



# Royal Foresters Sunday Menu

- Friday 13th March 2026 -

## STARTERS

---

- Roasted white onion and cider soup thyme cream, warm seeded roll (v, ngcia) 505 kcal 7.45  
Seven and Wye smoked salmon, avocado, fennel, seeded toast (ngci) 283 kcal 10.95  
Lamb and feta cheese croquette, tahini yogurt, coriander and pine nut pesto (ngci) 390 kcal 8.95  
Cornish pork rillette, watercress salad, pickles, puccia bread 287 kcal 8.25  
Chicken, bacon and apricot croquette celeriac and chive slaw 291 kcal 8.95  
Burrata, broad beans, peas and pesto (v, ngci) 517 kcal 10.95  
Spring vegetable risotto, peas, broad beans, asparagus, lemon (vg, ngci) 231 kcal 9.45

## NIBBLES AND SHARERS

---

- Gordal olives (vg, ngci) 139 kcal 4.95  
Spicy chorizo, honey, red wine (ngci) 618 kcal 6.95  
Catalan bread, garlic, tomato, Serrano ham 235 kcal 6.45  
Crispy squid, sweet chilli 414 kcal 7.95  
King prawns, garlic butter, puccia bread 352 kcal 8.75  
Garlic and parmesan chicken wings, herb aioli (ngci) 770 kcal 7.95  
Roast sweet potato, maple and tahini sauce (vg, ngci) 603 kcal 5.75

## SUNDAY ROAST

---

- Roast beef (served pink), with Yorkshire pudding 1191 kcal 22.95  
Roast chicken, sage and apple stuffing, sausage wrapped in bacon, (ngci) 1442 kcal 22.95  
Roast porchetta, (slow roasted belly) sage and apple stuffing, apple sauce 1246 kcal 19.95  
Mixed roast beef (served pink), porchetta, (slow roasted belly) all the trimmings 1447 kcal 24.95  
Lentil, shallot and celeriac pie, roast potatoes, cranberry, red wine gravy, greens (vg, ngci) 1346 kcal 16.95  
Appleby's Cheshire cheese, onion and potato pie buttered greens, roast potatoes (v, ngci) 1301 kcal 16.95  
Sunday sides -  
Duck fat roast potatoes (ngci) 232 kcal 3.95

## MAINS

---

- Smoked haddock and salmon fishcake, poached egg, dill hollandaise, lemon (ngci) 646 kcal 14.95  
Pan roasted Chalk stream trout, confit potato, watercress puree, sauce vierge (ngci) 759 kcal 25.20  
Pan fried chicken pappardelle, wild mushrooms, tarragon, white wine sauce 1044 kcal 17.95  
King prawn linguine, garlic, chilli, parmesan and basil 849 kcal 17.95  
Pea and mint tortellini, spinach and watercress purée, mint, pickled shallots, broad beans, (vg) 473 kcal 16.95  
Blackened sweet potato salad, wild rice, avocado, sweetcorn, lime and kidney bean salsa (vg) 709 kcal 14.95  
Burrata, melon and Serrano ham salad, honey balsamic, chilli, toasted seeds (ngci) 629 kcal 16.95

Salad Toppings - King Prawns (ngci) 235 kcal 5.45 - Burrata (ngci) 328 kcal 5.75 -

Grilled chicken breast (ngci) 286 kcal 5.95 -

## GRILL

---

**Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1292 kcal 17.95

**Moving mountains vegan burger**, smoked applewood vegan cheddar, spicy tomato mayonnaise, fries (vg) 1431 kcal 16.95

**8oz dry-aged sirloin steak**, peppercorn sauce, portobello mushroom, tomato, truffle and Parmesan fries (ngci) 1319 kcal 33.95

**Bavette "steak frites"**, (served pink), roast plum tomato, portobello mushroom, rocket salad, fries (ngci) 1279 kcal 18.95  
Change to Truffle and Parmesan fries (ngci) 500 kcal 2.50

**Steak sauces** - Peppercorn sauce (ngci) 137 kcal 2.45 - Bearnaise sauce (v, ngci) 263 kcal 2.45

## PIZZA

---

Our dough is made in-house and proofed for 48 hours. Each pizza is cooked in our wood-fire oven, creating a perfectly charred crust and finished with extra virgin olive oil.

**Margherita Pizza** - tomato, fior di latte mozzarella, fresh basil (v) 886 kcal 12.95

**Pollo bianco Pizza** - roast chicken, fior di latte mozzarella, crispy pancetta, confit garlic, caramelised red onion 1337 kcal 14.95

**Prosciutto Pizza** - fior di latte mozzarella, pecorino, black olive, rocket 1069 kcal 14.95

**Three cheese Pizza** - Gorgonzola, fior di latte, parmesan, basil oil and rocket 1196 kcal 13.95

**Funghi and truffle Pizza** - mascarpone and truffle cream, fior di latte mozzarella, sautéed mushroom (v) 1226 kcal 14.95

Dips -

Black garlic aioli (v, ngci) 254 kcal 1.50 / Jalapeño mayonnaise (v, ngci) 139 kcal 1.50 /

Nduja mayonnaise (ngci) 245 kcal 1.50

## SIDES

---

Mini Caesar salad 373 kcal 5.75

Truffle parmesan fries (ngci) 450 kcal 6.95

Puccia Bread with garlic butter (v) 1074 kcal 5.95

Lebanese Fries (vg) 563 kcal 6.45

## DESSERTS AND CHEESE

---

**Black forest sundae**; brownie, boozy cherries, vanilla ice cream, Chantilly cream (v, ngci) 948 kcal 8.95

**Triple chocolate brownie**, chocolate sauce, vanilla ice cream (v, ngci) 933 kcal 7.95

**Sticky toffee pudding**, toffee sauce, vanilla ice cream (v, ngci) 652 kcal 7.75

**White chocolate and raspberry cheesecake**, white chocolate sauce 624 kcal 8.95

**Hot waffle, caramelised banana**, toffee sauce, vanilla ice cream (v) 895 kcal 7.45

**Affogato** - espresso and vanilla ice cream (v, ngci) 167 kcal 5.95

**Selection of British and French cheeses**, spiced apricot chutney, biscuits (v) 693 kcal 12.95

**Cheshire Farm Ice Cream** - Please ask for available flavours 2.50 per scoop (v, gf)

**Mini Dessert and a Hot Drink** - Choose from a mini version of our desserts with a tea or coffee of your choice.

Waffle, vanilla ice cream, toffee sauce (v) 520 kcal 8.45

Sticky toffee pudding, vanilla ice cream (v, ngci) 385 kcal 9.25

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, ngci) 580 kcal 9.25



### Additional Menu Information

Please speak to a member of crew if you have any food allergies or intolerances before ordering. For calories and allergen information please scan this QR or ask a crew member for assistance.

Non-Gluten Containing Ingredient Dishes – Indicates that the dish does not have any gluten containing ingredients. We do not make any 'free from' claims or declare that any of our dishes are gluten free. As we handle many allergens in our busy kitchens, we cannot guarantee all traces of allergens are completely removed.