



The History of Foresters Arms

The history of Foresters Arms dates back more than a century and a half to May 1852. It was established as an inn for travellers. Being midway between Cape Town and Simonstown, it was often used as an overnight stop for those travelling by horse and cart. Foresters Arms was situated at the bottom of Newlands Forest, hence the name. Over the years, the forest receded and in the early 1940's residential properties were built on the surrounding perimeter of Foresters Arms. Forries has evolved into a well-known and much loved institution with a following of up to four generations of families who frequent it.

● Vegetarian

● LCHF

● Chef Recommends

Breakfasts

All our eggs are farm fresh and prepared according to your choice.

Classic Eggs Benedict ●

A toasted English muffin, topped with crispy bacon or salmon, 2 poached eggs and home-made Hollandaise Sauce
 With bacon **R82**
 With salmon **R96**

English Breakfast **R72**

Crispy grilled bacon, 2 eggs, English pork sausage, sautéed mushrooms & oven-grilled tomato.
 Toast of your choice.

Forries Breakfast **R94**

150g Rump steak, 2 eggs, crispy grilled bacon, English pork sausage, sautéed mushrooms & oven-grilled tomato. Toast of your choice.

Mini English Breakfast **R45**

Bacon, 1 egg, sautéed mushrooms, & oven-grilled tomato.
 Toast of your choice.

● **Forest Breakfast ● **R75****
 Toasted Forries farm bread, drizzled with olive oil & topped with goat cheese, sautéed mushrooms, roasted cherry tomatoes & rocket.

● **Rye Bread with Poached Eggs **R58****
 100% Rye bread served with 2 poached eggs, oven-roasted tomatoes, sautéed herb mushrooms & rocket

● **Omelette with a Difference **R82****
 Filled with Mozzarella cheese, sautéed mushroom, crispy bacon, caramelized onions & oven-grilled tomato.
 Toast of your choice.

● **Salmon Omelette ● **R92****
 Omelette folded over smoked Salmon, crème fraiche, chives & rocket, with grilled baby tomatoes. Toast of your choice.

● **Stack of Flapjacks ● **R56****
 Flapjacks, served with cream & maple syrup.
 Add Bacon **R19**

● **Plain Croissant ● **R30****
 Served with a selection of jams & butter

Picadas

Spicy Thai Smoked Salmon Fish Cakes ●	R48
Mini Thai fish cakes with smoked salmon, chilli, ginger and garlic, in Panko crumbs garnished with pickled vegetables and Asian sauce	
Baby Calamari ●	R48
Baby calamari tubes sautéed with garlic, chilli, olives, lemon and coriander	
Stuffed Baby Calamari Tubes ●	R50
Filled with cream cheese, smoked mozzarella, roasted nuts and drizzled with salsa verde	
Line fish a la Bravada ●	R62
Skin-charred, grilled, served with cauliflower puree, a minted pea, tomato, onion and chilli salsa and home-made Sauce Romesco	
Pan-seared Tuna ●	R52
Scorched in soy, sesame oil, coriander and citrus	
Calamari Strips	R42
Crumbed calamari strips served with roasted chilli and garlic aioli dipping sauce	
Smoked Salmon and Chive Croquettes	R52
Smoked salmon in a creamy cheese béchamel sauce wrapped with Panko and parmesan breadcrumbs, fried in olive oil, served with citrus aioli	
Mussels Supreme ●	R46
West Coast Mussels dressed with avocado and served with a wasabi, horseradish and coconut milk sauce	
Sticky Chicken Wings ●	R49
6 BBQ sticky chicken winglets dressed with tomato and chilli salsa and Sriracha sauce	
Butter Chicken Spring Rolls	R38
Butter chicken spring rolls served with sweet chilli sauce	
Asian-seared Beef Fillet Medallion ● ●	R68
Flame-grilled, drizzled with soy, sesame oil, roasted garlic, grated ginger and chilli sauce garnished with Asian vegetables	
Beef Satay	R48
3 Mini skewers of tender beef strips served with a peanut, chilli and coconut milk dipping sauce	
Chicken Livers ●	R45
Pan-fried with onions, garlic, roasted baby tomato and basil, finished with a splash of cream, served with herbed flat bread	
Panko and Parmesan Chicken Strips	R39
Herb crumbed and crispy chicken strips served with garlic aioli	
Pork Belly ●	R52
Asian-style sticky pork belly and crackling dressed with spring onion and coriander	

Chimichurri Rump Steak ●	R52
Marinated and medium-rare chargrilled rump slices garnished with seasonal Asian-style vegetables	
Herb Flat Bread ●	R56
With marinated olives, tzatziki and hummus	
Portobello Mushrooms ●	R44
Portobello and button mushrooms parmesan crumbed and served with a roasted garlic and chilli mayo	
Roasted Jalapeno Poppers ● ●	R50
Jalapeno peppers filled with feta, wrapped in streaky bacon and served with preserved figs	
Crumbed Jalapeno Chilli Poppers ●	R42
Jalapeno peppers stuffed with creamy feta cheese served with sweet chilli sauce	
Vegetable Spring Rolls ●	R35
2 Asian style vegetable spring rolls served with Soy sauce	
Onion Rings ●	R30
6 Crispy deep-fried onion rings served with sweet chilli sauce	

Salads

Roasted Feta Greek Salad ● ●	R78
A combination of cherry tomatoes, thinly sliced cucumber, red onion, olives and finished off with roasted feta and a classic French vinaigrette	
Smoked Salmon Salad with Micro Greens ● ●	R135
Smoked salmon with cream cheese, served on a bouquet of greens and micro greens, with fresh basil, toasted capers, spring onions drizzled with olive oil and lemon juice	
Caesar Salad	R92
Grilled chicken breast OR crispy bacon, poached egg, croutons and Parmesan shavings served on a bed of butter lettuce, finished off with an anchovy Caesar dressing	
Roasted Baby Beetroot and Butternut Salad ●	R92
Served on a bed of baby greens, wild rocket and fresh basil, with feta, toasted pumpkin seeds, drizzled with a reduced balsamic and roasted garlic dressing	
Vietnamese Salad with Chicken or Fresh Tuna	
Marinated in soy, ginger and honey served on a bed of greens with stir-fried vegetables and mixed toasted nuts	
Chicken	R92
Tuna	R105
Foresters Salad	R92
Crispy streaky bacon, feta cheese, roasted cherry tomatoes, avocado and croutons on a bed of greens and fresh basil drizzled with a light French vinaigrette	

Fish and Poultry

Catch of the Day ●	R155
Skin-charred, grilled, served with cauliflower puree, a minted pea, tomato, onion and chilli salsa and home-made Sauce Romesco	

Sesame-crusted Fresh Tuna Steak ●● R150

Pan-seared in a soy, ginger and citrus glaze, served with seasonal Asian-style vegetables

Flamed Pernod Prawns ● SQ

Large prawns sautéed in butter, flamed with Pernod served with plum tomatoes, chilli, garlic, olives and roasted sweet potatoes. (When avl)

West Coast Mussels Thai Style ●● R125

Mussels in the half-shell, in a mild blend of coconut milk, fresh chilli, lemon grass, garlic and coriander served with homemade artisan bread

Mediterranean Baby Calamari ● R118

Baby calamari tubes grilled in olive oil, garlic and chilli, with black olives and lemon, served with cauliflower rice, chips or salad

Calamari Strips R92

Traditional or Cajun style, served with tartar sauce and chips

Sea-fresh Hake R88

Lemon grilled or beer battered, served with chips or salad and tartar sauce

Chicken Breast and Parma Ham ● R135

2 Free range chicken breasts filled with herb and peppadew butter, with Parma ham, roasted cherry tomatoes, avocado, rocket and a goat's cheese dressing

With chips R150

Parmesan and Panko Crumbed Chicken Schnitzel R88

Served with chips and mushroom or cheese sauce

Pesto-marinated Chicken Breasts ●● R115

2 Free range chicken breasts topped with feta, fresh basil, toasted nuts, parmesan crisps and lemon-infused olive oil
With chips R130

Steaks and Grills

Chateaubriand ● R195

250g Fillet steak, flambéed at your table, served with Sauce Bernaise, seasonal vegetables and chips

Rump Crusted with Black Pepper & Coriander Seeds R165

250g Beef rump, rubbed with olive oil and crusted with black pepper and coriander seeds served with coriander, chilli and lime flavoured butter, seasonal vegetables and chips

Bacon and Fig Sirloin R170

250g Beef sirloin, topped with crispy bacon, blue cheese sauce, preserved figs and served with chips or salad

Chimichurri Beef Rump ● R170

250g Beef rump, marinated in Argentinean chimichurri served with guacamole, fresh rocket, onion rings and chips or salad

Rump Steak, Egg and Chips R155

250g Rump steak, rocket, fried egg and chips

Pork Belly R148

Asian-style sticky pork belly and crackling served with roasted sweet potato and stir-fried seasonal vegetables

Grilled Pork Ribs R168

650g Succulent pork ribs grilled in the famous Forries basting sauce and served with chips or salad

400g portion R120

Add one of our signature sauces:
Green peppercorn, cheddar cheese, mushroom
From R25
Should you prefer a plain steak, please ask your waiter.

Burgers

Pulled Pork Burger R95

Pork Shoulder, slow roasted in a piquant spicy marinade until pull-apart tender, piled onto a bun and topped with coleslaw and chips

Prego Steak Roll R98

Chargrilled sirloin steak topped with Jalapeno and served with a home-made peri peri sauce fresh coriander and chips

Forries Steak Roll R115

Beef sirloin chargrilled in our famous basting sauce topped with sautéed mushrooms, mature cheddar, a fried egg with chips

Deluxe Beef Burger R95

Chargrilled beef burger topped with caramelized onions, crispy streaky bacon and mature cheddar, served with chips

Pure Beef Burger R78

Chargrilled pure beef burger topped with caramelized onion, served with chips

Lettuce Cup Beef Burger ●● R80

Chargrilled beef burger in a lettuce cup with gherkins, tomato, onion and cucumber salsa, a sauce verde and chips

Greek Lamb Burger R96

Lamb mince mixed with garlic, mint and mozzarella, topped with feta, guacamole and fresh rocket, served with chips

Gourmet Lamb Burger ●● R105

Filled with caramelized onions, coriander and mozzarella, served with guacamole, seasonal stir-fried vegetables, basil infused cauliflower mash and rocket

Ostrich Burger R105

100% Ostrich burger, topped with crispy bacon, chunky guacamole and tomato chilli salsa, served with chips

Chicken Burger R75

Flame-grilled chicken breast served with garlic aioli and battered onion rings, served with chips

Forries Veggie Burger ● R72

A blend of chickpeas, coriander, chilli, onion and seasonal vegetables in a lettuce cup, topped with tzatziki and tomato salsa, with roast sweet potatoes or salad

Pizzas

Pizza Breads (Large thin-based. 32cm) ●	R42
Fresh garlic, olive oil and sea salt	
FORRIES TRADITIONAL FAVOURITES (Or BUILD YOUR OWN FAVOURITE from the toppings listed below)	
Margherita	R59
Mozzarella cheese with a blended fresh herb Napolitano	
Forries ●	R98
Bacon, avocado, garlic, feta and onions	
Big Richie	R98
Bacon, mushrooms, garlic, onions and avocado	
Amadori	R98
Italian salami, onion, mushrooms, chilli, garlic and olives	
Scotsman ●	R120
Smoked salmon, crispy capers, fresh chives, lemon crème fraiche, topped with fresh rocket	
Marituri	R120
BBQ chicken, bacon, feta, avocado and fresh basil	
Bandini ●	R92
Avocado, olives, onions, mushrooms, feta, peppadews and garlic	
Bona Dea	R110
Streaky bacon, roasted cherry tomatoes, peppadews, avocado, fresh basil and crème fraiche dressing	
Lousiana	R98
Cajun chicken, mushrooms, garlic, peppadews and topped with fresh coriander	
Italiano ● ●	R98
Feta, roasted cherry tomatoes, peppadews, onions, drizzled with basil pesto and fresh coriander	
Aphrodite ●	R95
Spinach, feta, garlic, olives and fresh rocket	
Roasted Butternut ● ●	R98
Butternut, sundried tomatoes, feta, garlic and pumpkin seeds	
Parma and Brie ●	R120
Parma ham, brie, peppadews and rocket	
Tropica	R85
Ham and pineapple	
Regina	R85
Ham and mushroom	

BANTING PIZZAS

(Bases made with grated cauliflower, mozzarella and
parmesan and topped with Napolitano sauce)

Forries Classic ● ●	R118
Streaky bacon, feta, roasted cherry tomatoes, avocado and rocket and drizzled with basil pesto	
Scotsman ● ●	R130
Smoked salmon, crispy capers, fresh chives, lemon crème fraiche, topped with fresh rocket	
Italiano ● ● ●	R115
Feta, roasted cherry tomatoes, peppadews, onions, drizzled with basil pesto and fresh coriander	

BUILD YOUR OWN PIZZA

Margherita ●	R59
Mozzarella cheese with a blended fresh herb Napolitano	
TOPPINGS	
Bacon, gypsy ham, BBQ chicken, tikka chicken, salami, salmon	From R18 – R22
Mushrooms, pineapple, peppadews, chilli, garlic, onions, caramelized onions, rocket, beetroot, cherry tomatoes, coriander, basil	From R12 – R15
Avocado, basil pesto, red pesto, feta, artichokes, olives	From R18 – R22

Forries Favourites

Traditional English Bangers and Mash ●	R92
Pork bangers served on creamy mashed potatoes with seasonal vegetables and a sherry and thyme jus	
Steak and Stout Pie	R105
A traditional old English favourite with traditional oven-baked and golden pastry top and served with chips	
Cream of Chicken and Leek Pie	R95
Chicken breast and leeks slow cooked in a creamy white wine sauce with an oven baked pastry top and served with chips	
Chicken Madras Curry ●	R95
An authentic Madras curry, served with sambals, raita, flatbread and basmati rice, OR cauliflower rice	

Forries Platter

For 10 pax

3 portions roasted chilli poppers, 2 portions sticky pork belly, 3 portions chicken springrolls, 3 portions veg springrolls, 2 portions Panko parmesan chicken strips, 2 portions onion rings, 2 portions calamari strips, 2 portions smoked salmon and chive croquettes, 2 portions herbed flatbreads with toppings

R860

Chef's Highly Recommended

Forries Carvery

Our famous Carvery, available from 12pm on Sundays, is a tradition that has been celebrated for over 100 years.

Standard Portion	R148
Large Portion	R178

Desserts

Baked Cheesecake ●	R48
Served with vanilla pod ice cream (Ask your waitron for our daily flavour)	
Crème Brûlée	R48
Served with toasted almond biscotti and fresh double cream (Ask your waitron for our daily flavour)	
Belgian Dark Chocolate Torte ●	R48
Served with mint and espresso mousse	
Chocolate Nemesis ●	R52
Belgian dark chocolate and espresso fondant, vanilla pod ice cream and a selection of chocolate truffles	
Autumn-roasted Apple and Pistachio Crumble	R48
Served with Anglaise and Chantilly crème or vanilla pod ice cream	
Chocolate Brownie	R45
Served with shortbread, butterscotch sauce and vanilla pod ice cream	

Remember !
We also do take-aways

Under 12's

Scrumptiously Healthy Salad ●●	R55
Feta cheese, bacon and avocado served on a bed of greens with a drizzling of a light lemon herb dressing	
Beef Burger	R55
Chargrilled pure beef burger on a soft roll and served with chips	
Chicken Fillet Burger	R52
A flame-grilled chicken fillet, served on a soft roll, with chips	
Chicken Strips	R50
Crumbed strips of chicken breast, served with chips	
Fresh Hake	R48
Crispy battered hake, served with chips and tartar sauce	
Calamari strips	R52
Traditional, crumbed and served with chips and tartar sauce	
Margherita ●	R48
Mozzarella cheese with a blended fresh herb Napolitano	

Milkshakes

	Large	Regular
Chocolate, strawberry or vanilla	R42	R32

Hot Beverages

Americano	R24
Decaf Americano coffee	R24
Espresso (single/double)	R24/R31
Cappuccino/Café Latte	R26
Tea Selection	R25 ea
Ceylon	
Rooibos	
Chamomile	
Peppermint	
English Breakfast	
Earl Grey	
Green Tea	
Hot Chocolate	R29
Milo	R29

*Book to have your memorable function large or small at Forries.
See our drinks menu for blind beer tasting
and challenge your beer knowledge !*

Automatic 10% gratuity on parties of 8 pax or more.

No corkage

No alcohol allowed off or onto the premises

No food (including celebratory cakes) allowed onto the premises.

Foresters Arms Restaurant and Pub

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