

# The Forum Restaurant

## FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary requirement please inform our manager. Thank you.

## Soups

Chicken with Mushrooms	£3.30	Chicken & Noodle	£3.30
Chicken & Sweetcorn	£3.30	Crabstick & Sweetcorn	£3.30
Hot & Sour Peking Style	£3.70	Wun Tun Dumpling	£3.80
Shredded Duck & Vegetables	£3.80	Beef & Tomato	£3.30



## Appetisers

Forum Special Combo per person £6.50

*(Spring Roll, Prawn Toast, Samosa, Seaweed, Wun Tun, Honey Rib)*

Aromatic Crispy Duck half £17.00

*Served with Pancakes, Hoi Sin Sauce, & Salad* quarter £8.99

Deep Fried Battered Squid £7.60

Butterfly King Prawns £6.99

King Prawn in Rice Paper £6.20

Shredded Duck with Chilli £6.50

Sesame Prawn on Toast £6.00

Prawn Cocktail £5.80

Shredded Chicken with Chilli £5.30

Smoked Chicken Strips £5.90

Deep Fried Crab Claws £4.90

Deep Fried Crispy Wun Tun £4.90

Steamed Dim Sum Dumplings £4.80

Chicken in Rice Paper £4.90

Cantonese Spring Rolls/ Vegetarian Spring Rolls £4.50

Deep Fried Samosas £4.50

Crispy Seaweed £4.50

Prawn Crackers £2.50



## Ribs & Skewers

Spare Ribs in Honey Sauce	£6.80	Skewered Mix with Satay Sauce	£6.99
Spare Ribs in BBQ Sauce	£6.80	Skewered King Prawns with Satay Sauce	£6.99
Peking Sauce Ribs	£6.80	Skewered Chicken with Satay Sauce	£5.99
Salt & Peppered Ribs	£6.80		

## Salt & Pepper

Salt & Pepper Squid	£7.60
Salt & Pepper Mix	£6.80
<i>(Rib, Chicken &amp; Pork Balls, Wing, Chips)</i>	
Salt & Pepper King Prawns	£6.99
Salt & Pepper Chicken Wings	£6.30
Salt & Pepper Chicken Balls	£5.30
Salt & Pepper Pork Balls	£5.30
Salt & Pepper Tofu	£5.30
Salt & Pepper Chips	£3.90

## Sizzling Hot Plates

### 1. Choose any Dish:

Fillet Steak	£13.90
Special Mix	£12.50
King Prawns	£12.50
Chicken	£11.50
Beef	£11.50
Pork Chops	£10.50

### 2. Cooked in the following styles:

With Fried Onions Cantonese Style  
Green Peppers & Black Bean Sauce  
Spicy Szechuan Sauce  
Spicy Satay Sauce  
Black Peppered Sauce  
Fresh Ginger & Spring Onions  
Kung Po Sauce





## Chefs Recommendations

Steamed Seabass in Ginger & Spring Onions	£15.00
Fried Scallops with Ginger & Spring Onions or Seasonal Veg	£12.90
Hong Kong Style Roast Duck in Sweet Soy Sauce	£10.80
Forum House Special Oyster Sauce	£10.80
Crispy Beef in Szechuan/ Peking Sauce	£9.80
Crispy Chicken in Szechuan/ Peking Sauce	£9.80
Salt & Pepper Pork Chops	£9.80
Stir-fry Silvershoots	£8.90
<i>(Crunchy Beansprouts fried with Strips of Chicken, Pork, &amp; Duck)</i>	

## Special Mix Meat £10.50

*A combination of our finest meat including King Prawns, Chicken, Beef, and Roast Pork*

Bamboo Shoots & Straw Mushrooms	Beansprouts in Oyster Sauce
Black Pepper Sauce	With Onions Cantonese Style
Curry (Chinese / Red Thai / Malaysian)	Cashew Nuts
Egg Fu Yung	Ginger & Spring Onions
Green Peppers & Black Bean Sauce	Mushrooms in Oyster Sauce
Sweet Pineapple	Szechuan Chilli Sauce
Spicy Satay Sauce	Sweet & Sour
Sweet Thai	Chilli Sauce
Kung Po Sauce	

## King Prawn/Lamb Dishes £10.50

Bamboo Shoots & Straw Mushrooms	Beansprouts in Oyster Sauce
Black Pepper Sauce	With Onions Cantonese Style
Curry (Chinese / Red Thai / Malaysian)	Cashew Nuts
Egg Fu Yung	Ginger & Spring Onions
Green Peppers & Black Bean Sauce	Mix Vegetables
Mushrooms in Oyster Sauce	Sweet Pineapple
Spicy Satay Sauce	Sweet & Sour
Sweet Thai	Szechuan Chilli Sauce
Chilli Sauce	
Kung Po Sauce	



## Chicken Dishes £9.50

Bamboo Shoots & Straw Mushrooms

Black Pepper Sauce

Curry (**Chinese** / **Red Thai** / **Malaysian**)

Egg Fu Yung

Green Peppers & Black Bean Sauce

Mix Vegetables

Orange Sauce

Sweet Plum Sauce

Sweet & Sour

Szechuan Chilli Sauce

Beansprouts in Oyster Sauce

With Onions Cantonese Style

Cashew Nuts

Ginger & Spring Onions

Lemon & Honey Sauce

Mushrooms in Oyster Sauce

Sweet Pineapple

Spicy Satay Sauce

Sweet Thai

Chilli Sauce

Kung Po Sauce



## Beef Dishes £9.50

Bamboo Shoots & Straw Mushrooms

Black Pepper Sauce

Curry (**Chinese** / **Red Thai** / **Malaysian**)

Egg Fu Yung

Green Peppers & Black Bean Sauce

Mushrooms in Oyster Sauce

Spicy Satay Sauce

Szechuan Chilli Sauce

Kung Po Sauce

Beansprouts in Oyster Sauce

With Onions Cantonese Style

Cashew Nuts

Ginger & Spring Onions

Mix Vegetables

Sweet Pineapple

Sweet Thai

Chilli Sauce



## Pork Dishes (Char Sui or Pork Chops) £9.50

Bamboo Shoots & Straw Mushrooms

With Onions Cantonese Style

Curry (**Chinese** / **Red Thai** / **Malaysian**)

Ginger & Spring Onions

Mix Vegetables

Green Peppers & Black Bean Sauce

Sweet & Sour

Chilli Sauce

Szechuan Chilli Sauce

Kung Po Sauce

Beansprouts in Oyster Sauce

Cashew Nuts

Egg Fu Yung

Spicy Satay Sauce

Mushrooms in Oyster Sauce

Sweet Pineapple

Sweet Thai

Black Pepper Sauce





## Duck Dishes £10.50

Bamboo Shoots & Straw Mushrooms	Cantonese Style
Curry ( <b>Chinese</b> / <b>Red Thai</b> / <b>Malaysian</b> )	Cashew Nuts
Egg Fu Yung	Ginger & Spring Onions
Green Peppers & Black Bean Sauce	Lemon & Honey Sauce
Mushrooms in Oyster Sauce	Mix Vegetables
Orange Sauce	Sweet Pineapple
Sweet Plum Sauce	Spicy Satay Sauce
Sweet Thai	Szechuan Chilli Sauce
Chilli Sauce	Kung Po Sauce



## Vegetarian Dishes £8.50 *Add Tofu (Beancurd) £1.90 extra*

*Assorted Mix Vegetables Stir-Fried in the Sauce of your choice:*

Black Bean Sauce	Curry ( <b>Chinese</b> / <b>Red Thai</b> / <b>Malaysian</b> )
Oyster Sauce	Spicy Satay Sauce    Sweet & Sour Sauce
Szechuan Chilli Sauce	Ginger & Spring Onions
Chilli Sauce	Kung Po Sauce



## Chow Mein & Vermicelli

Fillet Steak	£12.80	Special Mix	£10.80
King Prawns	£10.80	Sliced Duck	£10.80
Chicken	£9.80	Singapore Style	£9.80
Shrimp	£9.80	Beef	£9.80
Char Sui	£9.80	Mix Vegetables	£8.80



# Stir-Fried Noodles

*A quick stir-fry tossed with crunchy beansprouts & vegetables, finished with light soy sauce.*

Fillet Steak	£12.80	Special Mix	£10.80
King Prawns	£10.80	Sliced Duck	£10.80
Chicken	£9.80	Beef	£9.80
Shrimp	£9.80	Char Sui	£9.80
Mix Vegetables	£7.80		

## Rice Dishes

	Small	Large
Special Mix	£5.20	£8.00
Singapore Spicy	£5.20	£8.00
King Prawns	£5.20	£8.00
Chicken	£4.70	£7.00
Beef	£4.70	£7.00
Roast Pork	£4.70	£7.00
Yang Chow	£4.70	£7.00
Shrimp	£4.70	£7.00
Mushroom	£3.90	£6.00
Mix Vegetables	£3.90	£6.00
Egg Fried Rice	£3.20	£4.70
Boiled Rice	£2.80	£4.10

## Side Dishes

Chips	£2.80
Fried Noodles	£3.80
Fried Mushrooms	£4.50
Beansprouts	£4.50
Mix Vegetables	£4.50
Bambooshoots	£4.80
& Waterchestnuts	

## Sauces £1.95

Curry
(Chinese / Red Thai / Malaysian)
Sweet & Sour
Barbecue
Szechuan
Cantonese
Satay





**And a little something to finish with...**

## **Desserts**

Coconut Half Ice-cream	£4.80
Whole Orange Sorbet	£4.80
Whole Lemon Sorbet	£4.80
Banana Fritter & Ice-cream	£3.20
Pineapple Fritter & Ice-cream	£3.20
Lychees ( <i>Chinese Fruit</i> )	£3.20
Chocolate Fudge Cake	£3.20
Ice-cream x 2 Scoops ( <i>Vanilla, Chocolate, Strawberry</i> )	£2.50



## **Beverages**

Cappuccino	£2.50
Latte	£2.50
Espresso	£1.80
Coffee ( <i>Reg or Decaff</i> )	£1.95
English or Chinese Tea	£1.95



## **Liqueur Coffees**

Royal ( <i>Brandy</i> )	£4.50
Gaelic ( <i>Whisky</i> )	£4.20
Sultan ( <i>Baileys</i> )	£4.20
French ( <i>Grand Marnier</i> )	£4.20
Calypso ( <i>Tia Maria</i> )	£4.20
Italian ( <i>Amaretto</i> )	£4.20



# White Wine

## Bottle

### 1. Mas de Vignerons (France) Medium or Dry

£15.50

*Fresh and tangy on the nose yet rounded on the palate.*

175ml Glass £3.90

250ml Glass £4.90

### 2. Piesporter (Germany)

£14.90

*A sweet medium very suited to spicy food*

### 3. Klippenkop Chenin Blanc (South Africa)

£16.90

*A lovely example of fresh, light chenin from one of the best producers in South Africa*

### 4. Pinot Grigio (Italy)

£16.95

*Well balanced with lovely melon and pear on the nose*

### 5. Chardonnay (Australia)

£16.95

*A classic with peachy fruit aromas and a delicious creamy palate*

### 6. Sauvignon Blanc (New Zealand)

£18.95

*Kiwi Sauvignon Blanc: gooseberry flavours on the nose with lingering flavours on the palate*

### 7. Chablis (France)

£23.95

*Classic dry white with delicate, citrus flavours*

### 8. Sancerre

£29.00

*Fresh nettle and herbal aromas mingle with an appetising gooseberry-fool opulence in this Loire Sauvignon Blanc*



# Rosé

### 10. Mas de Vignerons Rosé (France)

£15.50

*Dry fruity rosé with berry aromas and smooth finish.*

175ml Glass £3.90

### 11. Mateus Rosé (Portugal)

£15.50

*The classic sparkling wine*

Baby Bottle £5.50

### 12. Pinot Grigio Blush Rosé (Italy)

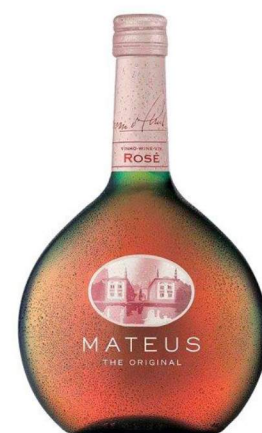
£16.95

*Fresh easy drinking wine from North East Italy*

### 13. Zinfandel Rose (USA)

£16.95

*This wine has strawberry & floral aromas with a mix of tropical fruit*





## Red Wines

### Bottle

14. Mas de Vignerons (France) £15.50

*Well-Balanced, medium-bodied red.* 175ml Glass £3.90 250ml £4.90

*Round with plenty of soft fruity flavours and a subtle spice twist*

15. Viejo Rioja Crianza (Spain) £16.95

*Aged for 12 years in oak to impart the soft, vanilla tones that make this such a smooth pleasant wine.*

16. Villarica Merlot (Chile) £15.95

*With flavours of ripe plums, this is a classic Chilean Merlot*

17. Wolf Blass Shiraz (Australia) £15.95

*Full-bodied with powerful aromas and a long finish on the palate*

18. Wolf Blass Cabernet Sauvignon (Australia) £16.95

*Warm, alluring red with the classic notes of the sauvignon grape*

19. Malbec (Argentina) £16.95

*Beautifully round and velvety with flavours of ripe black fruit, violets, spices and tobacco*

20. St. Emilion (France) £24.95

*Well rounded with aromas of blackberries over smoky oak.*

21. Chateaufort Du Pape (France) £29.95

*From the heart of Rhone, one of the world's most highly regarded red wines*

## Champagne & Bubbles

22. Cava (Spain) £15.95

*Aromas of pear & apple blossom, crisp, fruity with a sparkling finish*

23. Prosecco (Italy) 20cl Baby Bottle £5.90

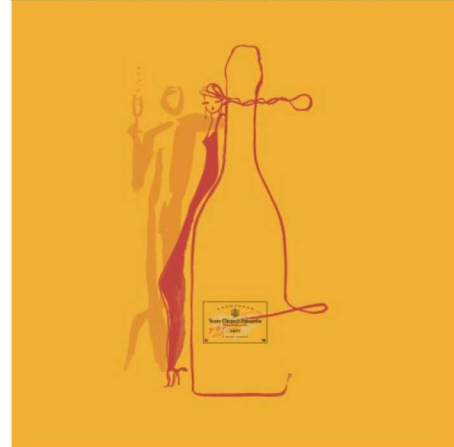
*Delicate citrus notes backed by fresh green apples and pears* £17.95

24. Moet et Chandon (France) £48.00

*Crisp and lively with a seductive palate*

25. Veuve Clicquot NV (France) £55.00

*White fruits and raisins from the grape followed by vanilla and toasty notes from ageing in bottle*



## Lagers

Carling Draught Lager	Half £2.10	Pint £3.60
Worthingtons Draught Bitter	Half £2.10	Pint £3.60
Stella Artois		Bottle £3.60
Magners		Bottle £3.80
Kopparberg Strawberry & lime / Mixed Fruits		Bottle £3.80
Tsing Tao Chinese Beer / Tiger Beer		Bottle £3.60
Alcohol Free Beer		Bottle £3.40

## Aperitifs (50ml)

Campari	£3.00
Cinzano Bianco	£3.00
Cockburns Port	£3.00
Dubonnet	£3.00
Gonzalez Tio Pepe (Dry)	£3.00
Harveys Bristol Cream (Sweet)	£3.00
Harveys Club Amontillado (Medium)	£3.00
Martini Rosso or Dry	£3.00
Sherry & Port	£3.00

## Brandy (25ml)

Martell VS	£3.90
Remy Martin V.S.O.P.	£4.50
Remy Martin X.O.	£9.50

## Liqueurs (25ml)

Baileys Irish Cream	£3.00
Cointreau	£3.00
Drambuie	£3.00
Sambuca	£3.50
Tia Maria	£3.00





## Spirits 25ml

Archers	£2.90
Bacardi Rum	£2.90
Gin	£2.90
Glennfiddich Malt Whisky	£2.90
Jack Daniels Whisky	£2.90
Jameson Irish Whisky	£2.90
Malibu	£2.90
Pernod	£2.90
Rum	£2.90
Scotch Whisky	£2.90
Southern Comfort	£2.90
Vodka	£2.90

*Add Soft Drink £1.10   Add Baby Bottle £1.50*



## Soft Drinks & Juices

	Small	Large
Coca-Cola/ Diet Coke	£2.00	£3.10
Schweppes Lemonade	£2.00	£3.10
Fruit Juice <i>(Various)</i>	£2.20	£3.50
Squash <i>(Orange / Blackcurrent)</i>	£1.00	£1.90
Mineral Water <i>(Sparkling / Still)</i>	£1.95	£4.50
J2O <i>(Various)</i>		£2.80
Appletiser		£2.70
Cider Kopparberg <i>(Various)</i>		£4.20
Magners Cider Original		£4.20





# Banquet Meals

## Banquet A

Minimum for 2 persons  
£18.80 per head

Chicken & Sweetcorn Soup

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Mini Combo

*Spring Rolls, Seaweed,  
Prawn Toast, Honey Ribs*

\*\*\*

Choose 2 meals from  
main menu\*

*Plus 2 sides from*

Fried Rice, Boiled Rice,  
Noodles, Chips

## Banquet B

Minimum for 2 persons  
£19.80 per head

Chicken & Sweetcorn Soup

\*\*\*

Aromatic Crispy Duck

*Served with Pancakes,  
Hoi Sin Sauce, and Salad*

\*\*\*

Choose 2 meals from  
main menu\*

*Plus 2 sides from*

Fried Rice, Boiled Rice,  
Noodles, Chips

## Banquet C

Minimum for 2 persons  
£24.50 per head

Special Combination

*Spring Rolls, Prawn Toast,  
Skewered Satay Chicken,  
Seaweed, Honey Ribs*

\*\*\*

Aromatic Crispy Duck

*Served with Pancakes,  
Hoi Sin Sauce, and Salad*

\*\*\*

Choose 2 meals from  
main menu\*

*Plus 2 sides from*

Fried Rice, Boiled Rice,  
Noodles, Chips



\* Fillet Steak & Steamed Seabass are available for 4 persons or more, subject to one of each per banquet.