



LUNCH & DINNER

Wednesday-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 Tapenade 5 vg/df/nuts

STARTERS

Winter Vegetable & White Bean Broth, Homemade Focaccia 8.5 vg/df/gfo
Sweetcorn Chilli & Coriander Fritters, Spiced Tomato Salsa 8.5 vg/df/gf
Salt & Pepper Calamari, Crispy Squid Rings, Aioli, Lemon 9
Toulouse Sausage Scotch Egg, Fig Chutney 9.5
Whole Baked Camambert (for two), Toasted Sourdough, Red Onion Marmalade 17 v/gfo

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,
Tomato Relish, House Chips, Coleslaw 17 gfo/dfo (**Add Cheese £1.25 / Add Bacon £1.25**)
Steak & Ale Pie, Creamy Mash, Roasted Carrots, Seasonal Greens, Red Wine Gravy 20
Pan Fried Hake, Herb Crushed New Potatoes, Wilted Spinach, Fennel & Radish, Cider Butter Sauce 22.5 gf/dfo
Chargrilled Flat Iron Steak, (8oz) Roast Cherry Vine Tomatoes, Broccoli, Truffle Parmesan Fries, Confit Garlic Butter 28
Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress 16 gf/df
Truffled Wild Mushroom Risotto, Toasted Pine Nuts, Rocket 18 v/vgo/nuts
Roast Artichoke, Beetroot & Goats Cheese Tart, Warm Potato Salad, Pesto 19 v

SANDWICH OF THE DAY

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

**Served in Toasted Ciabatta,
with House Chips**
*Please ask your server for
today's filling 14*

SIDES

House Chips 4.5 / **Cheesy Chips** 5.5
Truffle Parmesan Fries 6.5 / **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 9 v
Triple Chocolate Brownie, Mocha Ice Cream, Pine Nut Brittle 9 v/nuts
Apple & Plum Crumble, Vanilla Custard 9 v/vgo/gf
Sussex Cheeses, Homemade Chutney, Crackers 12 gfo
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