



FOREST PARK
COUNTRY HOTEL & INN

— **GRAZING** —

Freshly Baked Bread Selection 7.50

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

Chef's Red Pepper Houmous 7.90

Pitta bread VE G, SE 489 Kcal

Mixed Olives 6

Sweet peppers & onions VE, GF SD 219 Kcal

— **BRITISH OYSTERS** —

Three: 13.95 / Six: 24.95 / Twelve: 44.95

479 Kcal / 958 Kcal / 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

— **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

— **STARTERS** —

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

Prawn Cocktail 12.25

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

**Heirloom Tomato &
Bocconcini Salad 12.50**

Olive soil, balsamic glaze, basil emulsion
V, GF D, MU, SD 391 Kcal

Tuna Tartar 14.50

Chilli oil, spring onion, miso aioli, radish,
fried bread G, F, S, E, SE, SD 718 Kcal

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

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

Tartiflette 12.25

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

**Red Lentil &
Sweet Potato Dahl 9.25**

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

— **SEASONAL MAINS** —

Pan Fried Fillet of Sea Bass 28

Mashed potato, samphire,
clam & prawn saffron sauce

GF C, MO, F, D 1156 Kcal

6oz Beef Fillet 39

Asparagus, garlic & thyme dauphinoise,
mushroom brandy sauce GF D, CE, MU, SD 912 Kcal

**Slow Roasted Pork Belly
& Seared Scallop 28**

Grilled hispi cabbage, red pepper salsa,
chorizo crumb, gochujang jus MO, S, SD 892 Kcal

Roast Chicken Supreme 24

Black garlic emulsion, Asian style greens,
New Forest wild mushrooms, butternut squash,
Thai green curry sauce G, C, F, S, D, CE 743 Kcal

**Five Spice Gressingham
Duck Breast 29**

Crispy confit leg, tenderstem broccoli,
sweet potato purée, cherry jus
G, E, D, SD 875 Kcal

Lamb Rump 27

Colcannon potato, peas, mangetout,
pearl onions, salsa verde, tomato jus
GF D, MU, SD 751 Kcal

**Chickpea, Spinach
& Coconut Curry 18.50**

Steam rice, naan bread, mango chutney
V, VE & GF ON REQUEST G, D, SD 948 Kcal

Chef's Pie of the Day 18.95

ASK YOUR SERVER FOR DETAILS

Sirloin Steak 32

Roasted vine cherry tomatoes, flat mushroom,
chunky chips, rocket & Parmesan salad

GF ON REQUEST D, MU 1152 Kcal

Peppercorn sauce 2.50 GF D, SD 287 Kcal

Red wine jus 2.50 GF G, SD 36 Kcal

Mushroom sauce 2.50 GF D, CE, MU, SD 248 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

**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