

MENU

Breakfast (before 11:30am)

Bacon Bap £4.25

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

Sausage Bap £4.25

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

Free Range Egg Bap £3.75

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

Toast £1.50

Tan Lan Bakery bread, butter & preserves

Add Jam or Marmalade +£0.50

Beans on Toast £4.00

Baked beans, Tan Lan Bakery bread, grated cheese

Fforest Breakfast £9.95

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

Poached Eggs on Toast £7.95

Poached eggs, Tan Lan Bakery bread

Veggie Breakfast £8.95

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

Add bacon, sausage, veggie sausage, black pudding, hash brown, egg, mushrooms, grilled tomato, beans or toast +£1.00 each

Lite Bites

Loaded Welsh Beef Chilli Fries £5.00

Topped with cheese

Chips, Cheese & Beans £5.00

Skinny fries, baked beans topped with cheese (Staff Favourite)

Welsh Rarebit £6.00

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

Soup of the Day £5.00

Served with Tan Lan bloomer bread

Cajun Chicken Wrap & Chips £8.00

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

Add Halloumi for £1.00 (Staff Favourite)

Welsh Minute Steak Ciabatta & Chips £11.00

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

Pickled Beetroot & Apple Wrap (Vegan) £7.50

Spicy pickled beetroot, apple, avocado purée and Asian vegetables in a wrap, served with chips and piccalilli

Nachos to Share £8.00

Tortilla chips topped with a rich Welsh beef chilli & melted cheese served with avocado purée & relish

Mains

Award Winning Welsh 7oz Cheese Burger £10.50

Served with chips, coleslaw & homemade burger relish

Chicken & Bacon Burger £10.50

Served with chips, coleslaw, avocado purée & chive mayonnaise

Mushroom & Goats' Cheese Burger £10.25

Served with chips, coleslaw, caramelised onions & spinach

Welsh Crispy Chilli Beef Salad £8.50

With Asian salad & cashew nuts

Mediterranean Vegetable Pasta (vegan) £9.50

Penne pasta in a homemade tomato ragu with Mediterranean vegetables (add cheese +£0.50)

Ham, Egg & Chips £9.50

Fforest glazed ham with free range eggs & chips

Fish, Chips & Peas £10.50

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

Fforest Pie of the Week £12.00

A homemade shortcrust pie served with thyme-infused mashed potato, braised red cabbage, tenderstem broccoli & gravy

Award Winning Sausage & Mash £10.00

R. Evans sausages with thyme-infused mashed potato, seasonal greens & onion gravy (Staff Favourite)

Welsh Lamb Cawl £10.00

A traditional slow cooked Welsh lamb stew served with chunky local bloomer bread

Sides

Garlic Bread £3.00 (add cheese +£0.50)

Side Salad £2.50

Skinny Fries £2.50 (add cheese +£0.50)

Sweet Potato Fries £3.00 (add cheese +£0.50)

Coleslaw £2.50

Kids

Sausage, Mashed Potato, Peas & Gravy £6.00

Fish, Chips & Peas £6.00

Pasta, Tomato Sauce & Garlic Bread £6.00

Cheeseburger, Chips & Beans £6.00

Ham, Free Range Egg & Chips £6.00

Beans on Toast Topped with Grated Cheese £4.00



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