

## FOREST JAN 24 CALORIES

NIBBLES	CALORIES Kcal
MARINATED OLIVES	158
ARTISAN BREAD - SEE SPECIALS MATRIX	616
GARLIC PIZZETTE	906
GARLIC PIZZETTE - MOZZARELLA	1131
GARLIC PIZZETTE - VEGAN MOZZARELLA	1142
HARISSA CHICKEN WINGS	612
CHORIZO IN CIDER	528
HALLOUMI CHIPS	545
STARTERS	
HADDOCK GOUJONS	195
GAMBAS PIL PIL	583
GAMBAS PIL PIL - GLUTEN FREE	415

<b>PORK &amp; HARISSA MEATBALL SKEWERS</b>	<b>811</b>
<b>TOMATO BRUSCHETTA</b>	<b>450</b>
<b>TOMATO BRUSCHETTA - ADD MOZZARELLA</b>	<b>824</b>
<b>LETTUCE ROLLS - HONEY CHICKEN</b>	<b>308</b>
<b>HARISSA CAULIFLOWER</b>	<b>432</b>
<b>BBQ RIBS</b>	<b>603</b>
<b>BRUNCH &amp; LUNCH</b>	
<b>EGGS BENEDICT - BACON</b>	<b>814</b>
<b>EGGS BENEDICT - SALMON</b>	<b>759</b>
<b>EGGS BENEDICT - MUSHROOMS</b>	<b>594</b>
<b>CHOPPED AVOCADO &amp; EGGS</b>	<b>790</b>
<b>CHOPPED AVOCADO &amp; EGGS - BACON</b>	<b>850</b>
<b>CHOPPED AVOCADO &amp; EGGS - SALMON</b>	<b>835</b>
<b>SHAKSHUKA</b>	<b>877</b>
<b>SHAKSHUKA - GLUTEN FREE</b>	<b>466</b>

<b>ADD SPANISH CHORIZO</b>	<b>207</b>
<b>ADD HALLOUMI</b>	<b>375</b>
<b>FULL ENGLISH</b>	<b>1246</b>
<b>FULL ENGLISH - GLUTEN FREE</b>	<b>839</b>
<b>FULL VEGANO</b>	<b>435</b>
<b>FULL VEGANO - GLUTEN FREE</b>	<b>562</b>
<b>BUTTERMILK PANCAKES - YOGHURT &amp; GRANOLA</b>	<b>652</b>
<b>BUTTERMILK PANCAKES - BACON &amp; SYRUP</b>	<b>791</b>
<b>CLUB SANDWICH</b>	<b>1070</b>
<b>PROSCUITTO HAM &amp; CHEESE SANDWICH</b>	<b>720</b>
<b>PROSCUITTO HAM &amp; CHEESE SANDWICH - GLUTEN FREE</b>	<b>489</b>
<b>SOFT CORN TACO - CHICKEN</b>	<b>867</b>
<b>SOFT CORN TACO - FISH</b>	<b>784</b>
<b>SOFT CORN TACO - CAULIFLOWER</b>	<b>768</b>
<b>PASTA &amp; SALADS</b>	

<b>FUNGHI FUSILLI</b>	<b>696</b>
<b>FUNGHI FUSILLI - GLUTEN FREE LENTIL</b>	<b>551</b>
<b>POLLO E PANNA FUSILLI</b>	<b>760</b>
<b>POLLO E PANNA FUSILLI - GLUTEN FREE LENTIL</b>	<b>600</b>
<b>LASAGNE</b>	<b>1029</b>
<b>NOURISH BOWL SALAD</b>	<b>720</b>
<b>ADD CHICKEN</b>	<b>167</b>
<b>ADD HALLOUMI</b>	<b>473</b>
<b>ADD HARISSA CAULIFLOWER</b>	<b>300</b>
<b>PIZZA</b>	
<b>MARGHERITA</b>	<b>972</b>
<b>MARINARA D.O.C</b>	<b>785</b>
<b>VEGAN MARGHERITA</b>	<b>968</b>
<b>PROSCIUTTO &amp; SHROOMS</b>	<b>1209</b>
<b>CHICKEN DIAVOLA</b>	<b>1018</b>

<b>LET IT BRIE</b>	<b>1197</b>
<b>MILF</b>	<b>1189</b>
<b>ANGRY PIG</b>	<b>1276</b>
<b>ANGRY PIG CALZONE</b>	<b>1276</b>
<b>MT ETNA CALZONE</b>	<b>1301</b>
<b>TOPPING - NDUJA SAUSAGE</b>	<b>103</b>
<b>TOPPING - PANCETTA</b>	<b>134</b>
<b>TOPPING - PROSCIUTTO COTTO HAM</b>	<b>52</b>
<b>TOPPING - SALAMI</b>	<b>122</b>
<b>TOPPING - CHICKEN</b>	<b>60</b>
<b>TOPPING - VEGETARIAN PARMESAN</b>	<b>81</b>
<b>TOPPING - CHORIZO</b>	<b>130</b>
<b>TOPPING - GRANA PADANO</b>	<b>83</b>
<b>TOPPING - MUSHROOMS</b>	<b>30</b>
<b>TOPPING - PEPPERS</b>	<b>21</b>

<b>GRILLS</b>	
<b>STEAK &amp; BONE MARROW BURGER</b>	<b>1668</b>
<b>7OZ FILLET STEAK</b>	<b>958</b>
<b>10OZ RIB EYE STEAK</b>	<b>1162</b>
<b>10OZ GAMMON</b>	<b>879</b>
<b>GARLIC PRAWNS</b>	<b>163</b>
<b>PEPPERCORN SAUCE</b>	<b>177</b>
<b>BLUE CHEESE SAUCE</b>	<b>465</b>
<b>ONION RINGS</b>	<b>182</b>
<b>MAINS</b>	
<b>FISH &amp; CHIPS</b>	<b>846</b>
<b>CUMBERLAND SAUSAGE &amp; MASH</b>	<b>1238</b>
<b>GRILLED HADDOCK</b>	<b>793</b>
<b>BRAISED BEEF</b>	<b>1109</b>

LAMB & CHICKEN SHISH	1813
CHICKEN MILANESE BURGER	1476
CHEESE & ONION PIE	2378
TORO PIE	1519
IMAM BAYILDI	420
SIDES	
CHIPS	231
SEA SALT FRIES	383
MASH	481
CHEESE MASH	642
TRUFFLE & PARMESAN FRIES	450
SEASONAL VEGETABLES	109
GARDEN SALAD	61
TENDERSTEM BROCCOLI	160
DESSERTS	

<b>AFFOGATO</b>	<b>271</b>
<b>CHOCOLATE &amp; CARAMEL TRUFFLES</b>	<b>775</b>
<b>CHOCOLATE FONDANT</b>	<b>817</b>
<b>BAKED CHEESECAKE</b>	<b>593</b>
<b>SYRUP SPONGE</b>	<b>822</b>
<b>ICE CREAM - VANILLA</b>	<b>169</b>
<b>ICE CREAM - CHOCOLATE</b>	<b>179</b>
<b>ICE CREAM - STRAWBERRY</b>	<b>141</b>
<b>ICE CREAM - SALTED CARAMEL</b>	<b>430</b>
<b>SORBET - MANGO</b>	<b>74</b>
<b>CHOCOLATE SAUCE</b>	<b>49</b>
<b>RASPBERRY SAUCE</b>	<b>23</b>
<b>TOFFEE SAUCE</b>	<b>75</b>
<b>SUNDAY ROASTS</b>	



<b>BEEF TOPSIDE</b>	<b>1470</b>
<b>CHICKEN SUPREME</b>	<b>1415</b>
<b>PORK LOIN</b>	<b>2310</b>
<b>PORK &amp; SAGE STUFFING</b>	<b>750</b>
<b>CAULIFLOWER CHEESE</b>	<b>542</b>
<b>PIGS IN BLANKETS</b>	<b>618</b>

<b>BREAKFAST</b>	
<b>EGGS BENEDICT</b>	<b>814</b>
<b>EGGS BENEDICT - GLUTEN FREE</b>	<b>586</b>
<b>EGGS ROYALE</b>	<b>759</b>
<b>EGGS ROYALE - GLUTEN FREE</b>	<b>531</b>
<b>EGGS FUNGHI</b>	<b>730</b>
<b>EGGS FUNGHI - GLUTEN FREE</b>	<b>593</b>
<b>AVOCADO &amp; BACON BUN</b>	<b>859</b>

<b>AVOCADO &amp; BACON BUN - GLUTEN FREE</b>	<b>790</b>
<b>SAUSAGE &amp; HASH BROWN BUN</b>	<b>874</b>
<b>NO-PORK SAUSAGE &amp; HASH BROWN BUN</b>	<b>544</b>
<b>FULL ENGLISH</b>	<b>1246</b>
<b>FULL ENGLISH - GLUTEN FREE</b>	<b>839</b>
<b>FULL VEGANO</b>	<b>435</b>
<b>FULL VEGANO - GLUTEN FREE</b>	<b>562</b>
<b>ADD FRIED EGG</b>	<b>130</b>
<b>ADD SCRAMBLED EGGS</b>	<b>210</b>
<b>ADD POACHED EGG</b>	<b>173</b>
<b>ADD HASH BROWNS</b>	<b>157</b>
<b>TOAST STACK - BUTTER</b>	<b>327</b>
<b>TOAST STACK - JAM</b>	<b>404</b>
<b>TOAST STACK - MARMALADE</b>	<b>400</b>
<b>TOAST STACK - GLUTEN FREE</b>	<b>266</b>
<b>GOLDEN SYRUP RAISIN GRANOLA</b>	<b>439</b>

<b>KIDS BREAKFAST</b>	
<b>BEANS ON TOAST</b>	<b>222</b>
<b>BEANS ON TOAST - GLUTEN FREE</b>	<b>181</b>
<b>BACON BRIOCHE</b>	<b>403</b>
<b>BACON BRIOCHE - GLUTEN FREE</b>	<b>397</b>
<b>SAUSAGE BRIOCHE</b>	<b>669</b>
<b>NO-PORK SAUSAGE BUN</b>	<b>338</b>
<b>BUTTERMILK PANCAKES - YOGHURT &amp; GRANOLA</b>	<b>340</b>
<b>FULL ENGLISH</b>	<b>957</b>
<b>FULL ENGLISH - GLUTEN FREE</b>	<b>683</b>
<b>FULL VEGANO</b>	<b>440</b>
<b>FULL VEGANO - GLUTEN FREE</b>	<b>430</b>
<b>ADD FRIED EGG</b>	<b>130</b>
<b>ADD SCRAMBLED EGGS</b>	<b>210</b>

<b>ADD POACHED EGG</b>	<b>173</b>
<b>ADD HASH BROWNS</b>	<b>157</b>
<b>KIDS MENU</b>	
<b>KIDS - HALLOUMI CHIPS</b>	<b>269</b>
<b>KIDS - GARLIC BREAD</b>	<b>226</b>
<b>KIDS - VEGETABLE STICKS</b>	<b>466</b>
<b>KIDS - CUMBERLAND SAUSAGES</b>	<b>505</b>
<b>KIDS - NO-PORK SAUSAGES</b>	<b>202</b>
<b>KIDS BEEF BURGER</b>	<b>512</b>
<b>KIDS BEEF BURGER - GLUTEN FREE</b>	<b>506</b>
<b>KIDS CHICKEN BURGER</b>	<b>438</b>
<b>KIDS CHICKEN BURGER - GLUTEN FREE</b>	<b>431</b>
<b>KIDS - MARGHERITA PIZZA</b>	<b>716</b>
<b>KIDS - VEGAN MARGHERITA PIZZA</b>	<b>744</b>
<b>KIDS - SPAGHETTI BOLOGNESE</b>	<b>500</b>

<b>KIDS - SPAGHETTI BOLOGNESE - GLUTEN FREE</b>	<b>458</b>
<b>KIDS TOMATO AND BASIL FUSILLI</b>	<b>638</b>
<b>KIDS TOMATO AND BASIL - LENTIL PASTA</b>	<b>408</b>
<b>KIDS FISH GOUJONS</b>	<b>403</b>
<b>KIDS - CHIPS</b>	<b>145</b>
<b>KIDS - LETTUCE &amp; TOMATO SALAD</b>	<b>99</b>
<b>KIDS - MASHED POTATO</b>	<b>130</b>
<b>KIDS - VEGETABLE STICKS</b>	<b>143</b>
<b>KIDS - BAKED BEANS</b>	<b>81</b>
<b>KIDS ROAST BEEF</b>	<b>589</b>
<b>GLUTEN FREE - KIDS ROAST BEEF</b>	<b>560</b>
<b>KIDS ROAST CHICKEN BREAST</b>	<b>588</b>
<b>GLUTEN FREE - KIDS ROAST CHICKEN BREAST</b>	<b>383</b>
<b>KIDS CHOCOLATE BROWNIE - CHOCOLATE SAUCE</b>	<b>300</b>
<b>KIDS BUTTERMILK PANCAKES with CHOCOLATE SAUCE</b>	<b>332</b>
<b>KIDS - ICE LOLLY</b>	<b>50</b>

<b>ICE CREAM - VANILLA</b>	<b>169</b>
<b>ICE CREAM - CHOCOLATE</b>	<b>179</b>
<b>ICE CREAM - STRAWBERRY</b>	<b>141</b>
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