

SNACKS

Focaccia with aged balsamic and olive oil dip (v) £3.95

Mixed olives with lemon and chilli (v) £3.25

Greek pitta with houmous, tzatziki and chilli sauce (v) £3.95

Garlic pizzette (v) £3.95

Cheesy garlic pizzette with mozzarella, feta and parmesan (v) £4.95

Little chorizos cooked with chilli, cider and tomato £6.25

Battered haddock goujons, Italian tartare sauce £4.75

STARTERS

Seasonal soup with rustic bread (v) £4.95

Rosemary and garlic breaded mushrooms with saffron aioli (v) £5.95

Sweet and salty Sicilian chicken wings with Dolcelatte dressing, sticky red onions and capers £6.50

Brushetta with crab, prawns and gem lettuce with spicy cocktail sauce, lemon and chives £7.25

Duck quesadilla with tangy tomato and corn salsa, mozzarella and jalapeños £6.95

Little honey lamb kofta with cucumber and olive salad, Greek pitta and tzatziki £6.95

Steamed Shetland mussels with white wine and garlic cream, lemon and parsley £8.50

SALAD AND PASTA

Italiano - Parma ham, mozzarella, figs and rocket with aged balsamic dressing £12.50

Caesar - gem lettuce, crispy bacon, garlic croûtes, our Caesar dressing and anchovies £8.75
Add chicken to either salad £3.95

Seafood linguine - king prawns, clams and squid with sweet tomato, garlic and parsley £14.95

Carbonara tagliatelle - smoked bacon, field mushroom and spinach with creamy parmesan sauce £11.75

FROM THE DELIGHTS OF THE GREEK MEZE, PROVENCE CLASSICS, ITALIAN FAVOURITES AND THE SPICES OF LEBANON, ENJOY THE COLOURFUL FLAVOURS OF THE MEDITERRANEAN

EMBER GRILL CLAYPOT

Cooked over burning coals, brushed with rosemary, thyme and garlic oil, the fire and flame from our indoor barbecue adds flavours of the Mediterranean

Claypot moussaka - slow cooked lamb mince and shoulder with aubergine, courgettes and potatoes, baked with cheese and yoghurt sauce £11.75

Claypot pork belly, chorizo and herby pork sausages baked with garlic potatoes, smoked paprika, oregano and spicy tomato sauce £11.75

Piri piri chicken with bravas potatoes, chargrilled courgettes, rocket and lemon 14.95

Toro Pie - Slow cooked beef and chorizo, Manchego cheese, puff pasty, with bravas potatoes £15.50

Ember grilled 10oz sirloin steak with rosemary salted chips, rocket, slow roast tomatoes and aioli £21.95
Pepper sauce £1.95

Forest burger - steak burger with smoked bacon, provolone cheese, crispy onions, soft bun, gem salad and rosemary salted chips £12.50

Claypot pilaf, spiced cauliflower and chickpeas, braised with rice, tomato and Turkish spices, yoghurt dressing and pickled cucumber (v) £11.50

Ember grilled lamb cutlets with warm creme fraiche potatoes, grilled spring onions, mint and caper sauce £16.95

SEAFOOD CLASSICS

Baked salmon with cumin, lemon and feta cheese, paprika and oregano rice, garlic yoghurt and pickles £15.50

Seafood fritto misto - battered cod, haddock, squid and king prawns with rosemary salted chips and Italian tartare sauce £12.50

Seafood skewer with pilaf rice, grilled Mediterranean vegetables, rocket salad and garlic butter £15.50

Steamed Shetland mussels with white wine and garlic cream, lemon, parsley and fries £12.50

Monkfish bourguignon with slow roasted garlic mash, baby onions, smoked bacon and chestnut mushrooms, rich red wine sauce and green beans £19.95

PIZZA

Margo - our tomato sauce with oozy mozzarella and basil (v) £7.50

Casablanca - Moroccan spiced aubergine and courgette, black olives, our tomato sauce, mozzarella and mint (v) £9.75

Chicken Caesar - Ember grilled chicken breast, smoked bacon, garlic and mozzarella base, gem salad and anchovies £11.50

Loch and Quay - hot smoked salmon, sea water prawns, mozzarella, pickled red onions, and spinach £12.50

Mount Etna - beef meatballs and spicy sausage with sweet peppers, tomato sauce, basil and mozzarella £11.50

Angry pig - chorizo, spicy pepperoni, pork belly, jalapeños, chilli cheese and mozzarella £10.95

SIDES

Sea salt fries £2.95

Rosemary salted chips £2.95

Cucumber, olive and feta salad £3.50

Slow roasted garlic mash £2.95

Bravas potatoes £2.95

Chargrilled aubergine, courgettes and peppers £3.50

FOREST SUNDAYS SUNDAY ROAST

Served 12noon - 5pm

Roasts from our local farmers, buttered seasonal vegetables, roast potatoes, Yorkshire pudding and proper gravy from £13.50

KIDS SUNDAY ROAST FROM £7.95