

# The Forest

Bar & Grill

EST. 1997

## Starters

### Coconut Shrimp

6 Coconut Battered Shrimp - Thai Drizzle

12

### Irish Nachos

Lattice Fries - Bacon - Green Onion -

Marble Cheese - Honey Dijon Sauce

14 Add Jalapenos 16


### Escargot

5 Mushrooms - Garlic - Butter

Mozzarella Cheese - Parmesan

12

### Waterfront Wings

The Best Wings in Town, choose from: Thai (Wet), BBQ (Wet), 2nd Degree (Wet) Frank's Hot Sauce (Wet), Honey Garlic (Wet), Maple Bacon (Dry), Cajun (Dry), Salt & Pepper (Dry) Lemon Pepper (Dry), Blueberry Habanero  (Wet), Sriracha (Dry), Chipotle Mango (Dry)

Served with Celery & Carrots

Dozen 16 (\$3 off on Thursdays no Celery & Carrots) 1/2 Dozen 9

### Broccoli & Cheese Bites

6 Wedges of Broccoli, Bacon & Cheese

10

### Deep Fried Pickles

6 Pickle Spears, Dill Lemon Drizzle

10

### Onion Rings

Onion Rings with Ranch

8

### Perogies

Classic cheese & potato stuffing,

Topped with bacon bits

10

## Salads

### Caesar

Romaine - Caesar Dressing - Homestyle Croutons -

Grated Parmesan - Bacon

Small 8 Large 12 (Add Chicken 5)

### Greek

Romaine - Red Onion - Feta Cheese - Cucumbers - Tomato -

Greek Dressing

Small 8 Large 12 (Add Chicken 5)

### Texas Ranch Salad

Greens - Tomatoes - Red Pepper - Carrots - Cucumbers - Bean, Corn and Rice Slaw - Deep Fried Avocados - Feta Cheese - Poblano Ranch.

16 (Add Salmon 13 Add Chicken 5)

### Spinach Walnut Salad

Spinach, Cranberries, Feta, Cucumber, Red Onion, Walnut, Beets, Carrot, Romain, Honey Mustard Dressing

16 (Add Salmon 13 Add Chicken 5)

# Mains

## Ribeye

Fresh Cut 10oz Ribeye - Mushrooms - Onions  
34 Add 4 Shrimp 9

## Herb Crusted Chicken

Chicken Breast Coated in an Aromatic Herb Crust  
16

## Chicken Parmigiana

Chicken Breast - Marinara - Mozzarella  
Side of Fettucini in House Made Alfredo (No Side)  
19

## Grilled Salmon

8oz Salmon Filet - Tangy Housemade Dill Sauce  
27

## Szechwan Chicken Stir-Fry

Rice Noodles - Fresh Chopped Veggies - Szechwan Sauce  
Egg Cracked in (No Side)  
19 (Veggies Only 16)

## Chicken Strips

Chicken Breast Strips - Battered - Sauce of Your Choice  
16

## Alfredo Primavera

Fettucini - House-Made Alfredo - Fresh Veggies  
18 (Add Chicken 5)

## BBQ Pork Back Ribs

Slow cooked ribs - Apple Sauce - Onions - Mushrooms  
23

## Baby Beef Liver

2.5oz Liver Filets - Bacon - Onions  
18 Light Portion 15

Prices Subject To Applicable HST



- Staff Pick



- Vegetarian Friendly



- Heartbeat Hotsauce Collaboration

# Sandwiches

## Blueberry Fire Burger

Sirloin burger - Jalapenos - Habanero Cheese - Onion Rings -  
Blueberry Habanero Sauce by Heartbeat Hotsauce - Lettuce -  
Tomato - Mayo  
17

## Forest Inn Steak Sandwich

Fresh Cut 8oz Striploin - Onions - Mushrooms  
24

## Beyond Meat Burger

Vegetarian/Vegan Friendly Beyond Meat Patty (made with Pea  
Protein) - Tomato - Cheddar - Red Onion - Mayo - Lettuce (No Nuts  
or Tree Nuts Used)  
17 (No Cheese 15)

## Cheddar Bacon Sirloin Burger

Sirloin Patty - Bacon - Cheddar - Lettuce -  
Tomato - Mayo - Red Onion - Fresh Baked Bun  
17 Plain 15

## Hot Chicken Sandwich

Herb Chicken - Deep Fried Pickles - Dill Lemon Drizzle -  
Hot Sauce - Lettuce - Tomato - Ciabatta Bun  
17

## Roast Beef Dip

Slow Roasted Beef - Garlic Toast - Sauteed Onions  
- Mushrooms - Melted Mozzarella - Au Jus  
21

## Sides

All Mains are accompanied by one of  
our savoury sides (unless noted)

Garlic Mashed Potatoes

French Fries (7)

(Lightly Salted or Sriracha)

Johnson's Fried Rice (7)

Lattice Fries (8)

(Add as a side for extra 2)

Onion Rings (8)

(Add as a side for extra 2)

Yam Fries (8)

(Served with Chipotle Dipping Sauce Add as a side for extra 2)

Greek(8), Caesar (8), Garden (6)

(Add as a side for extra 2)

(Please be aware that we use a common fryer, flat top, and grill,  
due to these circumstances, we are unable to guarantee that any of  
our menu items can be completely free of allergens)