



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 Tapenade 5 vg/df/nuts

STARTERS

Homemade Soup of the Day, Garlic & Rosemary Focaccia 8.5 vg/df/gfo
Roast Peach, Fennel & Burrata Bruschetta, Toasted Pistachio, Pesto 8.5 v/gfo/nuts
Salt & Pepper Calamari, Crispy Squid Rings, Aioli, Lemon 9
Spiced Lamb Scotch Egg, Smoked Bacon Jam 9.5
Sweetcorn Chilli & Coriander Fritters, Spiced Tomato Salsa 8.5 vg/df/gf
Truffle Honey Baked Camambert (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, 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
Baked Salmon Fillet, Truffle White Bean Purée, Saffron Braised Fennel & Leeks, Salsa Verde 22.5 gf/dfo
Chargrilled Flat Iron Steak, (8oz) Roast Cherry Vine Tomatoes, Broccoli, Truffle Parmesan Fries, Peppercorn Sauce 28
Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress 16 gf/df
Asparagus, Pea & Broad Bean Risotto, Rocket Salad, Parmesan 18 v/vgo/gf
Marinated Baked Feta, Greek Salad, Homemade Flat Bread, Tzatziki 18 v/gfo

SANDWICH OF THE DAY

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

**Served in Toasted Ciabatta,
with House Chips**
*Please ask your server for
todays 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 Raspberry Frangipane Tart, Homemade Raspberry 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
Baked Vanilla Cheesecake, White Rum & Rhubarb Compote 9
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