

# GLUTEN FREE MENU

WE CANNOT GUARANTEE 100% GLUTEN FREE

## NIBBLES

LOADED NACHOS £6 ADD BEEF BRISKET CHILLI £5 E,SD

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

SOUP OF THE DAY WITH GLUTEN FREE BREAD £6 M

## MAINS

GRILLED CHICKEN CAESER BURGER £17 E,M,Mu,C  
Grilled chicken, halloumi, bacon, parmesan cheese,  
gluten free bun, jacket potato, homemade slaw

GAMMON, EGG & JACKET POTATO £16 Mu,E,SD  
8oz gammon steak, pineapple ring, Jacket  
Potato, fried eggs, mustard mayonnaise

BEEF BRISKET CHILLI OR 5 BEAN £16 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 £5 M,Mu,E

ALT - AVOCADO, LETTUCE & TOMATO £6 M,Mu,SD,E

BLT - BACON, LETTUCE & TOMATO £6.50 M,Mu,E

PRAWN MARIE ROSE £6.50 M,Cr,Mu,E

TUNA MAYONNAISE & CUCUMBER £6 M,F,Mu,E

DORSET CHEDDAR & PICKLE £5.50 M,SD,Mu,E

SMOKED ROAST HAM & GRAIN MUSTARD £5 M,Mu,E

SMOKED SALMON & CREAM CHEESE £6.50 M,F,E,Mu

## JACKET POTATOES

(LUNCHTIME ONLY)

All served with a house salad and homemade slaw.

MATURE DORSET CHEDDAR £6.50 M,Mu,E

HEINZ BAKED BEANS £6.50 M,Mu,E

TUNA MAYONNAISE £8 E,M,F,Mu,E

PRAWN MARIE ROSE £9 E,M,Cr,Mu,E

BEEF BRISKET CHILLI £9 C,M,Mu,E

MIXED BEAN CHILLI £7 M,Mu,E

CURRY OF THE DAY £8.50 M,E,Mu,E

ADD EXTRA CHEDDAR £1.50 M

## SALADS

CHICKEN & BACON SALAD (NO CROUTONS) £13 E,Mu  
Chargrilled chicken, crispy bacon, egg, avocado,  
sweetcorn, spring onions

SMOKED SALMON & PRAWN SALAD £14 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 £13 (E, M, SD)

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

## HALF DORSET BREAKFAST £8 (E, M, SD)

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

## VEGETARIAN BREAKFAST £12 (E, M, SD)

Grilled halloumi, crushed avocado, bubble & squeak, eggs, grilled tomato, mushrooms, baked beans & gluten free toast.

## BUBBLE & SQUEAK £8 (E, M, SD)

Homemade bubble & squeak, bacon & fried eggs.

## EGGS BENEDICT £8.50 (E, M, SD)

Pulled ham hock, poached eggs, gluten free toast.

## SALMON & EGGS £8.50 (F, E, M, SD)

Smoked salmon, poached eggs, gluten free toast.

## SMASHED AVOCADO & EGGS £9 (E, M, MU, SD)

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

## EGGS ON TOAST £5 (E, M, SD)

Poached or fried eggs on gluten free toast.

## TOAST & PRESERVE £4.50 (M)

Gluten Free toast served with butter and preserves.

### ADDITIONAL ITEMS

FREE RANGE EGG  
BACK BACON  
GRILLED TOMATO  
MUSHROOMS

HEINZ BAKED BEANS  
GLUTEN FREE TOAST

£2 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

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