

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 POACHED EGGS, SERRANO HAM & HOLLANDAISE SAUCE ON A TOASTED ENGLISH MUFFIN	8-
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AVOCADO + POACHED EGG (V) CRUSHED AVOCADO WITH CHILLI, GARLIC, LIME & CRACKED BLACK PEPPER TOPPED WITH A POACHED EGG ON GRILLED SOURDOUGH	9-
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BLT TRIPLE STACKED MAPLE CURED CRISPY BACON, LETTUCE, TOMATO & MAYONNAISE ON LIGHTLY TOASTED BREAD	6.5
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SMALL PLATES

PADRON PEPPERS (VG) PAN-FRIED PADRON PEPPERS WITH SEA SALT	6-
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LAMB KOFTAS CHARGRILLED GREEK STYLE LAMB KOFTAS WITH TZATZIKI	9-
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HUMMUS + TZATZIKI (V) HARISSA HUMMUS, TZATZIKI & GRILLED FLATBREAD	6-
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PAKORAS (VG) SPINACH, ONION & POTATO PAKORAS WITH VEGAN RAITA DIP	8-
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HALLOUMI SKEWERS (V) CHILLI, MINT & LEMON MARINATED SKEWERS OF HALLOUMI, RED PEPPER, RED ONION & COURGETTE SERVED WITH TZATZIKI	8.5
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THAI CRAB CAKES THAI SPICED CRAB CAKES, ROCKET & TOASTED SESAME SEEDS WITH A CHILLI, LIME & MANGO DRESSING	8-
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GOATS CHEESE ON SOURDOUGH (V) MELTED GOATS CHEESE WITH CHILLI JAM & ROCKET ON GRILLED SOURDOUGH	8-
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GARLIC WILD MUSHROOMS (VG) PAN-FRIED WILD MUSHROOMS WITH GARLIC, FRESH THYME & TRUFFLE OIL ON GRILLED SOURDOUGH	8-
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CHICKEN WINGS HOT & SPICY CHICKEN WINGS TOPPED WITH HOT SRIRACHA SAUCE, SPRING ONIONS & TOASTED SESAME SEEDS	8-
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MOROCCAN CHICKEN SKEWERS CHICKEN, RED ONION & RED PEPPER SKEWERS MARINATED IN MOROCCAN SPICES, SERVED WITH A SPICED YOGHURT DIP	8-
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PULLED PORK TAQUITOS SOFT FLOUR TORTILLA FILLED WITH PULLED PORK, LETTUCE, RED ONIONS, JALAPENOS & SMOKY BOURBON BBQ SAUCE	8.5
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BOARDS

MEZE MOROCCAN CHICKEN SKEWERS, LAMB KOFTAS, STUFFED VINE LEAVES, HALLOUMI & ROASTED VEG SKEWERS, GRILLED COURGETTE, ROASTED RED PEPPER, HARISSA HUMMUS, TZATZIKI, TABBOULEH & GRILLED FLATBREAD	26-
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IBERIAN 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	24-
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SANDWICHES + BURGERS

HALLOUMI SHAWARMA (V) FLOUR TORTILLA WITH MIDDLE EASTERN SPICED HALLOUMI, HARISSA HUMMUS, PICKLED RED CHILLIES & LETTUCE	9.5
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CLUB SANDWICH TRIPLE STACKED CLUB WITH CHARGRILLED CHICKEN, MAPLE CURED CRISPY BACON, LETTUCE, TOMATO & MAYONNAISE	9.5
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LAMB + FETA WRAP FLOUR TORTILLA WITH CHARGRILLED GREEK LAMB KOFTAS, FETA CHEESE, TABBOULEH SALAD, TZATZIKI, FRESH MINT & LEMON JUICE	10.5
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SIX SPICE FRIED CHICKEN SIX SPICE BUTTERMILK FRIED CHICKEN BREAST, LETTUCE, TOMATO & HOT SRIRACHA MAYO ON A SOURDOUGH BUN	11.5
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FISH FINGER BUTTY BEER BATTERED COD FISH FINGERS, LETTUCE & LEMON MAYO ON A SOURDOUGH BUN	10-
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STEAK CIABATTA CHARGRILLED MINUTE STEAK, SAUTEED WILD MUSHROOMS, FRIED ONIONS & DIJON MUSTARD AOILI ON GRILLED CIABATTA	11.5
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FALAFEL + HARISSA HUMMUS WRAP (VG) FLOUR TORTILLA WITH FALAFEL, HARISSA SPICED HUMMUS, TABBOULEH, TOASTED PINE NUTS & LEMON JUICE	9-
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THE FORUM BURGER 7oz PRIME BEEF, MAPLE CURED CRISPY BACON, RED ONION, TOMATO, DILL PICKLE, CHEDDAR CHEESE, AMERICAN MUSTARD & CHIPOTLE KETCHUP ON A SOURDOUGH BUN	13.5
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THE LANCASTRIAN BURGER 7oz PRIME BEEF, RED ONION, TOMATO, CHILLI JAM & MELTED CREAMY LANCASTHIRE CHEESE ON A SOURDOUGH BUN	12.5
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VEGAN BURGER (VG) 100% PLANT BASED VEGAN BURGER, RED ONION, TOMATO, DILL PICKLE, AMERICAN MUSTARD & CHIPOTLE KETCHUP ON A SOURDOUGH BUN	12.5
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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 CHICKEN BREAST IN PANKO BREADCRUMBS WITH JAPANESE KATSU CURRY SAUCE & RICE	13.5
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DUCK PANCAKES CHINESE PANCAKES WITH SHREDDED ROAST DUCK, CUCUMBER, SPRING ONIONS & HOISIN SAUCE SERVED WITH PRAWN CRACKERS	13.5
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GOATS CHEESE + COURGETTE LINGUINE (V) LINGUINE WITH ROASTED COURGETTE, GOATS CHEESE, LEMON ZEST, FRESH MINT, GARLIC & CHILLI	13-
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CAESAR SALAD CHICKEN BREAST, GEM & ICEBERG LETTUCE, ANCHOVIES, MAPLE CURED SMOKED BACON, PARMESAN, CROUTONS & CAESAR DRESSING	13-
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SIX SPICE BUTTERMILK FRIED CHICKEN SIX SPICE BUTTERMILK FRIED CHICKEN BREAST SERVED WITH FRIES & HOT SRIRACHA MAYO	11.5
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CHICKEN + CHORIZO PENNE PENNE PASTA WITH CHICKEN, SLOW COOKED CHORIZO SAUSAGE & ROASTED RED PEPPERS IN A RICH TOMATO SAUCE	13-
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FISH + CHIPS BEER BATTERED COD FILLET, THICK CUT CHIPS & MUSHY PEAS	13-
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FAJITAS (VG) CHICKEN OR VEGAN QUORN FAJITAS, WITH MIXED PEPPERS & RED ONIONS SERVED WITH SOUR CREAM, GUACAMOLE, GRATED CHEESE & SOFT FLOUR TORTILLAS	13.5
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GOATS CHEESE + BEETROOT SALAD (V) WARM MELTED GOATS CHEESE, ROCKET, BEETROOT, WALNUTS, AGED BALSAMIC & GRILLED SOURDOUGH	13-
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MOROCCAN CHICKEN SKEWERS CHARGRILLED MOROCCAN SPICED CHICKEN, RED ONION & RED PEPPER SKEWERS SERVED WITH A HARISSA SPICED YOGHURT DIP & A CHOICE OF FRIES OR TABBOULEH	13-
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HALLOUMI + ROASTED VEG SKEWERS (V) CHILLI, MINT & LEMON MARINATED HALLOUMI, RED PEPPER, RED ONION & COURGETTE SKEWERS SERVED WITH TZATZIKI & A CHOICE OF FRIES OR TABBOULEH	13.5
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VIETNAMESE NOODLES (VG) CHICKEN OR VEGAN QUORN, RICE NOODLES, PEPPERS, SPRING ONIONS, LEMONGRASS, GINGER, GALANGAL, GARLIC, CHILLI, LIME, FRESH CORIANDER & PEANUTS	13-
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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

