

FORGE

LUNCH MENU

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## LUNCH DEAL £12.50

INCLUDES SALAD OR SANDWICH & A DRINK

Available from 12 midday to 4pm every day. Gluten free options available.

Choose a soft drink: Pepsi, Lemonade, Apple juice, Orange juice, Cranberry, Pineapple

Or upgrade your drink to include a glass of house wine or beer for an extra £2.50

## SANDWICHES

ALL SERVED WITH FRIES

### CLUB SANDWICH

Chicken, bacon, sliced tomatoes,  
lettuce, mayonnaise – White bread

### EGG MAYO & CHIVE

White Bread

### BBQ CHICKEN & CHEESE

Toasted Thick White Bread – Rocket

### STEAK CIABATTA

Rump steak, grain mustard, rocket

### SMOKED SALMON TARTAR

with Cream Cheese – Bagel

### ENGLISH BREAKFAST SANDWICH

Egg, bacon, sausage, choice of ketchup or  
brown sauce – Bagel or White Bread

### HOUMOUS & FALAFEL ROCKET **VE**

Vegan Ciabatta

### FISH FINGER & TARTAR SALAD

White Bread

### GRILLED HALLOUMI **V**

with Onion Chutney – Bagel

### TUNA & SWEETCORN MAYO

Bagel or White Bread - Add Toasted Cheese +£1

## SALADS

### GREEN SALAD **GF**

Rocket, Stilton /blue cheese, walnuts, apple,  
spinach, raw onion , olive oil salt pepper dressing

### ITALIAN SALAD **V**

Olives, baby gem, tomatoes, cucumber, red  
onion, feta, lemon oregano dressing

### BEEF GARDEN **V**

Beetroot, feta, pomegranate, rocket, spinach,  
walnut, beetroot dressing

### GRAIN SALAD **VG**

Mixed grains, duo of quinoa veg in curry dressing  
, tomatoes, broad beans, peeled chickpeas, mixed  
peppers, celery, sun flower seeds, rocket, avocado,  
grated carrot, cucumber, pomegranate

ADD

Chicken + £3

Salmon + £5

Pan Fried Halloumi + £3

Rump Steak + £5

Boiled Egg + £1

**VE** VEGAN

**V** VEGETARIAN

**GF** GLUTEN FREE

Our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present, and menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering.