

LUNCH MENU

APPETIZERS

MARINATED OLIVES (VG)	3.7
GARLIC CIABATTA (V)	3.8
GARLIC CIABATTA WITH CHEESE (V)	4.8
GRILLED CIABATTA, OLIVE OIL + AGED BALSAMIC (VG)	3.8

ALL DAY BRUNCH

EGGS BENEDICT	8-
POACHED EGGS, SERRANO HAM & HOLLANDAISE SAUCE ON A TOASTED ENGLISH MUFFIN	

AVOCADO + POACHED EGG (V)	9-
CRUSHED AVOCADO WITH CHILLI, GARLIC, LIME & CRACKED BLACK PEPPER TOPPED WITH A POACHED EGG ON GRILLED SOURDOUGH	

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

SMALL PLATES

PADRON PEPPERS (VG)	6-
PAN-FRIED PADRON PEPPERS WITH SEA SALT	

LAMB KOFTAS	9-
CHARGRILLED GREEK STYLE LAMB KOFTAS WITH TZATZIKI	

HUMMUS + TZATZIKI (V)	6-
HARISSA HUMMUS, TZATZIKI & GRILLED FLATBREAD	

PAKORAS (VG)	8-
SPINACH, ONION & POTATO PAKORAS WITH VEGAN RAITA DIP	

HALLOUMI SKEWERS (V)	8.5
CHILLI, MINT & LEMON MARINATED SKEWERS OF HALLOUMI, RED PEPPER, RED ONION & COURGETTE SERVED WITH TZATZIKI	

THAI CRAB CAKES	8-
THAI SPICED CRAB CAKES, ROCKET & TOASTED SESAME SEEDS WITH A CHILLI, LIME & MANGO DRESSING	

GOATS CHEESE ON SOURDOUGH (V)	8-
MELTED GOATS CHEESE WITH CHILLI JAM & ROCKET ON GRILLED SOURDOUGH	

GARLIC WILD MUSHROOMS (VG)	8-
PAN-FRIED WILD MUSHROOMS WITH GARLIC, FRESH THYME & TRUFFLE OIL ON GRILLED SOURDOUGH	

CHICKEN WINGS	8-
HOT & SPICY CHICKEN WINGS TOPPED WITH HOT SRIRACHA SAUCE, SPRING ONIONS & TOASTED SESAME SEEDS	

MOROCCAN CHICKEN SKEWERS	8-
CHICKEN, RED ONION & RED PEPPER SKEWERS MARINATED IN MOROCCAN SPICES, SERVED WITH A SPICED YOGHURT DIP	

BOARDS

MEZE	26-
MOROCCAN CHICKEN SKEWERS, LAMB KOFTAS, STUFFED VINE LEAVES, HALLOUMI & ROASTED VEG SKEWERS, GRILLED COURGETTE, ROASTED RED PEPPER, HARISSA HUMMUS, TZATZIKI, TABBOULEH & GRILLED FLATBREAD	

IBERIAN	24-
SLOW COOKED CHORIZO IN RED WINE, SERRANO HAM, MANCHEGO CHEESE, PADRON PEPPERS, GRILLED COURGETTE, ROASTED RED PEPPER, SUN-BLUSH TOMATO TAPENADE, BALSAMIC ONIONS & GRILLED BREAD	

SANDWICHES + BURGERS

HALLOUMI SHAWARMA (V)	9.5
FLOUR TORTILLA WITH MIDDLE EASTERN SPICED HALLOUMI, HARISSA HUMMUS, PICKLED RED CHILLIES & LETTUCE	

CLUB SANDWICH	9.5
TRIPLE STACKED CLUB WITH CHARGRILLED CHICKEN, MAPLE CURED CRISPY BACON, LETTUCE, TOMATO & MAYONNAISE	

LAMB + FETA WRAP	10.5
FLOUR TORTILLA WITH CHARGRILLED GREEK LAMB KOFTAS, FETA CHEESE, TABBOULEH SALAD, TZATZIKI, FRESH MINT & LEMON JUICE	

SIX SPICE FRIED CHICKEN	11.5
SIX SPICE BUTTERMILK FRIED CHICKEN BREAST, LETTUCE, TOMATO & HOT SRIRACHA MAYO ON A SOURDOUGH BUN	

FISH FINGER BUTTY	10-
BEER BATTERED COD FISH FINGERS, LETTUCE & LEMON MAYO ON A SOURDOUGH BUN	

STEAK CIABATTA	11.5
CHARGRILLED MINUTE STEAK, SAUTEED WILD MUSHROOMS, FRIED ONIONS & DIJON MUSTARD AOILI ON GRILLED CIABATTA	

FALAFEL + HARISSA HUMMUS WRAP (VG)	9-
FLOUR TORTILLA WITH FALAFEL, HARISSA SPICED HUMMUS, TABBOULEH, TOASTED PINE NUTS & LEMON JUICE	

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	12.5
7oz PRIME BEEF, RED ONION, TOMATO, CHILLI JAM & MELTED CREAMY LANCASHIRE CHEESE ON A SOURDOUGH BUN	

VEGAN BURGER (VG)	12.5
100% PLANT BASED VEGAN BURGER, RED ONION, TOMATO, DILL PICKLE, AMERICAN MUSTARD & CHIPOTLE KETCHUP ON A SOURDOUGH BUN	

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

MAINS

CHICKEN KATSU	13.5
CHICKEN BREAST IN PANKO BREADCRUMBS WITH JAPANESE KATSU CURRY SAUCE & RICE	

DUCK PANCAKES	13.5
CHINESE PANCAKES WITH SHREDDED ROAST DUCK, CUCUMBER, SPRING ONIONS & HOISIN SAUCE SERVED WITH PRAWN CRACKERS	

GOATS CHEESE + COURGETTE LINGUINE (V)	13-
LINGUINE WITH ROASTED COURGETTE, GOATS CHEESE, LEMON ZEST, FRESH MINT, GARLIC & CHILLI	

CAESAR SALAD	13-
CHICKEN BREAST, GEM & ICEBERG LETTUCE, ANCHOVIES, MAPLE CURED SMOKED BACON, PARMESAN, CROUTONS & CAESAR DRESSING	

SIX SPICE BUTTERMILK FRIED CHICKEN	11.5
SIX SPICE BUTTERMILK FRIED CHICKEN BREAST SERVED WITH FRIES & HOT SRIRACHA MAYO	

CHICKEN + CHORIZO PENNE	13-
PENNE PASTA WITH CHICKEN, SLOW COOKED CHORIZO SAUSAGE & ROASTED RED PEPPERS IN A RICH TOMATO SAUCE	

FISH + CHIPS	13-
BEER BATTERED COD FILLET, THICK CUT CHIPS & MUSHY PEAS	

FAJITAS (VG)	13.5
CHICKEN OR VEGAN QUORN FAJITAS, WITH MIXED PEPPERS & RED ONIONS SERVED WITH SOUR CREAM, GUACAMOLE, GRATED CHEESE & SOFT FLOUR TORTILLAS	

GOATS CHEESE + BEETROOT SALAD (V)	13-
WARM MELTED GOATS CHEESE, ROCKET, BEETROOT, WALNUTS, AGED BALSAMIC & GRILLED SOURDOUGH	

MOROCCAN CHICKEN SKEWERS	13-
CHARGRILLED MOROCCAN SPICED CHICKEN, RED ONION & RED PEPPER SKEWERS SERVED WITH A HARISSA SPICED YOGHURT DIP & A CHOICE OF FRIES OR TABBOULEH	

HALLOUMI + ROASTED VEG SKEWERS (VG)	13.5
CHILLI, MINT & LEMON MARINATED HALLOUMI, RED PEPPER, RED ONION & COURGETTE SKEWERS SERVED WITH TZATZIKI & A CHOICE OF FRIES OR TABBOULEH	

VIETNAMESE NOODLES (VG)	13-
CHICKEN OR VEGAN QUORN, RICE NOODLES, PEPPERS, SPRING ONIONS, LEMONGRASS, GINGER, GALANGAL, GARLIC, CHILLI, LIME, FRESH CORIANDER & PEANUTS	

SIDES

FRIES (VG)	3.2
THICK CUT CHIPS (VG)	3.7
PIRI PIRI FRIES (VG)	3.6
SWEET POTATO FRIES (VG)	4.6
HOUSE SALAD (V)	4.2

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

(V) VEGETARIAN | (VG) VEGAN

