

FOREST PARK  
COUNTRY HOTEL & INN

## LUNCHTIME MENU

### — WHILE YOU WAIT —

#### Homemade Cumin Houmous 6.50

Toasted sourdough flatbread

VE, GFO G, SD / S, E, D, CE, MU, SE, N 519 kcal

#### Freshly Baked Bread 7.50

Balsamic, extra virgin olive oil, butter

V, VEO G, D, SD / N, S, E, SE 1160 kcal

#### Marinated Mediterranean Olives 6

VE, GF N 350 kcal

#### Curried Cauliflower Popcorn 6.50

Coriander yoghurt, mango chutney

GF, VE S, MU, SD / G, N, CE, SE 891 kcal

#### Crow Farm Sausage Bites 8

BBQ sauce G, CE, MU, SD / N 702 kcal

### — SIDES —

#### Chunky Chips 5

Herb salt VE, GFO SD / CE 344 kcal

#### Simple Salad 4.50

Baby leaf, radish, cucumber, cherry tomato

VE, GF MU / L, CE 66 kcal

#### Sweet Garlic & Olive Oil Mash 5

V D 397 kcal

#### Steamed New Potatoes 5

Pickled samphire V, VEO D / C, MO, F, CE, MU 393 kcal

#### Seasonal Vegetables 5

Carrot top chimichurri VE, GF 412 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)

### — SMALL PLATES —

#### Soup of the Day 7.60

White or granary sourdough, traditionally churned butter

VEO, GFO ASK FOR ALLERGENS & CALORIES

#### New Forest Game Terrine 12

Sourdough croutons, seasonal leaves, blackberries

G, E, MU, SD / S, CE, SE 385 kcal

#### Harrisa Lamb 12

Houmous, pomegranate, herbed yoghurt

GF S, SD / N, CE, MU, SE, G 636 kcal

#### Fritto Misto 14

Squid, prawns, lemon, courgette,  
confit garlic mayonnaise

GF C, MO, E, SD / CE, MU, G 539 kcal

#### Chicken Liver Parfait 9.50

Spiced cranberry chutney,

Forest Park Ale pickled onions, toasted brioche

GFO G, E, D / N, S, CE, MU, SE, SD 624 kcal

#### Pan-Fried King Oyster Mushrooms 10.5

Miso aioli, pickled samphire, nori dust

VE, GF S, MU, SD / C, MO, F, CE 422 kcal

#### Warm Salt-Baked & Cumin-Spiced Beetroot Salad 10.50

Basil walnut pesto, pickled walnuts, truffle oil,

Rosary Ash goat's cheese crumb

V G, N, D, SD 565 kcal

### — LUNCHTIME STAPLES —

#### Forest Park Ale-Battered Haddock

small 13 / large 19

Chunky chips, homemade tartare sauce, garden peas

GFO G, F, E, MU, SD, MO / S, CE 1083 kcal / 1395 kcal

#### Chef's Pie of the Day 19

ASK FOR ALLERGENS & CALORIES

#### Confit Chicken Leg 19

Sweet garlic & olive oil mash, buttered spinach,

Tenderstem broccoli, bacon & mushroom jus

GF D, CE / G, F, S, SD 1280 kcal

#### Local Market Fish of the Day POA

ASK FOR ALLERGENS & CALORIES

#### Steak Frites 24

Picanha rump, shoestring fries,  
black garlic & parsley butter, watercress salad

GFO D / CE, MU, G 945 kcal

#### Rib Eye Steak 32

Cauliflower purée, beef fat baby carrots,  
crispy onion, carrot top chimichurri,  
potato fondant, smoked beef jus

GFO G, D, CE, SD / MU 1382 kcal

#### Slow-Cooked Venison Ragu 20

New Forest mushrooms,  
pancetta lardons, homemade pappardelle

G, E, D, SD / F, S, CE, MU 1259 kcal

#### Forest Park Gourmet Prime Mince Steak Burger 18.25

Tomato, onion marmalade, crispy onions, gherkin,

Forest Park burger sauce, chunky chips

G, E, MU, SD / L, CE 850 kcal

Add grilled cheese 2 D, E 122 kcal,

grilled smoked bacon 2 128 kcal

#### Moving Mountains Vegan Burger 17.50

Tomatoes, onion marmalade, crispy onions,

vegan mayonnaise, gherkin, chunky chips

VE G, S, MU, SD / P, L, N, CE 911 kcal

#### Slow-Roasted Pork Belly 25

Red wine-braised pork cheek, red cabbage,  
Tenderstem broccoli, garlic & thyme dauphinoise

GF D, SD / CE, MU 1065 kcal

#### Caesar Salad 14

Herb croutons, shaved Parmesan,

smoked anchovies GFO G, F, E, D / SE 403 kcal

Add chicken 4 149 kcal

#### Avocado Caesar Salad 12

Herb croutons, shaved Parmesan,

avocado dressing, crispy chickpeas

V, GFO G, E, D 518 kcal

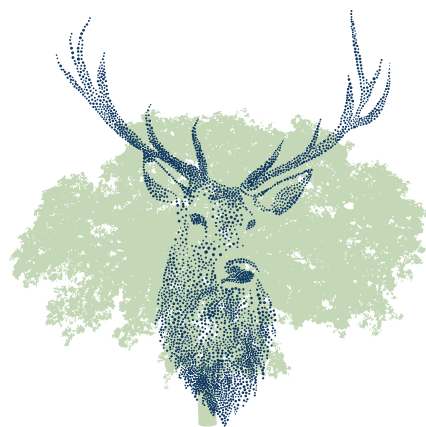
#### Chickpea & Coconut Curry 17

Cauliflower achar, mango chutney,

naan bread, basmati rice

V, GFO G, N, D, MU, SD / C, F, P, S, CE 1282 kcal





# FOREST PARK

COUNTRY HOTEL & INN

Head Chef Cameron and the kitchen team are passionate about 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.

**V (VO):** Vegetarian (on request) **VE (VEO):** Vegan (on request) **GF (GFO):** Gluten-Free (on request)

**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.

Allergens (**Contains** / May Contain): 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 items. 100% of all gratuities go directly to our team members. Please let your server know if you wish to remove this element.



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

