

Menu

Breakfast (before 11:30am)

Bacon Bap £4.00

Add sausage, free range fried egg or black pudding for £1.00 per item

Sausage Bap £4.00

Add bacon, free range fried egg or black pudding for £1.00 per item

Free Range Egg Bap £4.00

Add bacon, sausage or black pudding for £1.00 per item

Toast £2.00

Tan Lan Bakery bread, butter & preserves

Beans on Toast £4.00

Baked beans, Tan Lan Bakery bread, grated cheese

Fforest Breakfast £8.00

Bacon, sausage, black pudding, free range fried egg, mushrooms, hash brown, grilled tomato, baked beans, Tan Lan Bakery toast

Poached Eggs on Toast £5.00

Poached eggs, Tan Lan Bakery bread

Veggie Breakfast £8.00

Veggie sausage, free range fried egg, mushrooms, hash brown, grilled tomato, baked beans, Tan Lan Bakery bread

Lite Bites

Loaded Welsh Beef Chilli Fries £5.50

Topped with cheese

Chips, Cheese & Beans £5.00

Skinny fries, baked beans topped with cheese

Welsh Rarebit £6.00

Grilled topping of cheddar cheese, local ale & wholegrain mustard on a slice of local bloomer bread (add bacon +£1.00)

Soup of the Day £5.00

Served with local bloomer bread

Chicken Caesar Salad (no anchovies) £8.50

Baby gem lettuce, chicken breast, caesar dressing, parmesan crisp & croutons

Cajun Chicken Wrap & Chips £6.50

Cajun spiced chicken breast with Asian vegetables & lemon mayonnaise in a tortilla wrap with chips & coleslaw

Welsh Minute Steak Ciabatta & Chips £9.85

A Welsh minute steak with caramelised onions, melted cheddar cheese in a toasted ciabatta with chips & coleslaw

Kids

Fish, Chips & Peas £5.50

Pasta, Tomato Sauce & Garlic Bread £5.50

Cheeseburger, Chips & Beans £5.50

Ham, Free Range Egg & Chips £5.50

Beans on Toast Topped with Grated Cheese £4.00

Mains

Award Winning Welsh 7oz Beef Burger £10.00

Served with chips, coleslaw & homemade burger relish

Pulled Pork Burger £10.00

Served with chips, coleslaw & homemade BBQ sauce

Chicken & Bacon Burger £10.00

Served with chips, coleslaw, avocado purée & chive mayonnaise

Mushroom & Goats' Cheese Burger £9.25

Served with chips, coleslaw, caramelised onions & spinach

Welsh Crispy Chilli Beef Salad £7.95

With Asian salad & cashew nuts

Mediterranean Vegetable Pasta (vegan) £7.50

Penne pasta in a homemade tomato ragu with Mediterranean vegetables (add cheese +£1.00)

Ham, Egg & Chips £8.00

Fforest glazed ham with free range eggs & chips

Fish, Chips & Peas £10.00

Beer battered fish fillet served with chips, crushed peas & homemade tartare sauce

Chargrilled Harissa Halloumi Salad £8.50

Grilled halloumi with Asian vegetables, olives & sundried tomatoes

Sharers

Nachos to share £8.00

Welsh beef chilli, melted cheese, avocado purée & salsa

Fforest Ploughman's Lunch £12.50

Sliced ham, Welsh cheese, local bloomer bread, piccalilli, olives & salad

Sides

Garlic Bread £3.00 (add cheese +£1.00)

Side Salad £3.00

Skinny Fries £3.00 (add cheese +£1.00)

Sweet Potato Fries £3.50 (add cheese +£1.00)



For information regarding allergens or any other dietary requirements, please ask your server.