



LUNCH & DINNER

Monday-Friday, 12pm-2:45pm & 6pm-8:45pm / Saturday, 12pm-8:45pm

All of our dishes are homemade at The Foresters, using fresh, seasonal ingredients.

NIBBLES

Fried Padron Peppers 4 (v)(vg)(gf)(df) / **Mixed Olives 4** (v)(vg)(gf)(df)

Our Own Garlic Rosemary Focaccia, Olive Tapenade 5 (v)(vg)(df)(nuts)

STARTERS

Creamy Celeriac Soup, Roasted Chestnut Crumble, Homemade Focaccia 8 (v) (gfo)

Flame Grilled King Prawns, Chilli, Garlic & Parsley Butter, Sourdough Crostini 9 (gfo)

Home Cured Salmon Gravlox, Horseradish Cream, Fennel Seed Toast 9 (gfo)(df)

Roast Squash & Sage Arancini, Braised Peppers, Balsamic 8 (v)(vg)

Sussex Scotch Egg, Locally Sourced Sausage Meat, Homemade Apple & Date Chutney 9

Slow Braised Pork Cheeks, Carrot Purée, Black Pudding Crumb, Red Wine Reduction 9

MAINS

Long Man Beer Battered Cod & Chips, Mushy Peas, Tartare Sauce, Lemon 18 (df)

Sussex 8oz Beef Burger, Brioche Bun, Cheese, Bacon, Tomato, Gherkin, Ale Braised Onions, Parsley Mayo, House Chips 18 (gfo)(dfo)

Beer Brined Rack of Pork, Cider Braised Fondant Potato, Smoked Bacon Creamed Cabbage, Sage Butter Sauce 24

Chargrilled Ribeye Steak, (8oz) Sprouting Broccoli, Roasted Cherry Tomatoes, House Chips, Bonemarrow & Parsley Butter 28 (gf)

Sussex Ham, House Chips, Fried Hen's Eggs, Land Cress 14 (gf)(df)

Moules Mariniere, White Wine, Garlic & Parsley Cream, Crusty Bread 18 (gfo)

Herb Roasted Butternut Squash, Confit Tomato & Butterbean Cassoulet, Sprouting Broccoli, Toasted Pine Nuts 18 (v)(vg)(gf)(df)(nuts)

Venison & Red Wine Sausages, Creamy Mash Potatoes, Braised Red Cabbage, Glazed Carrots, Red Wine Gravy 18

Pan Fried Sea Bass, Saffron Potatoes, King Prawn, Tomato & Fennel Broth 24 (gf)(dfo)

Fried Parmesan & Confit Garlic Polenta, Wild Mushroom Ragu, Cavalo Nero, Celeriac Purée 19 (v)(dfo)

SIDES

House Chips 4.5 / Cheesy Chips 5.5 / Sautéed New Potatoes 4.5

Roast Carrots, Horseradish & Rosemary 4.5 / Tenderstem Broccoli, Confit Garlic & Shallots 4.5

House Salad, Baby Gem, Cherry Tomatoes, Red Onion, Cucumber, Rapeseed Vinaigrette 4.5

DESSERTS

Warm Dark Cherry Frangipane, Homemade Cherry Ripple Ice Cream 9 (v)(nuts)

Sticky Toffee Pudding, Vanilla Ice Cream, Butterscotch Sauce 8.5 (v)

Triple Chocolate Brownie, Mocha Ice Cream, Pine Nut Brittle 9 (v)(nuts)

Warm Treacle Tart, Clotted Cream 8.5 (v)(nuts)

Apple & Plum Crumble, Vanilla Custard 8 (v)(vgo)(gf)

Sussex Cheeses, Homemade Chutney, Crackers 12 (gfo)

Trio of Ice Creams 7 (vgo)

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free (gfo) gf option
(df) dairy free (dfo) df option (nuts) contains nuts 'Option' = this dish can be adapted. Please ask for details