

the Forest Arms



Menu

Something Smaller

- Crab Cakes with a sweet Chilli sauce £5.95
- Brie wedges in golden crumbs with a Cranberry sauce £5.75
- Paté of the day served with Toast and Chutney £5.50
- Soup of the day served with crusty Bread £5.50
- Garlic Mushrooms and Crusty Bread £5.75
- Grilled Haloumi Cheese with Home made Chilli Jam £5.50

For the table to keep you going...

- Marinated Olives and crusty Bread £3.95
- Crusty Bread and Swansea Butter £2.50
- Garlic Bread £3.50
- Sacra Aqua Still Water 75cl..... £2.50

Sacra Aqua bottled at source locally, using surface water only, from one of Wales former Holy Wells

FORESTERS Quiches

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

- Welsh Ham, Tomato and Snowdonia Beechwood £8.95
smoked Cheese
- Courgette, Pine nut and Ricotta £8.95

DESSERTS

Please ask for the Dessert Board for today's selection

Something Bigger...

All dishes served with skin on Chips and Salad or Peas, or New Potatoes and Vegetables.

- 12oz Welsh Gammon Steak with Egg,..... £10.50/£11.00
Fresh Pineapple or both
- Shortcrust Steak and Ale Pie with Mushrooms £11.95
- Big Battered Cod and Chips with Mushy or Garden Peas £11.95
- Chicken Madras served with Rice, Mango Chutney and a Poppadum .. £11.50
- Wholetail Scampi, Chips and Peas £9.50
- Celtic Pride 8oz Sirloin steak, skin on Chips, Onion Rings, £17.95
Tomato, Mushroom and Peas
- Celtic Pride 12 oz Rump steak, skin on Chips, £17.95
Onion Rings, Tomato, Mushroom and Peas
- Lamb Shank in a Mint and Onion gravy served with £15.95
Mashed Potato and Peas
- Hunters Chicken: Breast of Chicken with Bacon and..... £10.95
Cheese, smothered with home made BBQ sauce
- Lentil and Sweet Potato Curry served with Rice, £9.95
Mango Chutney and a Poppadum

FOREST ARMS Welsh Burgers

Served in a Bun with skin on Chips, home made Coleslaw and Onion Rings

- **The Raven Burger:** Beef, Black Pudding, Teifi Nettle £11.95
Cheese and a Tomato and Chilli Chutney
- **Fforesters Burger:** Beef, Bacon, Cheese, and Katsup £10.95
(our home made version of Ketchup)
- **Sloppy George:** Chicken Breast with Welsh Cheddar, £11.95
Sour Cream, Guacamole and Jalapeno's
- **Huntsman:** Grilled Chicken Breast with Welsh Cheddar, £11.95
streaky Bacon, Chorizo and homemade BBQ sauce

Our Beef Burgers are home made, use local Welsh Beef and weigh 8 ozs.

Childrens Menu

- Breaded Plaice Goujons £5.95
- Mini Welsh Beef Burger £5.95
- Chicken breast Bites £5.95
- Jumbo Sausage £5.95

All the above served with either Chips or mash and Peas or "Heinz" Baked Beans

- Home made 9" Margherita Pizza £5.95

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Menu

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.

Coffees

- Cappuccino £2.60
- Espresso £2.00
- Café Latte £2.80
- Americano £2.40
- Mug of Hot Chocolate £3.00
- Extra shot 50p
- Flavoured shots – Caramel or Hazelnut 40p

Teas served in a big Mug

- Early Grey Tea £2.50
- Breakfast Tea £2.50
- Camomile Tea £2.50
- Fruit Tea £2.50
- Green Tea £2.50
- Mint Tea £2.50

Would you like to stay longer ?

If you would like to stay we have some spacious Bed and Breakfast Accomodation, which can accommodate up to 7 people.

We also have a 3 Bedroomed Holiday Cottage in Abergorlech.

It is very private, with lots of Cottage charm. There is a large private hot tub, a log burner, Conservatory, and plenty of outside space to the front and the back. It is 100 yards from the Village Pub.

www.gorlechtrail.com

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

Thank you for your visit.
George and Louise Rashbrook

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