

# LUNCH MENU

## APPETIZERS

NOCCARELLA & KALAMATA OLIVES (VG)	3.5
GRILLED CIABATTA, OLIVE OIL & BALSAMIC (VG)	3.5
GARLIC CIABATTA (VT)	3.5
GARLIC CIABATTA WITH CHEESE (VT)	4.5

## ALL DAY BRUNCH

EGGS BENEDICT	7.5-
POACHED EGGS, SERRANO HAM & HOLLANDAISE SAUCE ON A TOASTED ENGLISH MUFFIN	

AVOCADO & POACHED EGG	8.5
AVOCADO WITH CHILI, GARLIC, LIME & CRACKED BLACK PEPPER WITH A POACHED EGG ON GRILLED SOURDOUGH (VT)	

BLT	6.5
TRIPLE STACKED MAPLE CURED CRISPY BACON, LETTUCE, TOMATO & MAYONNAISE ON LIGHTLY TOASTED BREAD	

## SMALL PLATES

PADRON PEPPERS	5-
PAN-FRIED PADRON PEPPERS WITH SEA SALT (VG)	

HUMMUS & TZATZIKI	5.5
HUMMUS, TZATZIKI & GRILLED FLATBREAD (VT)	

PAKORAS	8-
SPINACH, POTATO & ONION PAKORAS WITH SWEET CHILI DIP (VG)	

HALLOUMI SKEWERS	7.5
CHILI, MINT & LEMON MARINATED HALLOUMI, RED PEPPER, RED ONION & COURGETTE SKEWERS SERVED WITH TZATZIKI (VT)	

LAMB KOFTAS	8.5
CHARGRILLED GREEK STYLE LAMB KOFTAS WITH TZATZIKI	

THAI CRAB CAKES	7.5
SPICED CRAB CAKES WITH ROCKET, SESAME SEEDS & SWEET CHILI	

GOATS CHEESE ON SOURDOUGH	7-
MELTED GOATS CHEESE WITH CHILI JAM & ROCKET ON GRILLED SOURDOUGH (VT)	

GARLIC MUSHROOMS	6.5
PAN-FRIED MUSHROOMS WITH GARLIC, THYME & CREAM ON GRILLED SOURDOUGH (VT)	

CHICKEN WINGS	7-
HOT & SPICY CHICKEN WINGS TOPPED WITH SPRING ONIONS, SESAME SEEDS & HOT SRIRACHA SAUCE	

MOROCCAN CHICKEN SKEWERS	7-
CHARGRILLED MOROCCAN SPICED CHICKEN, RED ONION & RED PEPPER SKEWERS WITH HARISSA YOGHURT	

PULLED PORK TAQUITOS	7.5
SOFT FLOUR TORTILLA FILLED WITH PULLED PORK, LETTUCE, RED ONIONS, JALAPENOS & SMOKY BOURBON BBQ SAUCE	

## BOARDS

MEZE	24-
MOROCCAN CHICKEN SKEWERS, CHARGRILLED LAMB KOFTAS, MARINATED FETA & OLIVES, HALLOUMI & ROASTED VEG SKEWERS, GRILLED COURGETTE, ROASTED RED PEPPER, HUMMUS, TZATZIKI, TABOULEH & GRILLED FLATBREAD	

IBERIAN	22-
SLOW COOKED CHORIZO IN RED WINE, SERRANO HAM, MANCHEGO CHEESE, PADRON PEPPERS, GRILLED COURGETTE, ROASTED RED PEPPER, SUN-BLUSH TOMATO TAPENADE, OLIVES & GRILLED BREAD	

## SANDWICHES

CLUB SANDWICH	9-
TRIPLE STACKED CLUB WITH CHARGRILLED CHICKEN, MAPLE CURED CRISPY BACON, LETTUCE, TOMATO & MAYONNAISE	

LAMB & FETA WRAP	9.5
FLOUR TORTILLA WITH CHARGRILLED LAMB KOFTAS, FETA CHEESE, TABOULEH SALAD, FRESH MINT, LEMON JUICE & TZATZIKI	

SIX SPICE FRIED CHICKEN	11-
SIX SPICE BUTTERMILK FRIED CHICKEN BREAST, LETTUCE, TOMATO & SRIRACHA MAYO ON A SOURDOUGH BUN	

FISH FINGER BUTTY	9.5
BEER BATTERED COD FISH FINGERS, LETTUCE & LEMON MAYO ON A SOURDOUGH BUN	

HUMMUS & BEETROOT FALAFEL WRAP	7.5
FLOUR TORTILLA WITH BEETROOT FALAFEL, HUMMUS, TABOULEH SALAD, MINT, PARSLEY, TOASTED PINE NUTS & LEMON JUICE (VG)	

STEAK CIABATTA	11-
CHARGRILLED MINUTE STEAK, FRIED ONIONS, SAUTEED MUSHROOMS & DIJON MUSTARD AOILI ON CIABATTA	

SERVED WITH A CHOICE OF FRIES OR HOUSE SALAD	
PIRI PIRI FRIES +.5 / THICK CUT CHIPS + 1- / SWEET POTATO FRIES +1.5	

## BURGERS

THE FORUM BURGER	13.5
7OZ PRIME BEEF, MAPLE CURED CRISPY BACON, RED ONION, TOMATO, DILL PICKLE, CHEDDAR CHEESE, AMERICAN MUSTARD & CHIPOTLE KETCHUP ON A SOURDOUGH BUN	

THE LANCASTRIAN BURGER	12-
7OZ PRIME BEEF, RED ONION, TOMATO, CHILI JAM & CREAMY LANCASTHIRE CHEESE ON A SOURDOUGH BUN	

VEGAN BURGER	11-
100% PLANT BASED VEGAN BURGER, RED ONION, TOMATO, DILL PICKLE, AMERICAN MUSTARD & CHIPOTLE KETCHUP ON A SOURDOUGH BUN (VG)	

SERVED WITH A CHOICE OF FRIES OR HOUSE SALAD	
PIRI PIRI FRIES +.5 / THICK CUT CHIPS + 1- / SWEET POTATO FRIES +1.5	

## MAINS

DUCK PANCAKES	12.5
CHINESE PANCAKES WITH SHREDDED ROAST DUCK, CUCUMBER, SPRING ONIONS & HOISIN SAUCE SERVED WITH PRAWN CRACKERS & SWEET CHILI	

GOATS CHEESE & COURGETTE LINGUINE	12-
LINGUINE WITH ROASTED COURGETTE, GOATS CHEESE, LEMON ZEST, GARLIC, CHILI & FRESH MINT (VT)	

CAESAR SALAD	12-
GRILLED CHICKEN BREAST, GEM & ICEBERG LETTUCE, ANCHOVIES, MAPLE CURED SMOKED BACON, PARMESAN, CROUTONS & CAESAR DRESSING	

SIX SPICE BUTTERMILK FRIED CHICKEN	11-
SIX SPICE BUTTERMILK FRIED CHICKEN SERVED WITH FRIES & HOT SRIRACHA MAYO	

CHICKEN & CHORIZO PENNE	12-
PENNE PASTA WITH CHICKEN, SLOW COOKED CHORIZO SAUSAGE & ROASTED RED PEPPERS IN A RICH TOMATO SAUCE	

GOATS CHEESE & BEETROOT SALAD	12-
SALAD OF WARM MELTED GOATS CHEESE, ROCKET, BEETROOT, WALNUTS, GRILLED SOURDOUGH & AGED BALSAMIC (VT)	

FISH & CHIPS	12-
BEER BATTERED COD FILLET, THICK CUT CHIPS & MUSHY PEAS	

FAJITAS	12.5
CHICKEN OR VEGAN QUORN FAJITAS WITH MIXED PEPPERS & RED ONIONS SERVED WITH SOUR CREAM, GUACAMOLE, GRATED CHEESE & SOFT FLOUR TORTILLAS (VG)	

MOROCCAN CHICKEN SKEWERS	12-
CHARGRILLED MOROCCAN SPICED CHICKEN, RED ONION & RED PEPPER SKEWERS SERVED WITH A HARISSA YOGHURT DIP & A CHOICE OF TABOULEH OR FRIES	

HALLOUMI & ROASTED VEG SKEWERS	13-
CHILI, MINT & LEMON MARINATED HALLOUMI, RED PEPPER, RED ONION & COURGETTE SKEWERS SERVED WITH TZATZIKI & A CHOICE OF TABOULEH OR FRIES (VT)	

VIETNAMESE NOODLES	12.5
CHICKEN OR VEGAN QUORN RICE NOODLES WITH PEPPERS, SPRING ONIONS, GARLIC, GINGER, LEMONGRASS, CHILI, LIME, FRESH CORIANDER & PEANUTS (VG)	

## SIDES

FRIES (VG)	3-
THICK CUT CHIPS (VG)	3.5
PIRI PIRI FRIES (VG)	3.5
SWEET POTATO FRIES (VG)	4.5
HOUSE SALAD (VT)	4-

## FOOD ALLERGEN + INTOLERANCES INFORMATION

PLEASE BE ADVISED THAT WE CANNOT BE SURE OR GUARANTEE THAT OUR FOOD IS FREE FROM ALL ALLERGENS. PLEASE SPEAK TO A MEMBER OF STAFF ABOUT THE INGREDIENTS IN OUR DISHES BEFORE PLACING YOUR ORDER

(VT) VEGETARIAN | (VG) VEGAN