

## Drinks

### Hot Beverages

<b>Large Cafetière</b> (serves 2 - 4 people) (V,D)	<b>£13.30</b>
<b>Cappuccino</b> (V,D)	<b>£5.20</b>
<b>Café Latte</b> (V,D)	<b>£4.95</b>
<b>Single Espresso</b> (V)	<b>£4.00</b>
<b>Double Espresso</b> (V)	<b>£5.20</b>
<b>Americano</b> (V,D)	<b>£4.40</b>
<b>Mochaccino</b> (V,D)	<b>£4.40</b>
<b>Macchiato</b> (V,D)	<b>£4.40</b>
<b>Tea</b> (including a selection of speciality teas) (V,D)	<b>£4.40</b>
<b>Hot Chocolate</b> (V,D)	<b>£5.00</b>
<b>Iced Coffee</b> (V,D)	<b>£4.90</b>

All items containing dairy (D) can be substituted for soya milk (S). All hot beverages are served with biscuits which contain Gluten (G). Please inform us of any special dietary requirements.

### Soft Drinks

<b>Pepsi/Diet Pepsi/7up/Tango</b> (SD)	<b>£3.30</b>
<b>Slushie</b> (V)	<b>£3.50</b>
<b>Fruit Shoots</b>	<b>£2.55</b>
<b>Ribena</b>	<b>£2.75</b>
<b>Fruit Juice</b>	<b>£3.00</b>
<b>J2O</b>	<b>£3.80</b>
<b>Water</b> (Still or Sparkling 330ml)	<b>£2.95</b>
<b>Lucozade</b> (SD)	<b>£3.30</b>
<b>Glass of Milk</b> (V,D)	<b>£2.20</b>

A discretionary 10% service charge will be added to your bill. Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers. (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.

### Healthy Options

<b>Whole Fruit</b> (V)	Each <b>£1.00</b>
<b>Welsh Yoghurt Pot</b> (V,D)	Each <b>£1.50</b>

### Sandwiches, Wraps and Paninis

With various fillings

<b>Sandwiches</b> (Please see label)	Each <b>£6.25</b>
<b>Wraps</b> (Please see label)	Each <b>£6.75</b>
<b>Paninis</b> (Please see label)	Each <b>£6.75</b>

### Jacket Potatoes

Garnished with mixed leaves and served with your choice of filling:

<b>Cheese</b> (V,D)	<b>£6.00</b>
<b>Tuna and Sweetcorn Mayonnaise</b> (F,E)	<b>£6.50</b>
<b>Baked Beans and Cheese</b> (V,D)	<b>£6.50</b>
<b>Chicken and Bacon Mayonnaise</b> (D)	<b>£7.50</b>

### Light Bites

<b>Soup of the Day</b> (V,D,G,C)	<b>£5.00</b>
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Served with bread and butter

<b>Sausage Roll</b> (G,S,D,E,Mu,C)	<b>£5.00</b>
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With Celtic garden salad

<b>Cheese and Bacon Quiche</b> (G,S,D,E,Mu)	<b>£5.00</b>
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With Celtic garden Salad

<b>Roasted Vegetable Quiche</b> (V,G,S,D,E,Mu)	<b>£5.00</b>
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With Celtic garden Salad

### Forum Health Buffet

**Choose from our selection of four salads and three proteins, fruit platter and Chef's cake of the day** **£15.00**

### Sweet Treats

<b>Vegan Chocolate Brownie</b> (V,S)	<b>£7.50</b>
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Raspberry and mint compote, vegan whipped cream

<b>New York Cheesecake</b> (V,D,E,S)	<b>£7.00</b>
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With blueberry compote

<b>Waffle</b> (V,G,E,D,S)	<b>£5.50</b>
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With maple syrup and fudge

<b>Caramel Slice</b> (V,G,D,E,S)	<b>£4.25</b>
<b>Cherry and Almond Slice</b> (V,G,D,E,N)	<b>£4.50</b>
<b>Butterscotch and Walnut Cake</b> (V,G,E,D,N,S)	<b>£3.95</b>
<b>Lemon and Poppy Seed Cake</b> (V,G,E,D,S)	<b>£3.95</b>
<b>Victoria Sponge</b> (V,G,E,D,S,SD)	<b>£3.95</b>

<b>Scones</b> (V,G,D,E,S)	<b>£7.00</b>
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With strawberry preserve and clotted cream

<b>Ice Cream Tub</b> (V,D,G,S)	<b>£3.00</b>
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### Snacks

<b>Two Slices of Toast</b>	
With butter and jam (V,D,S,G)	<b>£4.00</b>
With baked beans (V,S,G)	<b>£4.00</b>

<b>Crisps</b>	Each <b>£1.50</b>
<b>Cereal Bars</b> (V,D,S,P,N,G)	Each <b>£1.50</b>
<b>Blueberry Muffin</b> (V,G,D,E)	<b>£2.50</b>
<b>Chocolate Chip Muffin</b> (V,G,D,E,S)	<b>£2.50</b>
<b>Two Welsh cakes</b> (V,G,E,D)	<b>£1.95</b>