



## 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

### **BREAKFASTS** (daily until 11.30am)

*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, Avo and home-made Hollandaise Sauce

With bacon

R92

With salmon

R110

#### **English Breakfast**

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

R76

#### **Forries Breakfast**

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

R99

#### **Mini English Breakfast**

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

R48

● **Farmhouse Bread with Poached Eggs** R88  
100% Rye bread served with 2 poached eggs, oven-roasted tomatoes, sautéed herb mushrooms & rocket

● **Omelette with a Difference** R85

Filled with Mozzarella cheese, sautéed mushroom, crispy bacon, caramelized onions & oven-grilled tomato. Toast of your choice.

● **Salmon Omelette** R98

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

● **Stack of Flapjacks** R62

Flapjacks, served with cream & maple syrup.

Add Bacon

R22

● **Plain Croissant** R40

Served with jam, butter & cheese

Add bacon

R22

● **Toasted cheese sandwich** R45

Toasted to perfection filled with best quality cheddar cheese and tomato

## PICADAS

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- Spicy Thai Smoked Salmon Fish Cakes** R49  
Mini Thai fish cakes with smoked salmon, chilli, ginger and garlic, in Panko crumbs garnished with pickled vegetables and Asian sauce
- **Baby Calamari** R49  
Baby calamari tubes sautéed with garlic, chilli, olives, lemon and coriander
- **Stuffed Baby Calamari Tubes** R52  
Filled with cream cheese, smoked mozzarella, roasted nuts and drizzled with salsa verde
- **Crispy Hake Goujons** R58  
2 tenderloins of lightly battered hake, flash fried and served with cauliflower puree, a minted pea, tomato, onion and chilli salsa and a garlic aioli
- **Pan-seared Tuna** SQ R62  
Scorched in soy, sesame oil, coriander and citrus
- Calamari Strips** R44  
Crumbed calamari strips served with roasted chilli and garlic aioli dipping sauce
- Asian-seared Beef Fillet Medallion** R70  
Flame-grilled, drizzled with soy, sesame oil, roasted garlic, grated ginger and chilli sauce garnished with Asian vegetables
- **Chimichurri Rump Steak** R55  
Marinated and medium-rare chargrilled rump slices garnished with seasonal Asian-style vegetables
- Beef Satay** R49  
3 Mini skewers of tender beef strips served with a peanut, chilli and coconut milk dipping sauce
- **Pork Belly** R54  
Asian-style sticky pork belly and crackling dressed with spring onion and coriander
- Chicken Livers** R49  
Pan-fried with onions, garlic, roasted baby tomato and basil, finished with a splash of cream, served with herbed flat bread
- **Sticky Chicken Wings** R52  
6 BBQ sticky chicken winglets dressed with tomato and chilli salsa and Sriracha sauce
- Panko and Parmesan Chicken Strips** R42  
Herb crumbed and crispy chicken strips served with garlic aioli
- **Herb Flat Bread** R60  
With marinated olives, tzatziki and hummus
- Butter Chicken Spring Rolls** R40  
Butter chicken spring rolls served with sweet chilli sauce

- **Vegetable Spring Rolls** R36  
2 Asian style vegetable spring rolls served with Soy sauce
- **Crumbed Mushrooms** R45  
Button mushrooms parmesan crumbed and served with a roasted garlic and chilli mayo
- **Onion Rings** R33  
6 Crispy deep-fried onion rings served with sweet chilli sauce
- **Crumbed Jalapeno Chilli Poppers** R45  
Jalapeno peppers stuffed with creamy feta cheese served with sweet chilli sauce
- **Roasted Jalapeno Poppers** R52  
Jalapeno peppers filled with feta, wrapped in streaky bacon and served with preserved figs
- **Forries Nachos** R48  
Nachos served with quacamole, tzatziki, tomato and chilli salsa, drizzled with sriracha sauce

## SALADS

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- **Greek Salad with Roasted Feta** R85  
A combination of cherry tomatoes, thinly sliced cucumber, red onion, olives and finished off with roasted feta, on a bed of greens and drizzled with a classic French vinaigrette
- **Scottish Smoked Salmon Salad** R135  
Smoked salmon with cream cheese, served on a bouquet of greens, with fresh basil, toasted capers, spring onions drizzled with olive oil and lemon juice
- Caesar Salad** R95  
Grilled chicken breast OR crispy bacon, poached egg, croutons and Parmesan shavings served on a bed of cos lettuce, finished off with an anchovy Caesar dressing
- **Roasted Baby Beetroot and Butternut Salad** R95  
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 R95  
Tuna R115
- Foresters Salad** R98  
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

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- **Catch of the Day** R160  
Skin-charred, grilled, served with cauliflower puree, a minted pea, tomato, onion and chilli salsa and home-made Sauce Romesco  
Add chips R175
- **Sesame-crusted Fresh Tuna Steak** SQ R165  
Pan-seared in a soy, ginger and citrus glaze, served with seasonal Asian-style vegetables
- **Flamed Pernod Prawns** R185  
Large prawns sautéed in butter, flamed with Pernod served with plum tomatoes, chilli, garlic, olives and roasted sweet potatoes. (When avl)
- **Mediterranean Baby Calamari** R122  
Baby calamari tubes grilled in olive oil, garlic and chilli, with black olives and lemon, served with cauliflower rice, chips or salad
- Calamari Strips** R95  
Traditional or Cajun style, served with tartar sauce and chips
- Sea-fresh Hake** R95  
Lemon grilled or beer battered, served with chips or salad and tartar sauce
- **Parmesan and Panko Crumbed Chicken Schnitzel** R92  
Served with chips and mushroom or cheese sauce
- **Pesto-marinated Chicken Breasts** R120  
2 Free range chicken breasts topped with feta, fresh basil, toasted nuts, parmesan crisps and lemon-infused olive oil  
With chips R135

## FORRIES FAVOURITES

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- Traditional English Bangers and Mash** R98  
Pork bangers served on creamy mashed potatoes with seasonal vegetables and a sherry and thyme jus
- Steak and Stout Pie** R110  
A traditional old English favourite with traditional oven-baked and golden pastry top and served with chips
- Cream of Chicken and Leek Pie** R98  
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** R98  
An authentic Madras curry, served with sambals, raita, flatbread and basmati rice OR cauliflower rice

## STEAKS AND GRILLS

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- **Chateaubriand** R195  
250g Fillet steak, flambéed at your table, served with Sauce Bernaise, seasonal vegetables and chips
- Rump Crusted with Black Pepper & Coriander Seeds** R170  
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
- **Chimichurri Beef Rump** R175  
250g Beef rump, marinated in Argentinean chimichurri served with guacamole, fresh rocket, onion rings and chips or salad
- Rump Steak, Egg and Chips** R160  
250g Rump steak, rocket, fried egg and chips
- Pork Belly** R155  
Asian-style sticky pork belly and crackling served with roasted sweet potato and stir-fried seasonal vegetables
- Grilled Pork Ribs** R175  
650g Succulent pork ribs grilled in the famous Forries basting sauce and served with chips or salad  
400g portion R135
- Prego Steak Roll** R105  
Chargrilled rump topped with Jalapeno and served with a home-made peri peri sauce fresh coriander and chips
- Forries Steak Roll** R125  
Beef rump chargrilled in our famous basting sauce Topped with sautéed mushrooms, mature cheddar, A fried egg with chips

*Add one of our signature sauces:*  
Green peppercorn, cheddar cheese, mushroom

**From R25**

*Should you prefer a plain steak,  
please ask your waiter.*

## FORRIES PLATTER

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**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

**R870**

## PIZZAS

**FORRIES TRADITIONAL FAVOURITES**  
(Or BUILD YOUR OWN FAVOURITE  
from the toppings listed below)

- **Pizza Breads (Large thin-based. 32cm)** R45  
Fresh garlic, olive oil and sea salt
  
- Margherita** R62  
Mozzarella cheese with a blended fresh herb Napolitano
  
- Forries** R99  
Bacon, avocado, garlic, feta and onions
  
- Big Richie** R99  
Bacon, mushrooms, garlic, onions and avocado
  
- Amadori** R99  
Italian salami, onion, mushrooms, chilli, garlic and olives
  
- Scotsman** R125  
Smoked salmon, crispy capers, fresh chives, lemon crème fraiche, topped with fresh rocket
  
- Marituri** R125  
BBQ chicken, bacon, feta, avocado and fresh basil
  
- **Bandini** R95  
Avocado, olives, onions, mushrooms, feta, peppadews and garlic
  
- Bona Dea** R115  
Streaky bacon, roasted cherry tomatoes, peppadews, avocado, fresh basil and crème fraiche dressing
  
- Lousiana** R99  
Cajun chicken, mushrooms, garlic, peppadews and topped with fresh coriander
  
- **Italiano** R99  
Feta, roasted cherry tomatoes, peppadews, onions, drizzled with basil pesto and fresh coriander
  
- Parma and Brie** R125  
Parma ham, brie, peppadews and rocket
  
- Hawaiian** R88  
Ham and pineapple
  
- Regina** R88  
Ham and mushroom

**Remember!**  
We also do take-aways

## BANTING PIZZAS

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

- **Forries Classic** R125  
Streaky bacon, feta, roasted cherry tomatoes, avocado and rocket and drizzled with basil pesto
  
- **Scotsman** R135  
Smoked salmon, crispy capers, fresh chives, lemon crème fraiche, topped with fresh rocket
  
- **Italiano** R120  
Feta, roasted cherry tomatoes, peppadews, onions, drizzled with basil pesto and fresh coriander

## BUILD YOUR OWN PIZZA

- **Margherita** R62  
Mozzarella cheese with a blended fresh herb Napolitano

### TOPPINGS

Bacon, gypsy ham, BBQ chicken, tikka chicken, salami, salmon **From R22 – R25**

Mushrooms, pineapple, peppadews, chilli, garlic, onions, caramelized onions, rocket, beetroot, cherry tomatoes, coriander, basil **From R15 – R18**

Avocado, basil pesto, red pesto, feta, artichokes, olives **From R20 – R25**



1852

## BURGERS

- Pulled Pork Burger** R98  
Pork Shoulder, slow roasted in a piquant spicy marinade until pull-apart tender, piled onto a bun and topped with coleslaw and chips
- Deluxe Beef Burger** R98  
Chargrilled beef burger topped with caramelized onions, crispy streaky bacon and mature cheddar, served with chips
- Pure Beef Burger** R82  
Chargrilled pure beef burger topped with caramelized onion, served with chips
- **Lettuce Cup Beef Burger** R82  
Chargrilled beef burger in a lettuce cup with gherkins, tomato, onion and cucumber salsa, a sauce verde and chips
- Greek Lamb Burger** R99  
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** R108  
100% Ostrich burger, topped with crispy bacon, chunky guacamole and tomato chilli salsa, served with chips
- Chicken Burger** R79  
Flame-grilled chicken breast served with garlic aioli and battered onion rings, served with chips
- **Forries Veggie Burger** R75  
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



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## DESSERTS

- Summer Berry Cheesecake** R49  
A baked cheesecake, served with vanilla pod ice cream
- Crème Brûlée** R48  
Served with toasted almond biscotti and fresh double cream
- **Belgian Dark Chocolate Torte** R49  
Served with a swirl of mint liqueur and espresso flavoured mousse
- Chocolate Nemesis** R54  
Belgian dark chocolate and espresso fondant, vanilla pod ice cream and a selection of chocolate truffles
- Autumn-roasted Apple and Pistachio Crumble** R49  
Served with Chantilly crème or vanilla pod ice cream
- Chocolate Brownie** R46  
Served with shortbread, butterscotch sauce and vanilla pod ice cream

## UNDER 12'S

- **Kiddies Salad** R56  
Feta cheese and marinated olives served on a bed of greens with a drizzling of a light lemon herb dressing
- Beef Burger** R56  
Chargrilled pure beef burger on a soft roll and served with chips
- Chicken Strips** R52  
Crumbed strips of chicken breast, served with chips
- Fresh Hake** R55  
Crispy battered hake, served with chips and tartar sauce
- Calamari strips** R55  
Traditional, crumbed and served with chips and tartar sauce
- Margherita** R49  
Mozzarella cheese with a blended fresh herb Napolitano  
Add your choice of topping:  
Bacon, Ham R14  
Pineapple, Mushroom R10
- Milkshakes** Large Regular  
Chocolate, strawberry or vanilla R45 R35

## *Chef's Highly Recommended*

# **FORRIES CARVERY**

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

<b>Standard Portion</b>	<b>R152</b>
<b>Large Portion</b>	<b>R182</b>

## **HOT BEVERAGES**

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Americano	<b>R25</b>
Decaf Americano coffee	<b>R25</b>
Espresso (single/double)	<b>R25/R32</b>
Cappuccino/Café Latte	<b>R27</b>
<b>Tea Selection</b>	<b>R26</b>
Ceylon	
Rooibos	
Chamomile	
Peppermint	
English Breakfast	
Earl Grey	
Green Tea	
Chai Tea/Latte	<b>R30</b>
Red Cappuccino	<b>R27</b>
Hot Chocolate	<b>R30</b>
Milo	<b>R30</b>

*Please ask your waiter for skinny options*

***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 or parties of 8 pax or more.

No corkage

No alcohol allowed off or onto the premises

No food or drinks of any kind allowed onto the premises.

Foresters Arms Restaurant and Pub

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