



FOREST PARK
COUNTRY HOTEL & INN

LUNCHTIME MENU

— WHILE YOU WAIT —

Crow Farm Sausage Bites 8

BBQ sauce **G, CE, MU, SD** 702 kcal

Homemade Cumin Houmous 7

Toasted sourdough flatbread

VE, GFO G, SD, SE / S, E, D, CE, MU 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 350 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

— SMALL PLATES —

Soup of the Day 7.80

White or granary sourdough,
traditionally churned butter

VEO, GFO ASK FOR ALLERGENS & CALORIES

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 10.50

Miso aioli, pickled samphire, nori dust

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

Classic Prawn Cocktail 12.50

Marie rose sauce, lemon, melba toast

GFO C, E, D, CE, MU, SD, G 201 kcal

Bang Bang Salad 10

Cucumber, carrot, chilli,
Hampshire watercress,
iceberg lettuce, peanut dressing

VE, GF P, N, S, SD / L, CE, MU 337 kcal

Add chicken 4 145kcal

Harrisa Lamb 12

Houmous, pomegranate, herbed yoghurt

GF S, SD / N, CE, MU, SE, G 636 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 / S, CE 1083 kcal / 1395 kcal

Chicken Breast 24

Warm salad of new potatoes, green beans,
broccoli & spinach, herb pesto

GF D, SD 635 kcal

Pork Belly 26

Tenderstem broccoli, burnt apple purée,
garlic & thyme dauphinoise, wholegrain mustard gravy

GF D, MU / CE, MU 1175 kcal

Local Market Fish of the Day POA

ASK FOR ALLERGENS & CALORIES

Steak Frites 25

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

GFO D / CE, MU 945 kcal

Rib Eye Steak 34

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

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

Chef's Pie of the Day 19

ASK FOR ALLERGENS & CALORIES

Forest Park Gourmet Prime Mince Steak Burger 18.50

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

Caesar Salad 14

Herb croutons, shaved Parmesan,
smoked anchovies **GFO G, F, E, D, MU / SE** 403 kcal

Add chicken 4 145 kcal

Sweet Potato & Spinach Curry 17

Steamed rice, flat bread, mango chutney

VE, GFO G, N, D / P, CE, MU, SE, SD 985 kcal

Roasted Celeriac Steak 16

Celeriac cream, pickled celery,
tenderstem broccoli, truffle jus

VE, GF CE, MU, SD 460 kcal



FOREST PARK

COUNTRY HOTEL & INN

Head Chef Aksenia 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.



Be Inn the Know

Get all the latest news and offers for The Forest Park Hotel delivered to your inbox! Simply scan the code and add your details to sign up.

www.forestpark-hotel.co.uk

