



BREAKFAST

AVAILABLE UNTIL 11.30AM

- THE FFOREST BREAKFAST** ^{862KCAL} **9.95**
Thick-cut toast with Welsh butter, award-winning sausage, bacon, hash brown, baked beans, free range fried egg, and grilled tomato
- THE FFOREST VEGETARIAN BREAKFAST** ^{720KCAL} **9.50**
Thick-cut toast with Welsh butter, vegetarian sausage, hash brown, baked beans, free range fried egg and grilled tomato
- SAUSAGE BAP** ^{469KCAL} **5.50**
Award-winning sausages, served in a bap with Welsh butter
- BACON BAP** ^{497KCAL} **5.50**
Served in a bap with Welsh butter
- FREE RANGE EGG BAP (V)** ^{170KCAL} **5.50**
Served in a bap with Welsh butter
- VEGGIE SAUSAGE BAP (V)** ^{274KCAL} **5.00**
Served in a bap
- AVOCADO ON TOAST (V)** ^{356KCAL} **5.50**
Sliced tomato, fried free range egg, cracked black pepper, served on a toasted bloomer

BREAKFAST EXTRAS

- SAUSAGE** ^{156KCAL}
- VEGGIE SAUSAGE** ^{91KCAL}
- FREE RANGE EGG** ^{36KCAL}
- BACON** ^{179KCAL}
- HASH BROWN** ^{98KCAL}

ADD ANY OF THESE EXTRAS FOR ONLY 1.00

MAINS & BURGERS

SERVED FROM 11.30AM



- FFOREST BURGER** ^{1397KCAL} **13.50**
Local award-winning 7oz Welsh beef burger, with bacon, melted cheese, pickled salad, mayo and home-made burger relish, served in a sourdough roll, with fries and coleslaw
- CHICKEN BURGER WITH BACON** ^{1277KCAL} **13.50**
Chicken burger served in a sourdough roll, with avocado puree, baby gem leaves, tomato and a sweet chilli mayo with fries and coleslaw
- PULLED PORK BURGER** ^{963KCAL} **13.50**
Slow cooked pulled pork, with home-made BBQ sauce in a sourdough roll, with baby gem leaves, red onion and served with fries and coleslaw
- HOME-MADE SPICY FALAFEL BURGER (VE)** ^{1163KCAL} **13.50**
Pickled beetroot chutney, avocado puree and salad, served in a sourdough roll, with fries and salad
- THE FFOREST GLAZED HAM & FREE RANGE EGGS** ^{755KCAL} **11.00**
Honey and 5-spice glazed ham, with free range eggs, and fries
- CRISPY WELSH BEEF SALAD** ^{534KCAL} **11.00**
Welsh crispy beef coated in sweet chilli sauce, with toasted cashew nuts, served on a crunchy salad
- MEDITERRANEAN PASTA SALAD (M)** ^{1071KCAL} **11.00**
Served with home-made pesto, marinated olives, peppers and onions, topped with Feta cheese

SIDES

SERVED FROM 11.30AM

- GARLIC BREAD** ^{367KCAL} **4.50**
- CHEESY GARLIC BREAD** ^{644KCAL} **5.00**
- COLESLAW** ^{119KCAL} **3.50**
- SIDE SALAD** ^{6KCAL} **3.50**
- FRIES** ^{242KCAL} **3.50**
- SAFFRON GARLIC CORIANDER AIOLI DIP** ^{186KCAL} **2.50**

LIGHTS

SERVED FROM 11.30AM

- ROAST TOMATO SOUP (V)** ^{396KCAL} **5.50**
Served with crusty bread and Welsh butter
- FFOREST GLAZED HAM, MELTED CHEESE & PICKLED GHERKINS** ^{718KCAL} **7.50**
Toasted on a sub roll and with wholegrain mustard, served with salad and coleslaw
- PICKLED SPICED BEETROOT AND APPLE WRAP (V)** ^{717KCAL} **9.00**
Spiced pickled beetroot, apple, avocado, Asian vegetables, baby gem leaf, served with fries and salad
- CAJUN CHICKEN WRAP** ^{1201KCAL} **9.50**
Marinated Cajun chicken breast with Asian vegetables, lemon & coriander mayonnaise
- WELSH BEEF CHILLI TOPPED FRIES** ^{856KCAL} **6.50**
With melted cheese
- CHEESE & BEANS TOPPED FRIES** ^{720KCAL} **5.95**
- NACHOS TO SHARE** ^{1159KCAL} **9.00**
Home-made tortilla chips smothered in Welsh beef chilli and melted cheese, served with avocado puree and home-made relish

KIDS

- CHICKEN GOUJONS** ^{7003KCAL} **7.50**
With chips
- WELSH CHEESE BURGER** ^{885KCAL} **7.50**
With chips and beans
- TOMATO PASTA** ^{599KCAL} **7.50**
With cheese and garlic bread



If you have a food allergy, do please let us know at the time of ordering.

(V) Suitable for vegetarians.
(VE) Suitable for vegans.
However, these products are not handled or cooked in a dedicated vegetarian or vegan kitchen. All weights are approximate uncooked. Fish and meat dishes may contain bones. All prices are in pounds sterling and include VAT. Photography is for guidance only.

Adults need around 2000 kcal a day.



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