

FOREST PARK  
COUNTRY HOTEL & INN

## FISH & FIZZ FRIDAYS

### Battered Haddock & Chips and a Glass of Prosecco 21.90pp

Forest Park Ale Battered Haddock, chunky chips,  
homemade tartar sauce, garden peas,  
served with a glass of prosecco\*  
GF ON REQUEST G, F, E, SD 1395 Kcal

Available every Friday lunchtime,  
12 noon – 3pm

\*Glass of prosecco may be replaced with a  
125ml glass of Forest Park Signature white or red wine

## BRITISH OYSTERS

Three: 13.95 479 Kcal / Six: 24.95 958 Kcal / Twelve: 44.95 1437 Kcal

### Natural

Shallot vinegar MO, SD

### Natural

Chinese pepper & chilli oil soya,  
tapioca pearls MO, S, G

### Baked

Smoked butter, herb crumb MO, G, D

## SMALL PLATES

### Soup of the Day 7.60

White or granary sourdough, traditionally churned butter  
VE & GF ON REQUEST ASK YOUR SERVER FOR DETAILS

### Chicken Liver Parfait 9.50

Rhubarb chutney, mulled apple pâte de fruit,  
toasted brioche G, S, E, D, SD 439 Kcal

### Red Lentil & Sweet Potato Dahl 9.25

Cucumber raita, mini naan  
VE, GF ON REQUEST G, S, MU 587 Kcal

### Crow Farm Sausage Bites 8.25

BBQ sauce G, CE, MU, SD 702 Kcal

### Prawn Cocktail 12.25

Marie rose sauce, avocado crema, soya tapioca pearls  
G, C, S, E, D, CE, SD 481 Kcal

### Tartiflette 12.25

Potato, bacon & cheese bake, artisan bread  
GF ON REQUEST G, E, SD 539 Kcal

### Chef's Red Pepper Houmous 7.90

Pitta bread VE G, SE 489 Kcal

### Asparagus, Black Garlic & White Bean Purée 9.95

Parmesan, sunflower seed mayonnaise  
V, VE ON REQUEST, GF D, SD, MU 285 Kcal

### Smoked Chalk Stream Trout 12.50

Rocket, shaved Parmesan, pickled fennel, caper popcorn,  
mustard seed dressing GF F, D, MU, SD, CE 366 Kcal

### Freshly Baked Bread Selection 7.50

Balsamic, extra virgin olive oil, butter V G, D, SD 1085 Kcal

## SIDES

### Chunky Chips 5

Herb salt VE 416 Kcal

### Grilled Baby Gem 5

Crispy onion, miso aioli  
V G, S, E, SD 338 Kcal

### Mixed Leaf Salad 4.50

VE, GF MU 64 Kcal

### Crushed New Potatoes 5

Garlic & smoked butter  
V, GF D, MU 362 Kcal

### Steamed Green Vegetables 6

Salsa verde  
VE, GF SD, MU 94 Kcal



### Invisible Chips 2

0% Fat, 100% Hospitality

All proceeds from Invisible Chips go to Hospitality Action,  
who offer help and support to people in Hospitality  
in times of crisis. Visit [hospitalityaction.org.uk](https://hospitalityaction.org.uk)

## LUNCHTIME STAPLES

### Supreme of Free-range Chicken 21

Crushed new potatoes, semi dried vine tomato,  
mushroom cream, bacon crumb GF D, CE, MU, SD 937 Kcal

### Tuna Steak 29

Crushed potato, charred asparagus,  
roast cherry tomato & olive antiboise  
G, F, S, D, SD 909 Kcal

### Forest Park Ale Battered Haddock 18.95

Chunky chips, homemade tartar sauce,  
garden peas GF ON REQUEST G, F, E, SD 1395 Kcal

### Forest Park Gourmet Prime Mince Steak Burger 18.25

Tomato, onion marmalade, crispy onions, gherkin,  
Forest Park burger sauce, chunky chips G, F, E, MU, SD 953 Kcal  
Add grilled cheese 2 D, E 122 Kcal  
Add grilled smoked bacon 2 128 Kcal

### Moving Mountains Vegan Burger 17.50

Tomato, onion marmalade, crispy onions, gherkin,  
vegan mayonnaise, chunky chips  
VE G, S, MU, SD 1011 Kcal

### Chef's Pie of the Day 18.95

ASK YOUR SERVER FOR DETAILS

### Maple Glazed Gammon Steak 18.50

Fried duck egg, green sauce, chips  
GF ON REQUEST E, MU, SD, CE 1183 Kcal

### Signature California Cobb Salad 19

Iceberg lettuce, chicken, bacon, avocado, boiled egg,  
tomato, blue cheese dressing GF E, D 827 Kcal

### Little Gem Caesar Salad 15.95

Anchovy fillets, herb croutons,  
shaved Parmesan G, F, D, MU, SD 362 Kcal  
Add chicken 3 150 Kcal  
Add seared tuna 5 F 226 Kcal  
Add freshwater prawns 3 C 47 Kcal

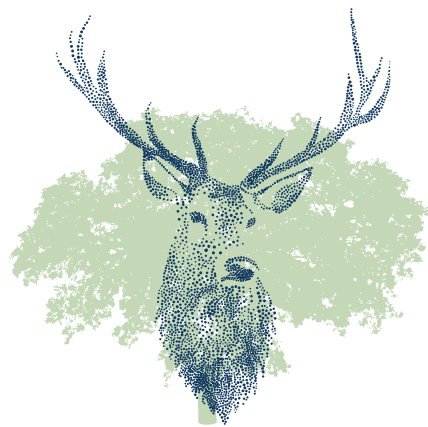
### Seared Flat Iron Steak 24

Chunky chips, beer battered onion rings, peppercorn sauce  
GF ON REQUEST G, D, SD, S, CE 1276 Kcal

### Pan Fried King Oyster Mushroom Steak 17

Miso & pickled wild mushroom barley risotto,  
roasted pumpkin seed VE G, S, CE, MU 514 Kcal





## FOREST PARK

COUNTRY HOTEL & INN

"One cannot think well, love well,  
sleep well, if one has not dined well."

Virginia Woolf

Cameron and his kitchen team love what they do. Our food is cooked freshly to order. We take great pride in sourcing close to home but venturing further afield across the country to utilise produce which is season's best. Some of our dishes can be made with no added gluten, please ask a member of our team who will be able to advise you.

**V:** Vegetarian **VE:** Vegan **GF:** Gluten-Free

**If you have a food allergy, intolerance or sensitivity,  
please speak to your server before ordering your meal.**

Please be aware our kitchens contain allergens of all kinds so we therefore cannot guarantee that any one dish can be free of all traces of any allergen. Items cooked within our fryers and ovens cannot be separated from allergenic ingredients and cross contamination may occur.

C: Crustaceans / CE: Celery / D: Dairy / E: Eggs / F: Fish / P: Peanuts / G: Gluten / L: Lupin  
N: Nuts / MO: Molluscs / MU: Mustard / S: Soya / SD: Sulphur dioxide / SE: Sesame seeds

We add a discretionary 10% service charge on all our food and beverage items. 100% of all gratuities go directly to our team members. Please let your server know if you wish to remove this element.



[www.forestpark-hotel.co.uk](http://www.forestpark-hotel.co.uk)