

GLUTEN FREE MENU

WE CANNOT GUARANTEE 100% GLUTEN FREE

NIBBLES

LOADED NACHOS £6 ADD BEEF BRISKET CHILLI £6 ESD

HOUMOUS WITH WARM GLUTEN FREE BREAD HOUSE
MARINATED OLIVES & SUN-DRIED TOMATOES £8.50 Se

SOUP OF THE DAY WITH GLUTEN FREE BREAD £6.50 M

MAINS

GRILLED CHICKEN BURGER £18 E,M,Mu,C,SD
Marinated chicken breast, red onion jam, halloumi,
baby gem, tomato chutney,
gluten free bun, jacket potato, homemade slaw

GAMMON, EGG & JACKET POTATO £17 Mu,E,SD
8oz gammon steak, pineapple ring, Jacket
Potato, fried eggs, mustard mayonnaise

BEEF BRISKET CHILLI OR 5 BEAN £17 M,C
White rice, sour cream & homemade
guacamole, served with nachos

SANDWICHES

(LUNCHTIME ONLY)

Served on Gluten Free Bread. All served with
homemade slaw and salad garnish.

EGG & CRESS £6 M,Mu,E

ROAST BEEF £8 M,Mu,E,SD

BLT - BACON, LETTUCE & TOMATO £8 M,Mu,E

PRAWN MARIE ROSE £7.50 M,Cr,Mu,E

TUNA MAYONNAISE & CUCUMBER £7.50 M,F,Mu,E

DORSET CHEDDAR & PICKLE £6.50 M,SD,Mu,E

SMOKED ROAST HAM & GRAIN MUSTARD £6.50 M,Mu,E

SMOKED SALMON & CREAM CHEESE £8 M,F,E,Mu

JACKET POTATOES

(LUNCHTIME ONLY)

All served with a house salad and homemade slaw.

MATURE DORSET CHEDDAR £7.50 M,Mu,E

HEINZ BAKED BEANS £7.50 M,Mu,E

TUNA MAYONNAISE £9 E,M,F,Mu

PRAWN MARIE ROSE £10 E,M,Cr,Mu

BEEF BRISKET CHILLI £10 C,M,Mu,E

MIXED BEAN CHILLI £8 M,Mu,E

CURRY OF THE DAY £9.50 M,E,Mu

ADD EXTRA CHEDDAR £2 M

SALADS

CHICKEN & BACON SALAD (NO CROUTONS) £14 E,Mu
Chargrilled chicken, crispy bacon, egg, avocado,
sweetcorn, spring onions

SMOKED SALMON & PRAWN SALAD £15 M,F,Mu,Cr,E
Scottish smoked salmon, Atlantic prawns, marie
rose, baby gem, avocado, boiled egg, gluten free
bread & butter

ALLERGEN INFORMATION

Celery C, Gluten G, Crustaceans CR,
Eggs E, Fish F, Lupin L, Milk M,
Mollusc MO, Mustard Mu, Nuts N,
Peanuts P, Sesame SE, Soya S,
Sulphur Dioxide SD,



AFTERNOON TEA

Enjoy a lovely Afternoon Tea
here at The Forest Inn, Sit in
our garden room or outside
in our garden. Enjoy with
Prosecco for complete
indulgence.

Please enquire at the bar for
more information.



LIVE EVENTS

We host live events from live
music to themed evenings. If
you would like to stay up to
date, make sure you are
following us on Facebook so
you can be the first to hear!

@forestinn on Facebook!

GLUTEN FREE BREAKFAST MENU

WE CANNOT GUARANTEE 100% GLUTEN FREE
SERVED 7.30AM TO 11.30AM

FULL DORSET BREAKFAST £14 (E, M, SD)

Four New Forest bacon rashers, eggs, hash brown, grilled tomato, mushrooms, Heinz baked beans, & gluten free toast.

HALF DORSET BREAKFAST £8.50 (E, M, SD)

Two New Forest bacon rashers, egg, hash brown, Heinz baked beans & gluten free toast.

VEGETARIAN BREAKFAST £13 (E, M, SD)

Grilled halloumi, crushed avocado, two hash brown, eggs, grilled tomato, mushrooms, baked beans & gluten free toast.

EGGS BENEDICT £9.50 (E, M, SD)

Pulled ham hock, poached eggs, gluten free toast.

SALMON & EGGS £9.50 (F, E, M, SD)

Smoked salmon, poached eggs, gluten free toast.

SMASHED AVOCADO & EGGS £10 (E, M, MU, SD)

Smashed avocado, crushed feta, tomato chutney, chilli flakes, poached eggs, gluten free toast.

EGGS ON TOAST £5.50 (E, M, SD)

Poached or fried eggs on gluten free toast.

TOAST & PRESERVE £5 (M)

Gluten Free toast served with butter and preserves.

ADDITIONAL ITEMS

FREE RANGE EGG
BACK BACON
GRILLED TOMATOES
MUSHROOMS
HEINZ BAKED BEANS
GLUTEN FREE TOAST
£2.50 PER ITEM

ALLERGEN INFORMATION

Celery C, Gluten G, Crustaceans CR, Eggs E, Fish F, Lupin L, Milk M, Mollusc MO, Mustard Mu, Nuts N, Peanuts P, Sesame SE, Soya S, Sulphur Dioxide SD,



OUTDOOR CATERING

We can provide your event with unique outdoor catering. Whether you need a bar, BBQ or pizza oven, we can help make your event a success with delicious food and drink. Enquire at the bar for more information.



GET SOCIAL

Stay up to date with what is going on here by following us on social media!

 @the_forest_inn

 @forestinn