cheese, Honey Roasted Ham, Vine Tomatoes,
Pickled Onions, Gherkin, Chutney, Toasted Ciabatta

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

Lemon & Blueberry Frangipane Tart, Vanilla Ice Cream 9 v/nuts

Sticky Toffee Pudding, Honeycomb Ice Cream, Butterscotch Sauce 9 v

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

Apple & Blackberry Crumble, Vanilla Custard 9 v/vgo/df

Eton Mess, Whipped Cream, English Strawberries, Meringue, Pistachio 9 v/nuts

Homemade Ice Cream, produced in-house at The Foresters. 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