



THE OLD FORGE BAR

OCTOBER
MENU

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BURGERS AND GRILL

The Mighty Forge Burgers £16

Choose between a signature **6oz beef with bacon burger** or a **buttermilk chicken burger** served in a charred gourmet burger bun with monterey jack cheese, crispy gem lettuce, juicy tomato, gherkins, crispy onions and burger sauce. Accompanied with chunky chips and creamy coleslaw.

Moving Mountains Burger £14

A Moving Mountains plant based burger topped with vegan cheese, served in a toasted gourmet bun with vegan mayo, lettuce, tomato, gherkins and chunky chips and a vegan creamy coleslaw.

8oz Gammon steak £15

8oz gammon steak, 2 free range fried eggs, chips and your choice of peas, mushy peas or beans

FROM THE BAY

Newlyn Beer Battered Fish £16

Doom Bar beer battered fish served with chunky chips, tartare sauce and your choice of peas, mushy peas or beans.

Wholetail Scampi £15

Wholetail scampi served with chunky chips, tartare sauce and a slice of lemon, with your choice of peas, mushy peas or beans.

Sweet & Sour Glazed Salmon £13

Pan fried honey and balsamic glazed salmon fillet, herb new potatoes and garden peas.

Small Newlyn Beer Battered Fish £9

A half portion of Doom Bar beer battered fish served with a small portion of chunky chips, tartare sauce and your choice of peas, mushy peas or beans.

OLD FORGE MAINS

Lamb Rump



£20

6oz lamb rump, with minted mashed potato, served with pan fried buttered green beans and a redcurrant and red wine reduction.

Chicken Parmigiana

£15

Buttermilk chicken topped with tomato parmigiana sauce and mozzarella served with Side salad, chips and garlic bread

Beef and Mushroom Stroganoff



£13

Slow cooked steak and mushrooms, in a creamy stroganoff sauce, served with white coriander rice

Sausage & Mash in a Giant Yorkshire

£13

3 Sausages with buttered mashed potato, garden peas all inside a giant Yorkshire pudding with onion gravy

Beef Lasagne

£14

Beef Lasagne accompanied by a house salad and garlic bread slices.

Ratatouille lasagne



£13

Ratatouille layered lasagne, accompanied by house salad and garlic bread slices

Sweet Potato and Lentil Dahl



£13

Sweet potato and lentil dahl served with coriander rice, and 2 mini naan bread.

NIBBLES AND EXTRAS

Salt and Pepper Squid	£7
Buffalo Chicken Wings	£7
Crispy Garlic Mushrooms	£6
Chips	£4
Cheesy Chips	£5
Garlic Bread	£3
Cheesy Garlic Bread	£4
Onion Rings	£4
Side Salad	£3



PIZZA 12" 2 FOR £20



Ham and Pineapple

£12

Mamas Margarita 

£10

BBQ Chicken

£13

Pepperoni

£12



AUTUMN SCARE BOX £22



12 inch box filled with chips, garlic bread, salt and pepper squid, chicken wings, garlic mushrooms, chilli cheese bites, onion rings and a selection of dips. 2 - 3 people

PLEASE ASK FOR ALLERGEN BOOKLET IF NEEDED. A SAFE AND ENJOYABLE DINING EXPERIENCE IS OUR NUMBER ONE PRIORITY

ALWAYS DISCUSS ANY REQUIREMENTS WITH YOUR SERVER BEFORE ORDERING.

GLUTEN FREE 

VEGAN 

VEGETARIAN 

FISH 

CRUSTATIONS 