

AUBREY'S

FOREST KITCHEN

ALLERGEN + LIFESTYLE



APPETISERS

Dough Sticks

Twisted bread sticks with oil and balsamic. **4.25**

Mixed Olives

An Italian classic of mixed olives, to get your appetite going. **4.25**

Trio of Hummus

Not one, not two but three different hummus dips! Enjoy roasted red pepper, harissa and traditional hummus dips, served with our classic warm breadsticks. **4.50**

STARTERS

Antipasti for Two

A selection of Woodall's British cured meats with hummus, mixed olives, dipping oil and warm breadsticks. **15.95**

Tear and Share Flatbread

Choose from:

Garlic, Red Onion Marmalade and Dairy Free Cheese **10.50**

Garlic, Dairy Free Cheese and Chillies **10.50**

Mediterranean Roasted Vegetable Bruschetta

Toasted bruschetta topped with roasted courgettes, roasted red peppers, tomatoes and fresh herbs. **6.95**

Baked Field Mushrooms

Field mushrooms with dairy free cheese, baked and served on fresh rocket with balsamic glaze and toasted pumpkin seeds. **7.50**

Tomato and Basil Pesto Salad

Cherry vine tomatoes and sun-dried tomatoes finished with rocket and fresh basil pesto. **7.50**

Spicy Meatballs

Succulent beef meatballs in a spicy tomato sauce with a slice of garlic ciabatta. **7.50**

Vegetarian option available 

SIDES

Seasoned Chips	3.50
Mixed Salad	4.25
Rocket and Olive Salad	4.50
Garlic Ciabatta	4.75
Garlic Ciabatta with Dairy Free Cheese	5.75
Mediterranean Roasted Veg	4.50
Herb Roasted New Potatoes	4.50
House Slaw	3.50

LUNCH SERVED FROM NOON UNTIL 3PM

Ham, Double Egg and Chips **8.95**

Cajun Chicken Burger

A delicious cajun spiced chicken burger, served with homemade slaw, chips and a salad garnish. **10.95**
Swap your chips for a more hearty salad

FILLED CIABATTAS

All served with salad garnish. Choose from:

Pulled Ham and Dairy Free Cheese **8.25**

BBQ Chicken **8.25**

Mushroom, Pepper and Rocket **8.25**

BLT **8.25**

Meatball Sub **8.25**

Add chips for 1.75

PASTA

Chilli King Prawns

Plump king prawns sautéed in fresh garlic and chilli, tossed with pappardelle pasta and spinach. **13.50**

Spaghetti Meatballs

Succulent beef meatballs cooked in a delicious herby tomato sauce tossed with spaghetti. **11.25**
Vegetarian option available 

Spaghetti Bolognese

Just like Nonna used to make, this favourite sauce is made with prime lean beef, red wine, Italian herbs, garlic and tomatoes. **11.25**

Penne Arrabiata

Penne pasta tossed in a homemade tomato sauce infused with garlic and fresh chilli, Mama mia! **9.95**
Add chicken or prawns for 2.35 each

SALADS

Sun-dried Tomato and Pumpkin Seed Salad

Enjoy this refreshing salad, with mixed salad leaves roasted red peppers, olives and sun-dried tomatoes. Topped with sourdough croutons and pumpkin seeds. **12.50**

Superfood Salad

Feeling super? Then our superfood salad is for you. Find your zen with pea falafel, smoked harissa, hummus, roasted butternut squash, long stem broccoli, pickled red cabbage, spinach and pumpkin seeds, served with a grilled flatbread. **11.50**

Add chicken for 3.75, salmon for 4.25 or halloumi for 3.75

MAINS AVAILABLE FROM NOON**Mediterranean Chicken**

Chicken breast stuffed with sun-dried tomatoes and wrapped in Prosciutto ham. Served with crushed new potatoes, green beans and a roasted red pepper sauce. **15.95**

Local Ribeye Steak

Prime ribeye steak grilled the way you like it and served with chips, vine roasted cherry tomatoes, flat mushrooms and a salad garnish. **22.50**

Feeling healthy? Swap your chips for a salad

PIZZA

All served with dairy free cheese

Hawaiian

Sunshine in a pizza! Generously topped with ham and pineapple. **11.95**

Pepperoni

This iconic favourite is topped with a rich tomato sauce and spiced up with pepperoni slices. **11.50**

Classic Margherita 

Fresh tomatoes and basil leaves, made the traditional Italian way and bursting with flavour. **10.50**

Meatball Pizza

Meatballs and pizza in one delicious meal. What could be better? With roasted red onions and jalapeños. **11.95**

Vegetarian option available 

Add your own toppings for only 1.75 each, choose from king prawn, red onion, sun-dried tomato, cajun chicken, chillies, red pepper, jalapeños, bacon, ham, pepperoni, sweetcorn, pineapple, anchovies.

DESSERTS**Vegan Chocolate and Coconut Tart** 

A vegan chocolate and coconut tart served with dairy free vanilla ice cream and chocolate sauce with a side of raspberries. **7.25**

Sorbet

Three scoops of your favourite flavour. Choose from mango, lemon or raspberry. **5.25**

Dairy Free Ice Cream

Three scoops of your favourite flavour. Choose from chocolate, vanilla or strawberry. **5.25**

CHILDREN'S MENU

ALL SERVED AS A MEAL DEAL; INCLUDES MAIN, DRINK AND DESSERT - **ONLY 8.75**

MAINS**Pasta Bolognese**

Prime lean minced beef in our classic sauce.

Pasta and Meatballs

Succulent beef meatballs with a tomato sauce.

Vegetarian option available 

Pasta Pomodoro 

Pasta with a classic tomato sauce.

Chicken, Chips and Peas

Chicken breast slices with chunky seasoned chips and peas.

Mediterranean Vegetable Bake

Roasted vegetable and pasta bake.

PIZZA

All served with dairy free cheese

Classic Margherita 

Tomato base and basil leaves, made the traditional Italian way and bursting with flavour.

Ham and Pineapple

Sunshine in a pizza! Generously topped with ham and pineapple.

Pepperoni

This iconic favourite is topped with a rich tomato sauce and spiced up with pepperoni slices.

Chicken and Sweetcorn

With tender chicken breast slices and sweetcorn.

DESSERT**Scoop of Dairy Free Ice Cream**

Chocolate, vanilla or strawberry.

APPETISERS

Mixed Olives

An Italian classic of mixed olives, to get your appetite going. **4.25**

Trio of Hummus

Not one, not two but three different hummus dips! Enjoy roasted red pepper, harissa and traditional hummus dips, served with gluten free bread. **4.50**

STARTERS

Tear And Share Gluten Free Pizza Base

Choose from:

Garlic, Red Onion Marmalade and Mozzarella **10.50**

Garlic, Mozzarella and Chillies **10.50**

Mediterranean Roasted Vegetable Bruschetta

Toasted gluten free bread, generously topped with roasted courgettes, roasted red peppers and tomatoes, finished with mozzarella and fresh herbs. **7.25**

Baked Field Mushrooms

Field mushrooms with dolcelatte cheese, baked and served on fresh rocket with balsamic glaze and toasted pumpkin seeds. **7.50**

Spicy Meatballs

Succulent beef meatballs in a rich and spicy tomato sauce with a slice of gluten free bread for dipping. **7.50**
Vegetarian option available 

Tomato and Basil Pesto Salad

A fresh salad with torn mozzarella and sun-dried tomatoes, finished with rocket and fresh basil. **7.50**

PASTA

Chilli King Prawns

Plump king prawns sautéed in fresh garlic and chilli, tossed with gluten free penne pasta and spinach. **13.50**

Cajun Chicken Pasta

Cajun spiced chicken, gently sautéed with chestnut mushrooms, spinach and a touch of chilli, served in a garlic, white wine and cream sauce. **13.50**

Spaghetti Carbonara

An Italian classic. Gluten free spaghetti in a silky carbonara sauce, made with smoked pancetta, garlic, cheese, cream and a free range egg. **11.50**
Add chicken for 2.35

Pasta and Meatballs

Succulent beef meatballs cooked in a delicious herby tomato sauce tossed with gluten free pasta. **11.25**
Vegetarian option available 

Pasta Bolognese

Just like Nonna used to make, this favourite sauce is made with prime lean beef, gluten free pasta, red wine, Italian herbs, garlic and tomatoes. **11.25**

Penne Arrabiata

Gluten free pasta tossed in a spicy tomato sauce infused with garlic and fresh chilli, Mama mia! **9.95**
Add chicken or prawns for 2.25 each

LUNCH SERVED FROM NOON UNTIL 3PM

Ham, Double Egg and Chips **8.95**

Cajun Chicken Burger

A delicious cajun spiced chicken burger, served with homemade slaw, chips and a salad garnish. **10.95**
Feeling healthy? Swap your chips for a salad

GLUTEN FREE SANDWICHES

All served with salad garnish. Choose from:

Pulled Ham and Smoked Cheddar **8.25**

BBQ Chicken and Mozzarella **8.25**

Mushroom, Pepper and Rocket **8.25**

BLT **8.50**

Tomato and Mozzarella **8.25**

Garlic Steak **9.25**

Add chips for 1.75

SALADS

Chicken Caesar Salad

Enjoy our scrumptious Caesar salad, made with sliced chicken breast, a boiled egg, crispy Little Gem lettuce. Coated in Caesar dressing topped with Italian cheese shavings. **12.50**
As we are keeping with tradition, our Caesar salad does contain anchovies so please tell your host if you'd like it without.
Vegetarian option available 

Sun-dried Tomato and Pumpkin Seed Salad

Enjoy this refreshing salad, with fresh mozzarella, mixed salad leaves, roasted red peppers, olives and sun-dried tomatoes. Topped with pumpkin seeds. **12.50**

PIZZA

All served on a gluten free base.

King Prawn Pizza

Juicy king prawns with red onion, sun-dried tomatoes and fresh rocket. **13.95**

Hot and Fiery

Brace yourself! Cajun chicken breast slices with spicy sausage, fire-roasted red peppers, chillies, jalapeños and chipotle glaze - not for the faint hearted. **13.50**

3 Little Piggies

The meat lovers' favourite - a tasty pile-up of bacon, mouth-watering pulled ham and spicy pepperoni. **13.95**

Hawaiian

Sunshine in a pizza! Generously topped with ham and pineapple. **11.95**

Pepperoni

This iconic favourite is topped with a rich tomato sauce and spiced up with pepperoni slices. **11.50**

Classic Margherita

Fresh tomatoes, mozzarella and basil leaves, made the traditional Italian way and bursting with flavour. **10.50**

Meatball Pizza

Meatballs and pizza in one delicious meal. What could be better? With roasted red onions, jalapeños and cheese. **11.95**
Vegetarian option available 

Add your own toppings for only 1.75 each, choose from king prawn, red onion, sun-dried tomato, cajun chicken, chillies, red pepper, jalapeños, bacon, ham, pepperoni, sweetcorn, pineapple, anchovies.

MAINS AVAILABLE FROM NOON**Mediterranean Chicken**

Chicken breast stuffed with sweet sun-dried tomatoes and dolcelatte cheese, wrapped in Prosciutto and baked. Served with crushed new potatoes, green beans and a vibrant roasted red pepper sauce. **15.95**

Butternut Squash and Spinach Risotto 

A rich and creamy risotto comprising of butternut squash, mushrooms, spinach and cress, garnished with a zing of peppery rocket and Italian cheese shavings.

12.25*Add chicken for 2.35 or prawns for 2.50 each***Local Ribeye Steak**

Prime ribeye steak grilled the way you like it and served with chips, vine roasted cherry tomatoes, flat mushrooms and a salad garnish. **22.50**

*Add peppercorn, blue cheese or Diane sauce for 2.50**Feeling healthy? Swap your chips for a salad***Tomahawk Steak**

If you like our ribeye steak you will love our one kilo of Tomahawk steak. A succulent on the bone rib steak that will leave you breathless, served with chips, vine roasted cherry tomatoes, flat mushrooms and a salad garnish. Please be aware due to the gigantic size of this beauty it may take some time to perfect, ask your host for more info. **43.50**

*Add peppercorn, blue cheese or Diane sauce for 2.50**Feeling healthy? Swap your chips for a salad***DESSERTS****Sorbet**

Three scoops of your favourite flavour. Choose from mango, lemon or raspberry. **5.25**

Eton Mess

Our sassy update on the traditional English dessert. Smashed meringues topped with fresh cream and fruits of the forest. **7.25**

Gluten Free Ice Cream

Three scoops of your favourite flavour, choose from chocolate, strawberry, vanilla, salted caramel or mint choc chip. **5.25**

Gluten Free Lemon Tart

Lemon tart served with Chantilly cream and a fruit garnish. **7.25**

Vegan Chocolate and Coconut Tart 

A vegan chocolate and coconut tart served with dairy free vanilla ice cream and chocolate sauce with a side of raspberries. **7.25**

SIDES

Seasoned Chips	3.50
Mixed Salad	4.25
Rocket and Olive Salad	4.50
Gluten Free Garlic Bread	4.75
Gluten Free Garlic Bread with Cheese	5.75
Mediterranean Roasted Veg	4.50
Herb Roasted New Potatoes	4.50
House Slaw	3.50

CHILDREN'S MENU

ALL SERVED AS A MEAL DEAL; INCLUDES MAIN, DRINK AND DESSERT - **ONLY 8.75**

MAINS**Gluten Free Pasta Bolognese**

Prime lean minced beef in our classic sauce.

Pasta Pomodoro 

Gluten free pasta with a classic tomato sauce.

Chicken, Chips and Peas

Chicken breast slices with chunky seasoned chips and peas.

Mediterranean Vegetable Bake

Roasted vegetable and pasta bake.

Chicken Caesar Salad

Made with sliced chicken breast, a boiled egg, crispy Little Gem lettuce. Coated in Caesar dressing topped with Italian cheese shavings. *As we are keeping with tradition, our Caesar salad does contain anchovies so please tell your host if you'd like it without.*

Vegetarian option available. **PIZZA***All served on a gluten free base.***Classic Margherita** 

Tomato base with mozzarella and basil leaves, made the traditional Italian way and bursting with flavour.

Ham and Pineapple

Sunshine in a pizza! Generously topped with ham and pineapple.

Pepperoni

This iconic favourite is topped with a rich tomato sauce and spiced up with pepperoni slices.

Chicken and Sweetcorn

With tender chicken breast slices and sweetcorn.

DESSERTS**Scoop of Ice Cream**

Chocolate, vanilla or strawberry

Gluten Free Chocolate Brownie

APPETISERS

Dough Sticks with Garlic Butter Dip

Twisted bread sticks with either garlic butter or oil and balsamic. **4.25**

Mixed Olives

An Italian classic of mixed olives, to get your appetite going. **4.25**

Trio of Hummus

Not one, not two but three different hummus dips! Enjoy roasted red pepper, harissa and traditional hummus dips, served with our classic warm breadsticks. **4.50**

STARTERS

Tear and Share Flatbread

Choose from:

Garlic, Red Onion Marmalade and Mozzarella **10.50**

Garlic, Mozzarella and Chillies **10.50**

Mediterranean Roasted Vegetable Bruschetta

Toasted bruschetta, generously topped with roasted courgettes, roasted red peppers and tomatoes, finished with mozzarella and fresh herbs. **7.25**

Baked Field Mushrooms

Field mushrooms with dolcelatte cheese, baked and served on fresh rocket with balsamic glaze and toasted pumpkin seeds. **7.50**

Spicy 'Meatballs'

Succulent veggie meatballs in a rich and spicy tomato sauce with a slice of garlic ciabatta for dipping. **7.50**

Tomato and Basil Pesto Salad

A fresh salad with torn mozzarella and sun-dried tomatoes, finished with rocket and fresh basil. **7.50**

SALADS

Caesar Salad

Enjoy our scrumptious Caesar salad, made with a boiled egg, crispy Little Gem lettuce and rustic garlic croutons. Coated in Caesar dressing topped with Italian cheese shavings. **12.50**

Sun-dried Tomato and Pumpkin Seed Salad

Enjoy this refreshing salad, with fresh mozzarella, mixed salad leaves roasted red peppers, olives and sun-dried tomato. Topped with sourdough croutons and pumpkin seeds. **12.50**

Superfood Salad

Feeling super? Then our superfood salad is for you. Find your zen with pea falafel, smoked harissa, hummus, roasted butternut squash, long stem broccoli, pickled red cabbage, spinach and pumpkin seeds, served with a grilled flatbread. **11.50**

Add halloumi for 3.75

SIDES

Seasoned Chips	3.50
Mixed Salad	4.25
Rocket and Olive Salad	4.50
Garlic Ciabatta	4.75
Garlic Ciabatta with Cheese	5.75
Mediterranean Roasted Veg	4.50
Herb Roasted New Potatoes	4.50
House Slaw	3.50

LUNCH SERVED FROM NOON UNTIL 3PM

Mushroom, Pepper and Rocket Ciabatta **6.25**

Tomato and Mozzarella Ciabatta **8.25**

Add chips for 1.75

PASTA

Spaghetti 'Meatballs'

Vegetarian meatballs cooked in a delicious herby tomato sauce tossed with spaghetti. **11.25**

Penne Arrabiata

Penne pasta tossed in a spicy tomato sauce infused with garlic and fresh chilli, Mama mia! **9.95**

Wild Mushroom Ravioli

Filled fresh pasta tossed with rocket, toasted pumpkin seeds, sautéed chestnut mushrooms and Italian hard cheese shavings, finished with balsamic glaze. **12.25**

PIZZA

Classic Margherita

Fresh tomatoes, mozzarella and basil leaves, made the traditional Italian way and bursting with flavour. **10.50**

'Meatball' Pizza

Vegetarian meatballs and pizza in one delicious meal. What could be better? With roasted red onions, jalapeños and cheese. **11.95**

Mediterranean Vegetable

A delicious basil pesto base with roasted peppers, aubergines and courgettes, red onion and sun-dried tomatoes, topped with crushed root vegetable crisps. **11.95**

CHILDREN'S MENU

ALL SERVED AS A MEAL DEAL; INCLUDES MAIN, DRINK AND DESSERT - **ONLY 8.75**

MAINS

Pasta Pomodoro

Pasta with a classic tomato sauce.

Pasta and 'Meatballs'

Succulent veggie meatballs with a tomato sauce.

Mediterranean Vegetable Bake

Roasted vegetable and pasta bake.

Classic Margherita Pizza

Fresh tomatoes, mozzarella and basil leaves, made the traditional Italian way and bursting with flavour.

'Meatball' Pizza

Veggie meatballs and pizza, yum!

DESSERTS

Scoop of Ice Cream

Chocolate, vanilla or strawberry

Waffles and Ice Cream

Belgian waffle with vanilla ice cream and delicious chocolate sauce.

Chocolate Brownie

APPETISERS

Mixed Olives

An Italian classic of mixed olives, to get your appetite going. **4.25**

Trio of Hummus

Not one, not two but three different hummus dips! Enjoy roasted red pepper, harissa and traditional hummus dips, served with our classic warm breadsticks. **4.50**

STARTERS

Tear and Share Flatbread

Choose from:

Garlic, Red Onion Marmalade and Dairy Free Cheese **10.50**

Garlic, Dairy Free Cheese and Chillies **10.50**

Mediterranean Roasted Vegetable Bruschetta

Toasted bruschetta, generously topped with roasted courgettes, roasted red peppers and tomatoes, finished with dairy free cheese and fresh herbs. **7.25**

Baked Field Mushrooms

Field mushrooms with dairy free cheese, baked and served on fresh rocket with balsamic glaze and toasted pumpkin seeds. **7.50**

Tomato and Basil Salad

A fresh salad with dairy free cheese and tomatoes, finished with rocket and fresh basil. **7.50**

PIZZA

All served with dairy free cheese

Classic Margherita

Fresh tomatoes, dairy free cheese and basil leaves, made the traditional Italian way and bursting with flavour. **10.50**

'Meatball' Pizza

Vegan meatballs and pizza in one delicious meal. What could be better? With roasted red onions, jalapeños and dairy free cheese. **11.95**

Mediterranean Vegetable

A delicious tomato base with roasted peppers, aubergines and courgettes, red onion and sun-dried tomatoes, topped with crushed root vegetable crisps. **11.95**

SIDES

Seasoned Chips	3.50
Mixed Salad	4.25
Rocket and Olive Salad	4.50
Garlic Ciabatta	4.75
Garlic Ciabatta with Dairy Free Cheese	5.75
Mediterranean Roasted Veg	4.50
Herb Roasted New Potatoes	4.50
House Slaw	3.50

SALADS

Sun-dried Tomato and Pumpkin Seed Salad

Enjoy this refreshing salad, with mixed salad leaves roasted red peppers, olives and sun-dried tomato. Topped with sourdough croutons and pumpkin seeds. **12.50**

Superfood Salad

Feeling super? Then our superfood salad is for you. Find your zen with pea falafel, smoked harrisa, hummus, roasted butternut squash, long stem broccoli, pickled red cabbage, spinach and pumpkin seeds, served with a grilled flatbread. **11.50**

DESSERTS

Vegan Chocolate and Coconut Tart

A vegan chocolate and coconut tart served with vegan vanilla ice cream and chocolate sauce with a side of raspberries. **7.25**

Sorbet

Three scoops of your favourite flavour. Choose from mango, lemon or raspberry. **5.25**

Dairy Free Ice Cream

Three scoops of your favourite flavour. Choose from chocolate, vanilla or strawberry. **5.25**

CHILDREN'S MENU

ALL SERVED AS A MEAL DEAL; INCLUDES MAIN, DRINK AND DESSERT - **ONLY 8.75**

MAINS

Pasta Pomodoro

Pasta with a classic tomato sauce.

Pasta and 'Meatballs'

Succulent vegan meatballs with a tomato sauce.

Mediterranean Vegetable Bake

Roasted vegetable and pasta bake.

Classic Margherita Pizza

A tomato base, dairy free cheese and basil leaves, made the traditional Italian way and bursting with flavour.

'Meatball' Pizza

Vegan meatballs and pizza, yum!

DESSERT

Scoop of Dairy Free Ice Cream

Chocolate, vanilla or strawberry.

🌱 Suitable for vegetarians *Approximate weight uncooked

We use allergens in our kitchens as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergies on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available on request. Should you require more detailed information related to any 'may contain' or cooking process, please discuss with your server. To the best of our knowledge, the foods on our menus do not contain genetically modified soya or maize. All menu items may contain ingredients not listed in the menu description. All menu items are subject to availability. Some meat/fish dishes may contain small bones. All prices include VAT. Weights are approximate and uncooked.