

# the Forest Arms



## Menu

### Welsh Tapas

Our Welsh Tapas is a series of small dishes using produce that has been sourced locally, showcasing the great tastes of the region. We hope you enjoy them. A few non - Welsh ones have sneaked in, but only because we cant find a local one.

*There may also be some specials so please ask your server.*

- Crab Fritters and sweet chili dip ..... £5.50
- Sticky 'Brechfa Honey' Chorizo ..... £4.95
- Popcorn cockles in Tempura Batter with a ..... £5.95  
dipping Chili Vinegar
- Paté of the Day served with Granary Toast and Home made Chutney . £5.50
- Soup of the Day served with Crusty Bread ..... £4.95
- Chicken Skewers in a BBQ Sauce ..... £4.95
- Welsh Beef Meatballs in Tomato and Basil Sauce ..... £5.50
- Pan fried Mushrooms in Garlic and Herbs ..... £4.95
- Grilled Haloumi Cheese with a Chili Jam ..... £4.95
- Green Olives and Bread ..... £3.95
- Crusty Bread and Olive Oil ..... £2.50

### FORESTERS Quiches

Quiche actually originated in Germany, in the medieval kingdom of Lothringen, under German rule, and which the French later renamed Lorraine. The word 'quiche' is from the German 'Kuchen', meaning cake. The original 'quiche Lorraine' was an open pie with a filling consisting of an egg and cream custard with smoked bacon. It was only later that cheese was added to the quiche Lorraine. The bottom crust was originally made from bread dough, but that has long since evolved into a short-crust or puff pastry crust.

*We hope you enjoy our hearty individual Quiches, packed with fresh ingredients. Served with Chips and Salad.*

- Layered Onion Marmalade, Bacon, Tomato and ..... £8.95  
Caws Cenarth smoked farmhouse Cheese
- Roasted Tomato, Red Onions, Lancych Cheddar ..... £8.95  
(like Parmesan but Welsh) and Basil

**Look out for our Special Quiche of the Day !**

### DESSERTS

Please ask for the Dessert Board for todays selection

### Something Bigger...

**All dishes served with Steak Cut Chips and Salad or Peas, or New Potatoes and Vegetables.**

- 12 oz Welsh Gammon Steak with Egg, ..... £10/£10.50  
fresh Pineapple or both
- Shortcrust Steak and Ale Pie ..... £10.95
- Big Battered Cod and Chips served with ..... £11.95  
Mushy Peas or Garden Peas
- Pembrokeshire Chicken stuffed with Wild Mushroom ..... £10.95  
and Pine Nuts on a bed of Creamed Leeks
- Curry of the Day served with Rice, Mango Chutney ..... £10.50  
and a Poppadum
- Scampi, Chips and Peas ..... £9.00
- Celtic Pride 8 oz Sirloin, Steak Cut Chips, ..... £17.50  
Onion Rings, Tomato, sautéed Mushrooms and Peas
- Celtic Pride 12 oz Rump, Steak Cut Chips, ..... £17.50  
Onion Rings, Tomato, sautéed Mushrooms and Peas
- Ploughmans - Cheddar, Stilton or Pembrokeshire Ham ..... £9.95
- Lamb Shank in a Mint and Onion Gravy served ..... £12.95  
with Mash and Peas

### FOREST ARMS Welsh Burgers

**Served in a Sourdough Bun with Steak Cut Chips and Salad**

- **The Raven Burger!** - Welsh Beef, Black Pudding, ..... £10.95  
Peppers, Teifi Nettle Cheese with a Kicking Mayonnaise
- Venison Burger with Mushrooms and a Cranberry and Port Relish .. £11.95
- Sloppy George - Welsh Beef with Cheese, Jalapenos, ..... £10.95  
Sour Cream and Guacamole
- Huntsman - Griddled Chicken Breast, melted Welsh ..... £11.95  
Cheddar, Bacon and Chorizo sausage, drizzled with  
Home made BBQ sauce

### Childrens Menu

- Fish Goujons ..... £5.50
- Welsh Beef Burger ..... £5.50
- Chicken Breast Nuggets..... £5.50
- Sausage ..... £5.50
- Home made Margherita Pizza ..... £5.50

**All served with chips, Peas or Heinz Baked Beans**

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### Panini's

- Welsh Cheddar, Red Onions and Tomato ..... £6.50
- Brie, Bacon and Cranberry ..... £6.95
- Mozzarella, Sun Dried Tomato and Green Pesto ..... £6.50
- Steak and Onion with a Horseradish Mayonnaise ..... £7.50
- Tuna, Cheddar and Worcestershire Sauce ..... £6.50
- Sausage, bacon and onion ..... £6.95

*Served with Steak Cut Chips and a Salad Garnish*

### Would you like to stay longer ?

*If you are just visiting the area and would like to stay longer we can offer Bed and Breakfast accommodation. It is a communal space which is divided across three interconnected rooms with a shared Shower Room. It can sleep 6. Please ask for prices (and a tour if we have time).*

*We also have a three bedroomed cottage to rent in Abergorlech. it is private, has lots of Cottage charm with a Log Burner, Conservatory and a Hot Tub. It can sleep 6 and is available for weekends and week long breaks. It is 100 yds from The Black Lion Pub*

[www.gorlechtrail.com](http://www.gorlechtrail.com)

### Coffee and Tea

Our Beans are from the Welsh Coffee Company, and proud that their coffee is Fairly Traded. The coffee wholesaler trades fairly and directly with the coffee farmers. They pay more than average for the coffee to re-invest in the farms and local community.

All of our coffees are profile roasted in small batches to release the optimum flavour of each bean. The master roaster 'cups' or tastes each batch to ensure flavour quality. The coffee is packed straight away to make sure every bag of Welsh Coffee is "roaster" fresh until its ready to be served.

- Cappuccino ..... £2.40
- Espresso ..... £2.00
- Café Latte ..... £2.60
- Americano ..... £2.20
- Hot Chocolate ..... £2.20
- Flavoured shots - Cinnamon, Hazelnut, or Vanilla ..... 40p
- Early Grey Tea ..... £2.00
- Breakfast Tea ..... £2.00
- Camomile Tea ..... £2.30
- Fruit Tea ..... £2.30
- Green Tea ..... £2.30
- Mint Tea ..... £2.30

We hope you enjoy your food, it's as locally sourced as possible. If you have a product you think we should buy, please tell us.

We invite your feedback, positive or negative, to help us refine our offer and ensure you are a happy visitor.



Please join our Facebook page so that we can tell you about food and social events if you would like to come.

Bed and Breakfast accommodation is available please ask for details

Please ask for our summary of the key allergens in our food which is available, in printed form, from your server.

Thank you for your visit.  
George and Louise Rashbrook