



M E N U

BREAKFAST

ALL DAY BREAKFAST ROLLS £4.50

Served with a shot glass of smoothie.

Choose three items from the following: Bacon, Sausage, Fried Egg, Veggie Sausage, Hash Brown, Fresh Tomato, Mushrooms.

Served on locally baked soft bread roll.

BUILD YOUR OWN FFOREST BREAKFAST

Served until 11.30am

5 items £5.95 / 7 items £7.50 / 9 items £9.50

Bacon, Sausage, Fried Egg, Veggie Sausage, Hash Brown, Fresh Tomato, Mushrooms, Beans, Slice of Granary or White Toast, Black Pudding.

FRESH CROISSANTS £2.20

Please see selection at the counter

TOAST £1.90

Locally baked bread toasted with Welsh butter, Jam, Marmalade or Honey.

PORRIDGE £1.95

Served with honey to drizzle.

CHILDREN'S MENU

BEANS ON TOAST £4.20 (v)

Granary or white locally baked bread, with a pot of Welsh Cheddar cheese on the side to sprinkle.

MINI FFOREST BEEF BURGER £5.95

4oz chunky Welsh beef burger from Metcalfe's Butchers of Llanrwst. Served on a mini brioche bun and fries.

MINI POSH FISH FINGER SANDWICH £4.90

Fish goujons served on a soft white locally baked roll.

All of our dishes are prepared with care, however we cannot guarantee that they do not contain traces of other products, as they are all prepared in the same kitchen. If you have a food intolerance, please ask about our ingredients at the counter.

LUNCH *served from 11.30 - 3.00*

HEARTY FFOREST SOUP £5.95

Homemade soup of the day (please see the board or ask your server) served with garlic bread or a locally baked artisan Tiger Roll

PIEMINISTER PIES £9.50

All served with mash, minted mushy peas, gravy, & onion rings.

Moo: British beef steak & ale

Mexicow: British beef, kidney beans, chilli, & cheddar

Fungi Chicken: free range British chicken, field & chestnut mushroom pie

Free Ranger: free range British chicken & ham hock, with leek & thyme

Heidi: Somerset goats' cheese, sweet potato, spinach, & red onion. (V)

Kevin: A mushroom, tomato & red wine pie with baby onions and thyme, served with skin on fries, minted mushy peas, gravy & onion rings. (Ve)

POSH FISH FINGER SANDWICH £8.00

Served on a locally baked soft white roll with tartare sauce, salad and homemade coleslaw.

8oz FFOREST BURGER £10.50

Metcalfe's Butchers of Llanrwst Welsh 8oz beef burger served on a locally baked Tiger Roll with tomato, lettuce, gherkins, homemade coleslaw and sweet potato fries.

Add Welsh cheese for £1.00.

FFOREST VEGGIE BURGER £8.90 (v)

A mixed bean & mozzarella burger served on a locally baked Tiger Roll with tomato, lettuce, gherkins, homemade coleslaw and sweet potato fries.

VEGGIE CHILLI, CHIPS & CHEESE £8.50 (v)

Mixed bean and vegetable chilli served with chips and sprinkled with cheese (v) (ve, without the cheese)

SALAD & SMOOTHIE

Falafel (v) or Ham & Egg Salad £7.00

Served on a bed of mixed salad leaves, grated carrot, olives, cucumber, red onion and homemade coleslaw. Served with salad dressing. Falafel Salad has a pot of sweet chilli sauce on the side. With a bottle of Innocent Smoothie. For Vegan choose Falafel Salad with no coleslaw, and go for fresh juice instead of a smoothie.

DRINKS

COFFEES

Americano 12oz cup double espresso, hot water, served black or with cold milk on the side	£2.20
Cappuccino 12oz cup double espresso, hot micro-foamed milk, dusted with chocolate (foamy)	£2.50
Café Latte 8oz glass double espresso, hot micro-foamed milk (milky)	£2.40
Flat White 6oz cup double espresso, hot micro-foamed milk (strong)	£2.30
Cortado 5oz glass double espresso, hot micro- foamed milk (strong). Small but mighty	£1.90
Espresso Single or double espresso - short, straight & strong	£1.30 /£1.60
Espresso Macchiato Single espresso marked with micro-foamed milk (strong)	£1.40 /£1.70
Espresso con Panna Single espresso topped with whipped cream, dusted with chocolate	£1.80
Iced Coffee Single espresso poured over ice, milk and choice of syrup flavour	£2.65
Coffee Mocha Hot chocolate poured over a double espresso, dusted with chocolate	£2.90
Hot Chocolate Plain velvety hot chocolate	£2.60
Hot Chocolate with cream and marshmallows	£2.80
Fluffy for kids Super fluffy steamed milk	£0.50

LOOSE LEAF TEA

Heartland tea's, infuse for 3-5 minutes.

Heartland English Breakfast Blend A traditional blend of black teas. Full bodied, robust and rich. Served with/without milk.	£2.20
Earl Grey Excelsior A Ceylon-Yunnan blend with Keemun and oil of Bergamot. Served with/without milk.	£2.35
De Caf Assam Our classic decaffeinated black tea. Strong, dark and malty. Served with/ without milk.	£2.45
Chamomile Flower Our prettiest, daisy-like delicate tea. Commonly known to make you relax. Served without milk	£2.35
Peppermint A herbal tea that's naturally caffeine free. Served without milk.	£2.35
Turkish Apple Naturally caffeine free with spiced apple pieces and sweet pineapple. Served without milk.	£2.35

COLD DRINKS

Selection of drinks in fridge, including Wine, Gin,
Prosecco, Zip World Lager & Ale.

Plant based milk alternatives available (Ve)

We use Heartland Coffee Espresso Blend, a local
coffee roaster based in Conwy, North Wales

