



ME NU

NOVA FOREST
KITCHEN

ALL DAY BREAKFAST

NFK ENGLISH BREAKFAST	£13.75
Smoked Streaky Bacon Sausage House Beans Tomato Mushrooms Eggs Hash Brown Toast (AVAILABLE FREE FROM GLUTEN) [Please note no swaps or substitutions are permitted please build your own using the sides)	
BREAKFAST BAP	£8.75
Soft Bap Bacon Sausage Fried Egg Hash Brown Breakfast Sauce	
PERSIAN BRUNCH	£13.25
Lemon & Turmeric Labneh Beetroot Hummus Carrot Bakon Greens Poached Eggs Halloumi Croutons Harissa Oil Toast Dukkha Pomegranate (AVAILABLE FREE FROM GLUTEN)	
SHAKSHUKA	£12.25
Spiced Tomato & Sweet Potato chickpea Chorizo Poached Eggs Feta Labneh Dukkha Toast (AVAILABLE FREE FROM GLUTEN)	
BREAKFAST TACOS	£13.75
Refried Bean Chilli Cheese Chorizo & Peppers Eggs Salsa Avocado Sour Cream (AVAILABLE FREE FROM GLUTEN)	
KOREAN BACON BUBBLE & SQUEAK	£11.75
Asian Bubble & Squeak Cake Gochujang BBQ Bacon Fried Egg Sesame Pickled Cucumbers Sriracha Mayo (AVAILABLE FREE FROM GLUTEN)	
BLUEBERRY & BACON FRENCH TOAST	£13.75
Blueberry compote Crispy Bacon Salted Tahini Caramel Brioche French Toast	
BRULEED BANANA FRENCH TOAST	£13.25
Cinnamon Dusted French Toast Bruleed Banana Fresh Fruit Greek Yoghurt	
PISTACHIO & CHAI PORRIDGE	£10.25
Coconut & Chai Oats Pomegranate Pistachio Mango Honey	
GREEK YOGHURT FRUIT BOWL	£9.00
Yoghurt Fresh fruit Granola Honey (AVAILABLE FREE FROM GLUTEN)	

MORNING TIPPLE

FROM 10:00AM

(2 OF THE SAME FOR £15.00)

BLOODY MARY	£9
Vodka Tomato Juice Tabasco Celery Black Pepper Worcestershire Sauce	
MIMOSA	£9
Fresh Orange Juice Prosecco	

TOAST

AVOCADO TOAST	£9.75
ADD 2 POACHED EGGS + £2 ADD BACON + £2 Smashed & Sliced Avo Smoked Chilli Salt Fresh Herbs Toasted Seeds Lime (AVAILABLE FREE FROM GLUTEN)	
SMASHED PEA TOAST	£11.75
Smashed Mint & Chilli Peas Radish Salad Feta Beetroot Ketchup Poached Eggs (AVAILABLE FREE FROM GLUTEN)	
PESTO WILD MUSHROOMS	£12.25
Wild Mushrooms Greens Grilled Sourdough Pesto Creamy Scrambled Eggs (AVAILABLE FREE FROM GLUTEN)	
HOUSE SMOKED SALMON BENDICT	£12.75
Grilled Sourdough House Cured Salmon Greens Poached Eggs Hollandaise (AVAILABLE FREE FROM GLUTEN)	
CHORIZO BENEDICT	£12.75
Chorizo Roasted Peppers Avocado Poached Eggs Chorizo Hollandaise (AVAILABLE FREE FROM GLUTEN)	

SIDES

HOUSE SMOKED SALMON £7	HALLOUMI £3
BLACK PUD £2.50	EXTRA EGG £1.50
GUACAMOLE £2.50	HASH BROWNS £2
MEX HASH BROWNS £4.50	HALF AVOCADO £2.50
GRILLED TOMATOES £2	GRILLED MUSHROOMS £2
1 SAUSAGE £2	2 RASHERS BACON £2

HOUSE FRIES £4
MEXICAN FRIES £7
(GUAC SOUR CREAM SALSA MEX CHEESE)
TRUFFLE FRIES £6.50
(TRUFFLE AIOLI PARMESAN)

CIABATTAS 12:00-15:00

All served with house salad

PESTO MOZZARELLA TOMATO BACON	£10.75
Rocket Pesto Heritage Tomato Crispy Bacon Mozzarella (AVAILABLE FREE FROM GLUTEN)	
HOT HONEY FRIED CHICKEN	£12.75
Asian Slaw Sriracha Mayo Gem Pickled Cucumber	
POSH FISH FINGER	£12.75
Smashed Peas Tartar Sauce	

SALADS 12:00-15:00

PESTO CHICKEN CAPRESE	£14.75
Grilled Lemon & Herb Chicken Rocket Tomatoes Mozzarella Pesto (AVAILABLE FREE FROM GLUTEN)	
BALSAMIC BEETROOT & IOW GOATS CHEESE	£14.75
Beetroot Quinoa Dates Candied Walnuts Mixed Leaf	
SWEET CHILLI & TEMPURA PRAWN	£14.75
Gem Lettuce Mango Sweet Chilli Avocado Asian Vegetables Sesame	

LUNCH 12:00-15:00

HOT SMOKED SALMON TOSTADA	£14.75
Fried Blue Corn Tortillas Hot Smoked NFK Salmon Spicy Mayo Black Eye Bean Mango & Sweet Corn Salsa Guacamole	
SPICY PEANUT CHICKEN GYOZA STIRFRY	£15.75
Pak Choi Tender Stem Broccoli Chicken Gyoza Spicy Peanut Sauce	
WAGYU BEEF BURGER	£16.75
6oz Wagyu Burger Crispy Bacon Cheddar NFK Burger Sauce Onion Rings Lettuce Tomato House Fries (AVAILABLE FREE FROM GLUTEN)	
CHICKEN BURGER	£14.75
Chipotle Mayo Lettuce Tomato Gherkin Pink onion Cheese Fries Slaw	



ALL DAY BREAKFAST

NOVA FOREST FRY UP £13.75

Carrot Bakon | Plant Based Sausage | House Beans | Tomato | Mushrooms | Eggs or Tofu | Hash Brown | Toast

(AVAILABLE FREE FROM GLUTEN)

[Please note no swaps or substitutions are permitted]

If you'd like to build your own, you can use the breakfast sides below

BREAKFAST BAP £8.75

Carrot Bakon | Plant Based Sausage | Fried Egg | Hash Brown | Breakfast Sauce

PERSIAN BRUNCH £13.25

Lemon Turmeric Labneh | Beetroot Hummus | Sauteed Greens | Poached Eggs | Carrot Bakon | Halloumi | Harissa Oil | Toast | Dukkha | Pomegranate

(AVAILABLE FREE FROM GLUTEN)

VEGGI BREAKFAST TACOS £14.65

Crispy Blue Corn Taco | Refried Bean | Plant Based Sausage | Peppers | Egg | Salsa | Avocado | Sour Cream

(AVAILABLE FREE FROM GLUTEN)

VEGGIE KOREAN BUBBLE & SQUEAK £9.50

Asian Bubble & Squeak | Gochujang Carrot Bakon | Fried Egg or Tofu | Sesame | Pickled Cucumbers | Sriracha Mayo

(AVAILABLE FREE FROM GLUTEN)

BLUEBERRY & CARROT BAKON FRENCH TOAST £13.75

Blueberry compote | Maple Carrot Bakon | Salted Tahini Caramel | Brioche French Toast

BRULEED BANANA FRENCH TOAST £13.25

Cinnamon Dusted French Toast | Bruleed Banana | Fresh Berries | Greek Yoghurt

PISTACHIO & CHAI PORRIDGE £10.25

Coconut & Chai Oats | Pomegranate | Pistachio | Mango | Honey

GREEK YOGHURT FRUIT BOWL £9.00

Yoghurt | Fresh fruit | Granola | Honey

(AVAILABLE FREE FROM GLUTEN)

MORNING TIPPLE

FROM 10:00AM
(2 OF THE SAME FOR £15.00)

BLOODY MARY £9

Vodka | Tomato Juice | Tabasco | Celery | Black Pepper | Worcestershire Sauce

MIMOSA £9

Fresh Orange Juice | Prosecco

TOAST

AVOCADO TOAST £8.75

ADD 2 POACHED EGGS + £2

ADD HALLOUMI + £3

Smashed & Sliced Avo | Smoked Chilli Salt | Fresh Herbs | Toasted Seeds | Lime

(AVAILABLE FREE FROM GLUTEN)

SMASHED PEA £11.75

Smashed Mint & Chilli Peas | Radish Salad | Feta | Beetroot Ketchup | Poached Eggs

(AVAILABLE GLUTEN FREE)

PESTO WILD MUSHROOMS £12.25

Wild Mushrooms | Greens | Grilled Sourdough | Pesto | Creamy Scrambled Eggs

(AVAILABLE FREE FROM GLUTEN)

VEGGIE BENEDICT £10.95

Grilled Sourdough | Greens | Poached Eggs | Hollandaise

(AVAILABLE FREE FROM GLUTEN)

SIDES

HALLOUMI | £3

EXTRA EGG | £1.50

GUACAMOLE | £2.50

MEX HASH BROWNS | £4.50

GRILLED TOMATOES | £2

PLANT BASED SAUSAGE | £2.50

MAPLE CARROT BAKON | £2

HASH BROWNS | £2

HALF AVOCADO | £2.50

GRILLED MUSHROOMS | £2

HOUSE FRIES £4

MEXICAN FRIES £7

(GUAC | SOUR CREAM | SALSA | MEX CHEESE)

TRUFFLE FRIES £6.50

(TRUFFLE AIOLI | PARMESAN)



LOOK OUT FOR THE LEAF THIS MEANS THE DISH CAN BE MADE VEGAN ON REQUEST

CIABATTAS 12:00-15:00

All served with house salad

PESTO MOZZARELLA TOMATO £10.75

Rocket | Pesto | Heritage Tomato | Mozzarella

HOT HONEY FRIED QUORN £12.75

Asian Slaw | Sriracha Mayo | Gem | Pickled Cucumber

POSH FISHLESS FINGER £12.75

Smashed Peas | Tartar Sauce

SALADS 12:00-15:00

PESTO CAPRESE SALAD £14.75

Rocket | Tomatoes | Mozzarella | Pesto

BETROOT & IOW GOATS CHEESE SALAD £14.75

Crispy Goats Cheese | Balsamic Beetroot | Quinoa | Dates | Candied Walnuts | Mixed Leaf

ASIAN PEANUT & MANGO SALAD £12.75

Crispy Tofu | Gem Lettuce | Mango | Sweet Chilli | Avocado | Asian Vegetables | Sesame

LUNCH 12:00-15:00

WILD MUSHROOM TOSTADA £14.75

Fried Blue Corn Tortillas | Wild Mushrooms | Black Bean | Mango & Sweet Corn Salsa | Guacamole | Spicy Mayo

(AVAILABLE FREE FROM GLUTEN)

SPICY PEANUT VEGETABLE GYOZA STIRFRY £15.75

Pak Choi | Tender Stem Broccoli | Vegetable Gyoza | Spicy Peanut Sauce

VEGGIE BURGER £16.95

Plant Based Pattie | Cheese | NFK Burger Sauce | Onion Rings | Lettuce | Tomato | House Fries

CRISPY FRIED QUORN BURGER £14.75

Chipotle Mayo | Lettuce | Tomato | Gherkin | Pink Onion | Cheese | Fries | Slaw

IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS, PLEASE SPEAK TO A MEMBER OF STAFF----PLEASE BE AWARE WE HANDLE MANY INGREDIENTS IN OUR KITCHEN AND CANNOT GUARANTEE THE REMOVAL OF TRACES