



# FOOD MENU

# BREAKFAST

All our eggs are farm fresh & prepared according to your choice,

**\*these breakfast served with toast, butter & jam\***

**Health Breakfast** 140

Sliced seasonal fruits, homemade muesli & greek yoghurt.

**Salmon Scrambled Eggs\*** 125

40g smoked salmon trout, scrambled eggs, grilled cherry tomatoes, cream cheese & citrus capers.

**Bacon option** 120

**Classic\*** 120

Crispy grilled bacon, 2 eggs, 2 english pork sausage, mushrooms & tomato.

**Mini\*** 80

Crispy grilled Bacon, 1 egg, 1 english pork sausage, mushrooms, & tomato.

**Omelette Plain\*** 55

3 egg, Mozzarella cheese, toast of choice

**Add bacon 28, mushroom 18**

**Stack of Flapjacks** 68

Cream, strawberries, cinnamon sugar & maple syrup

**Add bacon 28**

**Avo toast** 48

Avocado, cherry tomatoes & rocket.

**Add 2 poached eggs 28**

**French Toast** 85

Farm white French toast, strawberries, cinnamon sugar & maple syrup **Add bacon 28**

**Mixed Berry Smoothie** 48

**AVAILABLE UNTIL 11:30am**

# TAPAS

<b>Fresh from the Sea Hake Goujons</b>	<b>60</b>
Beer batter, tomato, cucumber, salsa verde, tartar sauce	
<b>Mediterranean Baby Calamari (LCHF)</b>	<b>68</b>
Garlic, chilli, olives, lemon, coriander, citrus lemon chilli, mayo	
<b>Calamari Steak Strips (LCHF)</b>	<b>58</b>
Lime creme fraiche, sriracha	
<b>Crispy Panko and Parmesan Chicken Strips (LCHF)</b>	<b>52</b>
Herb crumbed, garlic, aioli	
<b>Sticky Pork Belly (LCHF)</b>	<b>85</b>
Asian-style marinade, slow-roasted, crackling, shallots, coriander	
<b>Roasted Jalapeno Popper (LCHF)</b>	<b>65</b>
Danish feta filled, streaky bacon wrapped, fig jam (HOT)	
<b>Crumbed Jalapeno Chilli Popper (V)</b>	<b>60</b>
Creamy feta filling, crispy crumbs (HOT)	
<b>Vegetable Spring Rolls (V)</b>	<b>58</b>
3 Traditional Asian-style vegetables, bean sprouts, shallots, soy, Asian Seasoning, sweet chilli sauce	
<b>Herb Flatbread (V)</b>	<b>68</b>
Marinated olives, tzatziki, hummus	
<b>Crumbed Mushrooms (V)</b>	<b>49</b>
Button mushrooms, parmesan crumbs, roasted garlic and chilli mayo	
<b>Forries Nachos (V)</b>	<b>95</b>
Mature cheddar cheese, guacamole, tzatziki, tomato chilli salsa, sriracha	
<b>Onion Rings (V)</b>	<b>45</b>
Deep-fried, sweet chilli sauce	
<b>Peri Peri Chicken Winglets</b>	<b>58</b>
Lime creme fraiche, sriracha	

# SALADS

<b>House Salad</b>	<b>88</b>
Feta, olives, tomato, cucumber, salsa verde, greens, French vinaigrette	
<b>Crispy Kale Salad</b>	<b>112</b>
Chicken breast OR crispy bacon, Greek style yoghurt, mayo, lemon juice, dijon mustard, our garden greens & parmesan shavings	
<b>Roasted Baby Beetroot and Butternut Salad (V)</b>	<b>105</b>
Baby greens, wild rocket, fresh basil, feta, toasted pumpkin seeds, reduced balsamic and roasted garlic dressing	
<b>Foresters Salad</b>	<b>115</b>
Crispy streaky bacon, feta, roasted cherry tomatoes, avocado, croutons, greens, basil, French vinaigrette	

# FISH AND POULTRY

<b>Sustainable Linefish (LCHF)</b>	<b>185-SQ</b>
Seasonal vegetables, lime butter, chips or salad or basil infused cauliflower mash	
<b>Mediterranean Baby Calamari (LCHF)</b>	<b>148</b>
Olive oil, garlic, chilli, black olives, lemon, cauliflower rice or chips or salad	
<b>Calamari Steak Strips</b>	<b>130</b>
Traditional or cajun, citrus lemon chilli mayo, chips	
<b>Sea-fresh Hake</b>	<b>125</b>
Lemon grilled or beer battered, tartar sauce, chips or salad	
<b>Parmesan &amp; Panko Crumbed Chicken Schnitzel</b>	<b>115</b>
Seasoned crumbs, chips, mushroom or cheese sauce	

# FORRIES FAVOURITES

<b>Cream of chicken and Leek Pie</b>	<b>135</b>
White wine, garlic, cream, crisp pastry top, chips	
<b>Steak and Stout Pie</b>	<b>135</b>
Milk stout, rich beef jus, golden pastry top, chips	
<b>CHEF'S CURRY OF THE DAY</b>	<b>135</b>

# STEAKS AND GRILLS

<b>Chimichurri Beef Rump (300g)</b>	<b>189</b>
Argentinian chimichurri marinade, guacamole, fresh rocket, onion rings, chips or house salad	
<b>Aged Rump, Crusted with Black Pepper and Coriander Seeds (300g)</b>	<b>189</b>
Olive oil, black pepper & coriander seed crusted, chilli coriander & lime flavoured butter, seasonal vegetables, chips	
<b>Olde Favourite Aged Rump, Egg and Chips</b>	
Forries Basting sauce, rocket	
<b>300g</b>	<b>150</b>
<b>150g</b>	<b>120</b>
<b>Sticky Pork Belly</b>	<b>189</b>
Asian-style marinade, crackling, sweet potato chips, seasonal vegetables	
<b>Prego Steak Roll</b>	<b>125</b>
Chargrilled Rump, sliced jalapeno, homemade peri peri sauce, fresh coriander, chips	
<b>Flame Grilled Barbeque Pork Ribs</b>	
<b>400g</b>	<b>165</b>
<b>650g</b>	<b>195</b>

# FORRIES CARVERY

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

## BURGERS

<b>Deluxe Beef Burger</b>	<b>132</b>
Caramelised onions, crispy streaky bacon, mature cheddar, lettuce, gherkin and tomato on an oven-fresh bun, chips	
<b>Classic Beef Burger</b>	<b>98</b>
Onion rings, lettuce, tomato, oven-fresh bun, chips	
<b>Lettuce Cup Beef Burger (No Bun) (LCHF)</b>	<b>95</b>
Lettuce cup, gherkins, tomato, onion cucumber salsa, sauce verde, sweet potato chips	
<b>Greek Lamb Burger</b>	<b>132</b>
Garlic and mint flavoured burger, feta, guacamole, fresh rocket, oven-fresh bun, chips	
<b>Chicken Breast Burger</b>	<b>95</b>
Flame-grilled, battered onion rings, garlic aioli, oven-fresh bun, chips	
<b>Forries Veggie Burger (V)</b>	<b>95</b>
Chickpeas, coriander, chilli, onion, lettuce cup, tzatziki, tomato salsa, sweet potato chips	
<b>Add a signature sauce</b>	<b>35</b>
Green peppercorn, cheddar cheese, mushroom	

# PIZZA

Large, thin-based, 32cm

<b>Pizza Bread (V)</b>	<b>58</b>
Fresh garlic, olive oil, sea salt	
<b>Margherita (V)</b>	<b>88</b>
Mozzarella cheese, bended fresh herb Napolitano	
<b>Forries</b>	<b>130</b>
Bacon, avocado, garlic, feta, onions	
<b>Amadori</b>	<b>128</b>
Italian salami, onions, mushrooms, chilli, garlic, olives	
<b>Marituri</b>	<b>138</b>
BBQ chicken, bacon, feta, avocado, fresh basil	
<b>Bandini (V)</b>	<b>128</b>
Avocado, olives, onions, mushrooms, feta, peppadews, garlic	
<b>Vegan option</b>	<b>135</b>
<b>Italiano (V)</b>	<b>128</b>
Feta, roasted cherry tomatoes, peppadews, onions, basil pesto, fresh coriander	
<b>Bona Dea</b>	<b>128</b>
Chicken Breast, avocado, mushrooms, garlic, peppadews, fresh coriander	
<b>Hawaiian</b>	<b>115</b>
Ham and pineapple	
<b>Regina</b>	<b>128</b>
Ham and Mushroom	

## **EXTRA TOPPINGS**

**From 22 - 35**

Bacon, ham, chicken, salami, avocado, feta, artichokes

**From 20 - 30**

Mushrooms, pineapple, peppadews, chilli, garlic, onions, rocket, beetroot, cherry tomatoes,  
coriander, basil, olives, basil pesto

## **BANTING PIZZAS**

**ADD R15**

**Our rectangular bases made with ground cauliflower, mozzarella and parmesan cheese, topped with Napolitano sauce.**



# DESSERTS

<b>Forries Baked Cheesecake</b>	<b>58</b>
Fruits, vanilla pod ice cream	
<b>Creme Bruleé</b>	<b>58</b>
With toasted almond biscotti, fresh double cream	
<b>Chocolate Nemesis (Forries Favourite)</b>	<b>62</b>
Swiss chocolate, decadent fondant, vanilla bean ice cream	
<b>Milkshakes (large)</b>	<b>55</b>
Chocolate, strawberry, vanilla	

**Full selection of hot drinks available**

# UNDER 12'S

<b>Greek Salad (LCHF) (V)</b>	<b>65</b>
Feta cheese, marinated olives, greens, light lemon herb dressing	
<b>Beef Burger</b>	<b>65</b>
Pure Beef, chargrilled, soft roll, chips	
<b>Chicken Strips</b>	<b>65</b>
Crumbed strips, chips	
<b>Fresh Hake</b>	<b>65</b>
Crispy batter, chips, tartar sauce	
<b>Calamari Steak Strips</b>	<b>65</b>
Traditional, crumbed, chips, tartar sauce	
<b>Margherita (V)</b>	<b>65</b>
Mozzarella cheese, blended fresh herb Napolitano	
<b>Add bacon or ham</b>	<b>18</b>
<b>Add pineapple or mushroom</b>	<b>15</b>

*Ask the waitron for our available sand art and activity sets*